



Banyule BUG Newsletter

June
2017

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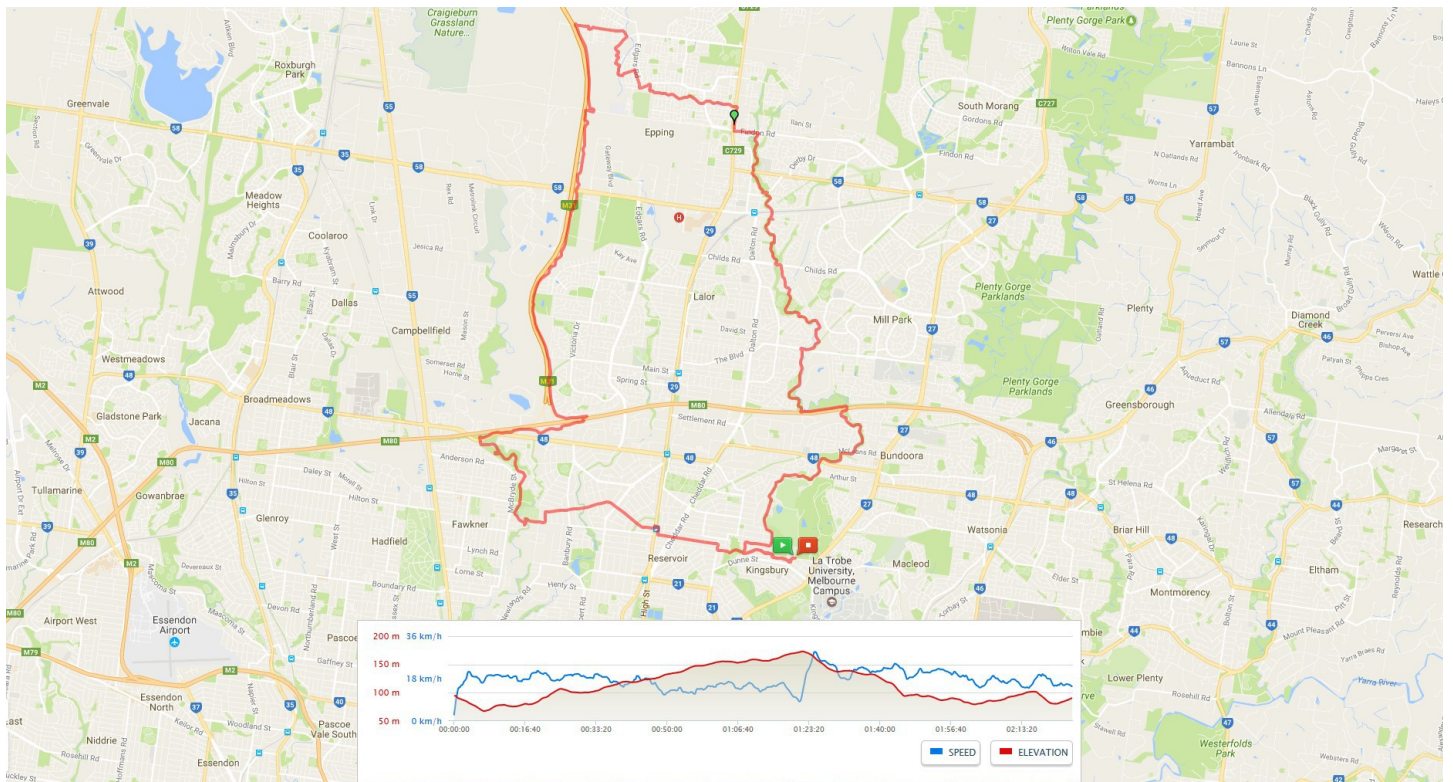
Darebin/Lyndarum Wetlands

Route – Ringroad – Murchison Way – Darebin Creek – Findon Rd – Lyndarum Wetlands – Glada Tambore – Ringroad

Banyule BUG cyclists may be well aware of this ride, but if you have not cycled it for some time, it is well worth the effort. Much work has been done to improve the trail surface and it is now (almost) paved from the Ringroad to Findon Rd and beyond.

The delights of cycling this trail are many. For much of its distance it is remote from development and at times passes through some lovely native wetlands. Once past the horrors of Findon Rd/Cooper St and onto the Lyndarum Wetlands, it is a delight to cycle, eventually coming out on the Glada Tambore just north of Findon Rd. The trail is well marked and easy to follow, but does become a little confusing around Tesselaar Rd.

A word to the latte drinkers. Coffee stops are scarcity on this ride without leaving the trail for some distance to find one. So you will need to be satisfied with what you carry.



[Link to map on MapMyRide](#)

Verbal and Non-Verbal Communication

The following are offered as information and as a guide only. Many of the signals we already use.

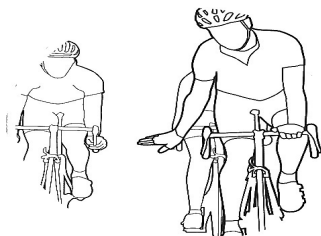
I nearly got cleaned up by a car coming around a blind corner last week. This was because our communication got mixed up. My mate yelled "CAR!" as he was half way across the road in an intersection. I'm used to "CLEAR!" being yelled out when it's safe to cross. "CAR!" sure sounded like "CLEAR!" to me. I began to cross the road when I saw a car come flying from around the corner. Luckily I didn't blindly trust my riding partner and took a quick look for myself. The larger the group is, the more we seem to trust what the riders in front of us are doing without question. **Always look for yourself!**

With so many nationalities, accents and colloquialisms here in Australia things are bound to get confused from time to time. Here are a few tips on verbal and non-verbal communication while out riding. Note that these verbal signals can vary from group to group and country to country but the hand signals are fairly universal. It's a good idea to sit back and watch attentively if you're not familiar with the group you're riding with.

ROLLING! We all know not to run red lights, but it's equally as dangerous to stop dead when the light suddenly turns yellow when you have 80 riders going 45km/hr behind you. If it's a fresh yellow and there are riders behind you yell "ROLLING" as this lets others know that you'll be rolling through.

CLEAR! When an intersection is safe to cross call out "CLEAR!". Don't yell "NO!" as this can easily get confused for "GO!".

CAR BACK! This is hollered to the group if there is a vehicle behind everyone and is attempting to pass.



SLOWING! or STOPPING! Don't yell "CAR!" if a car is coming across an uncontrolled intersection. This easily gets mixed up with "CLEAR!". Also, yell "STOPPING!" if you're rolling up to some traffic lights and you intend on stopping. This alerts the riders behind you what you're doing.



Keep out of the gutter. Signal to move out from the left hand gutter (Australia and UK) by waving your hand behind your back.

CAR UP! This is called out to the group when there is a vehicle parked on the side of the road to alert everyone to get over.

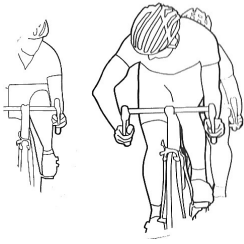
RIDER(s) UP! Call this out when you are in a fast moving group and you are passing another rider or group of riders. This alerts your group to move over to the right (or left if you're in North America). Remember to always pass other riders on their right hand side (in Aus and UK).



Pothole or Hazard. A simple point to the road hazard will be enough to signal to the other riders. Do this well before the hazard is near and predictably move over so you don't roll past too close to it.



Glass or Loose Gravel. Almost like pointing to signal a pothole but using a waving action. This denotes that you're approaching a scattered hazard such as glass or gravel.



Pull Through – A gentle flick of the elbow on the side of the riders that are to be coming through indicates that you want the next rider to come through to pull a turn. I've done a few articles on [echeloning, pulling turns, and pacelining](#). Also, here are some [common mistakes when pulling turns](#).

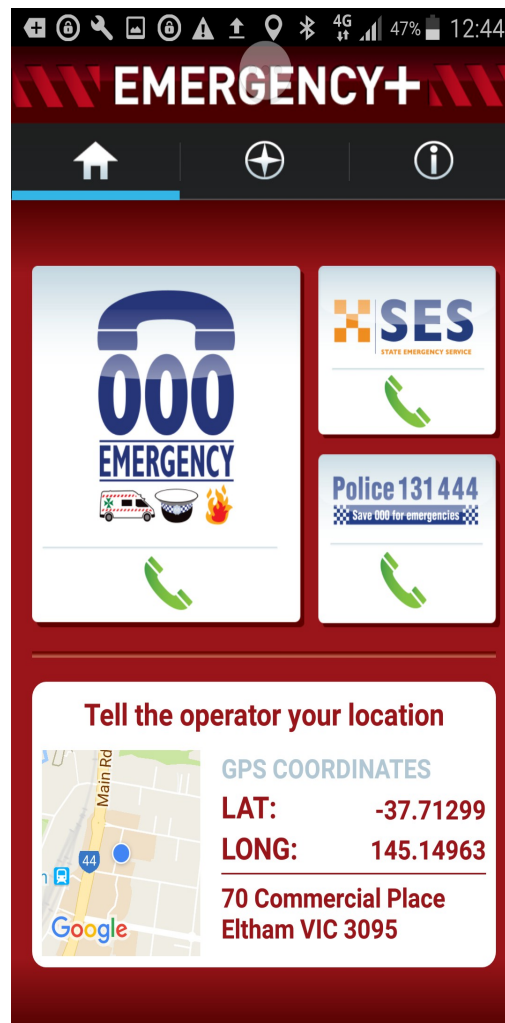
Puncture – Raise your hand, stop pedalling and hold in a straight line until everyone has passed you. When everyone is ahead of you it's safe to pull over and call your wife for a ride home. Best to raise the front brake-side hand so you can come to a safe stop.



Another hand signal to add that I don't have a good illustration for is described [here](#) when climbing. It has to do with throwing the bike backwards when going from a seated to standing position on the bike while climbing. Also known by some as "the samurai sword"!

Emergency + App

Here is a free App that I suggest we all have installed on our mobiles. It allows for a quick call to any of the three services and reports your location accurately using the phones inbuilt GPS system.



Screenshot from my mobile. Note the Lat: Long: and location name.

Save the App that could save your life.

Available on the App Store

[Free Download]

GET IT ON Google play

[Free Download]

Download from Windows Phone Store

[Free Download]

The **Emergency+** app is a **free** app developed by Australia's emergency services and their Government and industry partners.

The app uses **GPS functionality** built into smart phones to help a Triple Zero (000) caller provide critical location details required to **mobilise emergency services**

The thieves do walk amongst us.

Here is why you should secure your bike. Or better still, never let it out of your sight. We saw this sad relic of a once serviceable bike outside Spuntino opposite Station Pier. Needless to say, we kept an eye on our bikes.



From The Web

[St Georges Rd bike counter has gone live. You can check out the bike traffic here.](#)

[From " Ride On", best bike lights - 2017](#)

TO ICE OR NOT TO ICE – AN EMERGENCY AID

Most Latte Group members will be aware that I fell off my bike on the way home after the ride on Friday 3rd March. I was knocked unconscious for a brief period and ended up travelling to Box Hill hospital by ambulance for a three day rest!

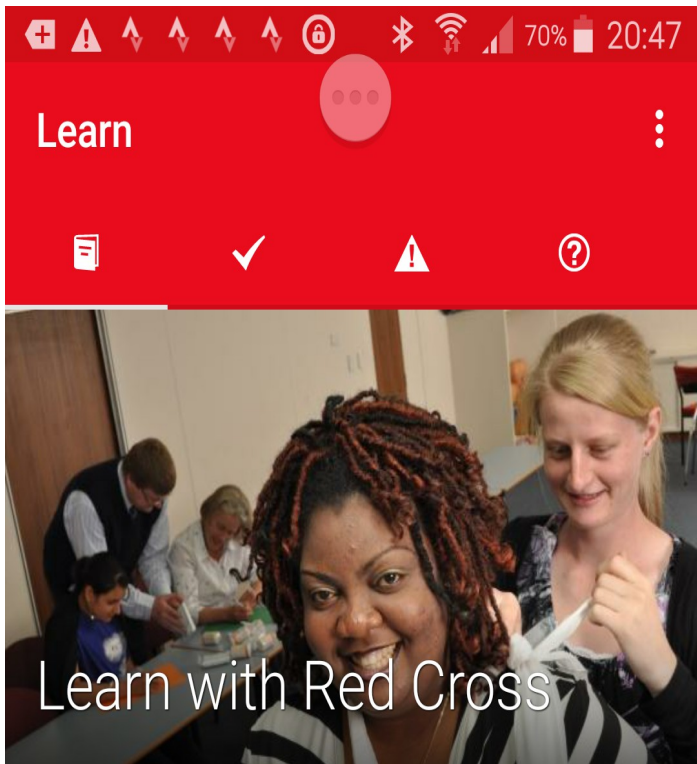
I was riding alone when I had my fall and was helped by some neighbours to the Red Gum Way, Rosanna bike track who called an ambulance and looked after me until the ambulance arrived. After checking me over and preparing to transport me to hospital one of the paramedics took my mobile phone and checked my contacts for an ICE contact (ICE = In Case of Emergency). I have two ICE contacts in my phone, my partner and fellow Latte rider Elaine, and my son.

Elaine had been on the same ride that day but had gone home a little earlier and had lunch prepared. When I hadn't arrived within 15 minutes of her she was becoming concerned about me. As it was, my fall was only about 300 metres from her home. Using my phone the paramedic contacted Elaine and explained what had happened and that they were now taking me to Box Hill hospital. This early contact meant that Elaine could drive to Box Hill and be at casualty soon after me and look after my interests. I was concussed and a bit of a bloody mess, and certainly not thinking straight so it was very helpful that she was there. Elaine also contacted members of my family and advised them what had occurred and that I was being looked after well and would be OK. This was very reassuring to me.

From my experience I encourage all members of Banyule BUG (and anyone else for that matter) to have an ICE number in their phone. As far as I know if your phone is password protected then your ICE number will not be available to emergency service providers, so that is a further consideration. Coincidentally, I had removed my password protection only a few weeks before my accident for that very reason! May be a premonition??

It is now ten weeks after my fall and I am still recovering with a swollen and sore left ankle. I recently learnt that the reason my sprained ankle is repairing so slowly is that it includes a fracture of the heel bone (calcaneus) not revealed by x-rays in hospital. So it is off to an orthopaedic specialist to see what might be done. I will be back on the bike as soon as I can. I am missing the Latte bike rides and will rejoin you as soon as possible.

Peter Gurney

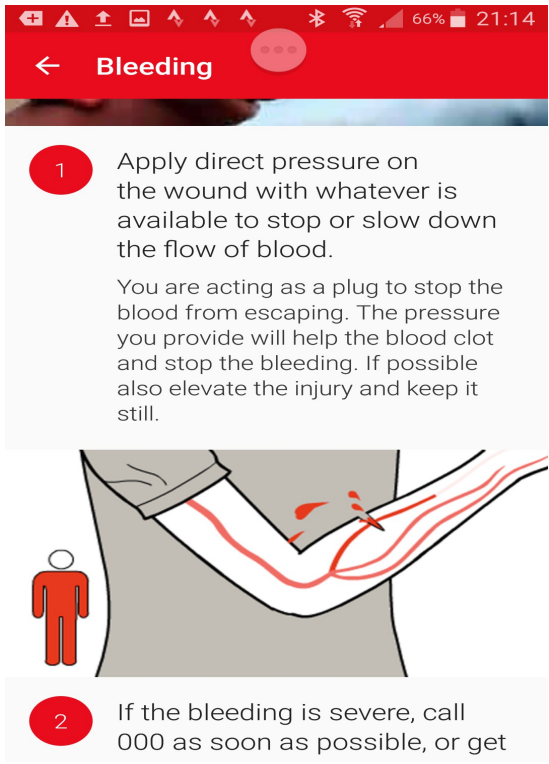
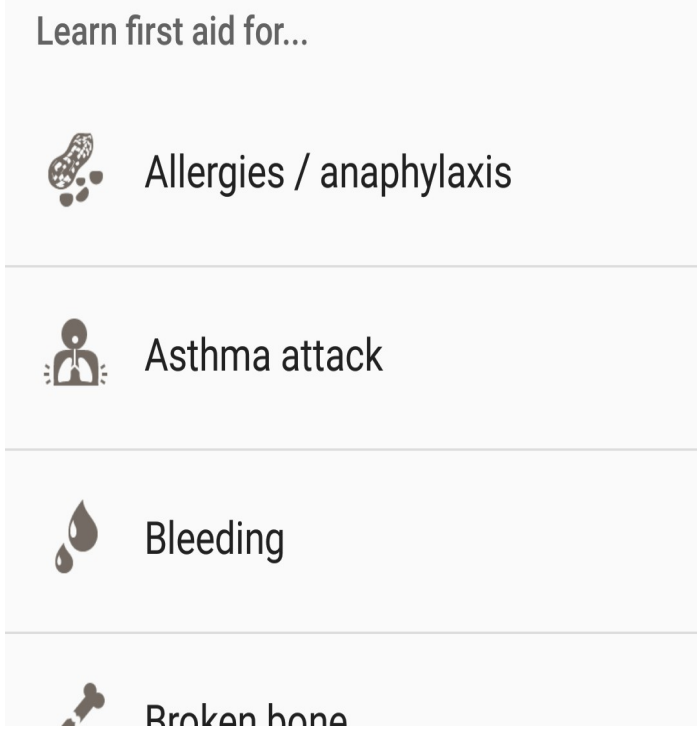


As a follow-on from Peter's excellent advice, here is a screenshot of St Johns latest offering. A 'first aid' app that details what the first response should be for a whole range of emergency incidents. From bee stings to heart attacks, the information as to what to do while waiting for specialist help is easily searchable and available.

The written advice in many cases is accompanied by graphics and animations that step a user through the procedures.

This is a terrific application and is available for all mobile platforms and is free.

A very good thing to carry with you.



Bendigo Ride, Friday 28th April 2017

All starters were asked to meet at the Heathcote Bakery at 9 am before onwards to Bendigo. Four of us, Alan, Bill, Lou and me (JohnZP) surprisingly arrived on time. Great meeting spot. Vast array of cakes and pastries to choose from. The coffee was good and soon doing its work kick starting the brain and energising the cycling muscles. After a week of miserable Melbourne weather sitting outside in the bright sunshine was pleasant indeed. Could have just sat in the sun consuming and patting our tummies, but, considerable calories had been consumed so sitting around was not an option.

Onwards to Bendigo Botanical Gardens, White Cliffs, where we met Arthur and his mate John. Another, John. But, a John is always good to have around. "You never know when you might need one", said Lou.

We cycled off along the Bendigo Creek bike trail and past the Chinese josh house. Bit of discussion ensued here whether the Chinese New Year Dragon was hibernating in the josh house, in the museum further up the trail or bit in both. Still don't know.

Through the Pall Mall roundabout we rode and across all the tramlines in the centre of Bendigo. Arthur gave us an authoritative commentary from the back of the peloton on the history of Bendigo trams, where tramlines were and why they are not there now and, the all-important, weights and gauges of the lines. Also the importance of keep the bike wheel out of the tram track. Lot more to it than meets the eye.

On, on past the Central Deborah Gold mine then along the Bendigo Creek trail and onto Kangaroo Flats. All this pay dirt we were riding over. Either side of the trail were mounds and holes testimony to all the mining activity back in Bendigo's golden age. We cycled with one eye on the trail ahead and one eye scanning for any rock that may have a yellow shine.

Along Calder Highway past the small hill known as Cyanide Hill at Quarry Hill, Spring Gully trail, Strathdale Park, Grassy Creek trail, O'Keefe trail and Weeroona Lake.

How did we know this? Because Alan Peacock told us as he led us around. Alan was a gas inspector for a while in Bendigo and he was right across any shonky installation and got to know all the roads and alleyways. I had noticed that Alan upfront kept looking furtively over his shoulder. I thought he was making sure we were all following behind but I suspect he was also keeping an eye out for some gas contractor that may have recognised him.

Anyway, at Weeroona Lake we stopped for lunch at the Bendigo Boardwalk Café.



Lovely spot. We sat outside in the sun on the decking overlooking the lake replenishing lost calories and rejuvenating muscles. A bit of banter and a few jokes and with time ticking on it was back into the saddle.

Onto the bike path along Swan Hill rail, up through there, along here then left across there and up this lane etc. At the start of the ride I had asked Alan if we were riding out and coming back along the same path. No, we were going in a circle. And I think we did go in a circle, then another and another till one of our astute riders, Bill, called out, "Hey, we've been here before".

A bit of team brain work was required to navigate out of this.

Heads together and much pow-wow resulting in five blokes pointing fingers in five different directions. We followed the tried and proven gas inspector's finger and soon emerged at Rosalind Gardens and the Lookout Tower, 124 steps up and 124 steps down. Some stayed at the bottom, some partially climbed and a couple actually summited to experience the marvellous 360 degree views of Bendigo.

Through the CBD (again), Back Creek trail, past Weeroona Lake (again), Bendigo Creek trail and back to our cars at the Botanical Gardens.

Couple of bikes got dismantled and thrown in the back of cars but three bikes went onto Lou's trailer. I offered to tie them down with a good truckies knot but was quickly told where my knot should go and it wasn't around the bikes.

It was a great fun day in great riding weather. Cycled 58 kms around Bendigo.

All looking forward to the next country ride.

Cyclists

Alan Peacock, Lou Bosco, Bill Denman, Arthur Ireland, John Pietka (author).

Should Old acquaintances be forgot



Last week we were fortunate to be invited to Warrigal to catch up with a former friend and member of the group. Jim Hutton as most people would remember was a very colourful member of the Latte Group for a number of years. His double decker bicycle impressed many people at the Banyule festival as well as Malahang bike hut.

At 80 he completed the Victorian Bike ride. Unfortunately for us the family moved to Gisborne and we no longer had the pleasure of Jim's company or he's expertise. Being an ex racing car driver

and a person who kept up to date on everything that had wheels his knowledge was invaluable if you were into purchasing a car or if your car was falling apart. After spending some time in

Gisborne both Jim and Heather have settled in Warragul where Les Gill Lorraine and myself had the pleasure of visiting. Gill and Lorraine drove while Les and myself caught the train and



found it very bike friendly. We booked a cabin at a local caravan park and discovered Warragul by bike. Jim and Heathers unit was only a short ride away with not many hills. They have settled in well and are gradually making friends. Les took this picture of two of them We felt very welcome drank many pints of coffee and renewed a lot of old times. We are hoping to catch up again now that we have familiarised ourselves with the travelling and finding our way around Warragul perhaps with a bigger group and incorporate it into an overnight bike ride.



Many thanks to those people who contributed material for the May newsletter. Please consider making a contribution to your newsletter for the next issue.

Material to Allan Garbutt allang@bigpond.net.au