



# Banyule BUG Newsletter

November  
2024

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***Our thanks to the Office of Anthony Carbinas MP, state member for Ivanhoe, for their support in providing the photocopying facilities for this newsletter.***

**Disclaimer.** The following article is meant to be an “information piece” only. It is not intended to replace your own medical advice. Emergency contact is to ring 000.

### **Heart Attack – First Aid – by Banyule BUG President, Peter Gurney**

Recently one of our BBUG riders experienced the symptoms of a heart attack while on a club ride . He did not advise anyone of his symptoms, left the ride and headed for home on his bike. He rode some distance and, as he was feeling quite unwell, then caught a train to his nearest station and cycled home.

His wife took him straight to hospital where it was confirmed that he had experienced a heart attack. He is now on medication and recovering at home. He was indeed fortunate to not have a severe heart attack by continuing to cycle and thereby keeping the pressure on his cardiovascular system.

We are in a high-risk age group for heart attack, so let me remind all of our members of the symptoms of heart attack, and what we as cyclists should do if we experience any of the symptoms. Also, if on a club ride what our cycling companions should do.

This advice has been checked by a club member who is a retired emergency department physician.

### **Heart Attack Symptoms**

The most common heart attack symptoms include:

#### **Men:**

- Pressure, tightness or **pain in the chest** and arms which may spread to the neck, jaw or back
- Nausea
- Indigestion or heartburn
- Cold sweat
- Fatigue
- Light-headedness or sudden dizziness

#### **Women**

Heart attack warning signs can be different for **women**. Some common symptoms include:

- Nausea or vomiting
- Extreme fatigue
- Fainting
- Cold sweats
- Pressure in upper back
- Light-headedness
- Dizziness

### **What to do if you experience these symptoms**

Tell other riders that you are ill and are stopping.

**Stop exercising** – get off your bike and lie down.

**Take 300 mg of aspirin with water.**

If you are alone **immediately call 000** and request an ambulance.

Remain lying down until the para medics arrive.

## What Others Should Do to Assist

Ensure that the patient and others are safe. i.e. not in danger of vehicles, other cyclists, etc

Check for response – e.g. hand squeeze, verbal responses to questions

**Call an ambulance immediately, stay on the line and follow instructions**

**If the patient is conscious, administer 300 mg of aspirin**

Monitor the patient and if conscious reassure them and keep them calm

If unconscious and not breathing normally begin CPR (ratio 30 compressions to 2 rescue breaths)

Maintain CPR until the patient is breathing normally or until a paramedic takes over the patient

If there is an AED in the vicinity have it fetched and follow voice prompts from the AED to apply the machine and its shock effect. (See – **Heart of the Nation app** to locate the nearest AED)

After para medics attend phone the rider's emergency contact and advise.

### **Recommendations:**

**For further information on CPR see [www.victorchang.edu.au/cpr](http://www.victorchang.edu.au/cpr)**

Review and refresh your knowledge of CPR **now** through the above website

Download the **Heart of the Nation app** to your phone

Carry 300 mg of aspirin with you when cycling

**Finally** (after para medics have taken the patient to hospital)

Ride Leader - phone the club President or Membership Officer/Treasurer (if either is not present) and advise.

Ride Leader – complete an incident report (proforma is on the BBUG website) as soon as possible.

## **Bike Laws Victoria (Link)**

This is a most informative booklet produced by Legal Aid, Victoria. It is clearly presented and a must read for all people who ride bikes.

## **Sherbourne Rd Cycle Tunnel**

I know we are all keen to be cycling from Montmorency to Greensborough in safety. Well after what seems like forever, that moment is drawing nearer.

Here are some excellent images of the work taken by a Monty local (Ros Grenfell) of the “state of play“ as of late October.





George, one of our new members to Banyule BUG snapped this picture of a pony in Lower Plenty sporting a jacket that looks very much like the Banyule BUG top. Perhaps we are expanding our mode of riding?.



## Banyule BUG South Geelong to Point Lonsdale

In mid October, 17 intrepid BBUGsters and family travelled to Point Lonsdale for a terrific overnight trip. We travelled by car, train, ferry and of course, bike.

The riders rode from South Geelong station to Pt Lonsdale along the Bellarine Rail Trail. The bike path now connects up with the train station at South Geelong. Much of the path is in good condition, but towards Point Lonsdale it is very rutted and gravelly / sandy in areas.

Our accommodation in Point Lonsdale was really comfortable, we spread ourselves over the the Point Lonsdale Guest House motel and a holiday house - no shenanigans to report. Delicious dinner and a few thirst quenchers were enjoyed at Point Lonsdale golf club.

Keep your eye out for another overnight trip in 2025!



Not all rides go without an occasional mishap and this ride was no exception. Carole hit an hidden washout on a downhill section and her arm and leg came to grief. Sore, but not serious. The ride continued.



To those of you (like me) who have been watching in horror at what has been happening along the much loved Koonung Trail, the following comes a some relief that things will improve.

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## Koonung Creek Trail wins upgrades ([Link](#))

Finalisation of designs for the Eastern Freeway upgrade have resulted in a boost for riding facilities being delivered by the project.

As part of the North East Link Project (NELP), urban design and landscape plans for the freeway project between Burke Road and Tram Road went through a public consultation process last year. As a result of submissions, a number of opportunities for improvement were identified and have this month been approved by the Minister for Planning.

With construction of permanent, above-ground buildings and structures now set to get underway, the project has announced an extra 1.2km of upgrades to the Koonung Creek Trail, improvements to the Heyington Avenue walking and cycling bridge for a better connection to Valda Wetlands, improvements to walking and cycling connections at Doncaster Road, and additional community facilities along the main Koonung Creek Trail including BBQs, rest areas, fitness equipment and bicycle repair stations.

Additional separate pedestrian paths have been added in locations where greater numbers of walkers are expected to use the trail.

The curved ramps in the Heyington Street Bridge have been broadened making turns easier.

The NELP project involves multiple sectors, multiple stages, and multiple contracts. The section from Bourke Road to Tram Road will have a considerable impact on the trail on both sides of the creek requiring closures and diversion of the route during construction, and significant sections of new trail and bridge structures to be delivered as part of the project.

The detours are being finalised and riders will be notified before major works start.

Improvements to the Kooyong Creek Trail include:

- Upgraded Koonung Creek Trail through Koonung Creek Reserve, pedestrian paths, rest areas, fitness and bike repair stations.
- New Estelle Street bridge.
- New Heyington Avenue bridge.
- Upgraded Koonung Creek Trail at Valda Wetlands, pedestrian paths, seats and viewing areas.
- New Bulleen Road bridge and underpasses.
- Upgraded Doncaster Road underpass.
- New underpass through to Doncaster Park & Ride.
- Lighting upgrades for Musca Street Reserve underpass.

**This month was a special month for our club, as we celebrated**

### **Kelvin's 97<sup>th</sup> Birthday Celebration - November 8<sup>th</sup> 2024 Fairfield Boat House**



On Friday morning, 8<sup>th</sup> of November, 2024, a large group of Latte riders assembled at Warringal Parklands and rode to Fairfield Boat House

Everyone was keen to celebrate with Kelvin, our oldest rider, his 97<sup>th</sup> birthday which had occurred earlier in the week.

There was cake, a speech from our President Peter, songs from Franciscus with his guitar and fine voice and of course there was Kelvin, in fine form, reminiscing about his childhood, growing up in Westgarth.

After his speech there was still enough puff in him to



blow out the candles- all 97 of them! (only kidding ☺)  
Kelvin keeps on keeping on and he is an inspiration to us all.  
Thank you Kelvin for showing us the way.



### Beijing to Paris

This is an interesting bike adventure (Beijing to Paris) noticed by Maurie. It is housed on a very comprehensive website that takes some time to get your “head around”, but it is well worth the effort. Some people do amazing things on bikes.

*I thought this story might be of interest.*

*I experienced a talk by a female bike rider that did a ride from Beijing to Paris in 3 stages.*

*Her story is on this website, [www.crazyguyonabike.com](http://www.crazyguyonabike.com)*

*Look for Heather Burge.*

*The website is for touring bike riders to post the story of their ride.*

*I also noticed this 1000Km ride in France looking at WW1.*

*Maurie*

### [Direct Link](#)

Here is the direct link to Heather Burge's story on the website. Do take time to look around the site. It has some wonderful tales of adventure.



## **Banyule BUG Christmas Party**

### **Tuesday 10 December**

An early reminder about the **Banyule BUG Christmas Picnic!** The annual DIY BBUG celebration where we all bring food to gobble and drinks to slurp, sharing with more BBUGs than you can shake a can of Mortein at. The swarm lifts off at 9.30 am 10 Dec, heading again for Ruffey Lake Park. More news later but pop it in the diary now!

And for Lycra riders - your program schedule says we're celebrating Xmas on 3rd December but this, of course, is a **big fat lie**. The Grinch came in and stole the date, shifting it to **10 December**. Stick with the cluster and you'll be fine!

John Perkins

## **'Night Riding Army' flood the streets of Kaifeng in search of soup dumplings**

Chinese highways have seen an unexpected influx of bicycles, as more than 100,000 students have begun riding nightly on the hunt for dumplings.

The journey from the city of Zhengzhou to Kaifeng in China's Central North region began as a late-night social adventure for Henan's college students in search of Kaifeng's famous soup dumplings.

[From the ABC. Link](#)



There is more to this story than just dumplings. Watch this report on youtube from a Chinese source. [Link](#)

## **Latte Group Ride Times**

Change is afoot.

To avoid any confusion about start times over the hotter months here's the new plot for ride start times.

Each of us needs to be aware of the weather over the summer and decide if conditions are suitable for us to participate in cycling on any particular day.

**DECEMBER and MARCH.** All rides start at the normal time (9.20 am, 9.30 am). On any particularly hot day the ride leaders, in consultation with the ride group, can change the ride destination and length. For safety, should there be a particularly hot and dangerous day (e.g. Fire rating CATASTROPHIC) either Colin or I will cancel the ride completely. If possible, we will endeavour to do that by email the evening before.

**JANUARY and FEBRUARY.** All rides will commence at 8.20 am and 8.30 am. Destination and ride length may be changed as above. Rides may be cancelled as above.

Colin is planning the ride program to have our longer distance rides not in the hottest months. Thanks Colin.

Let's hope for a pleasant and safe summer with lots of good bike rides.

Peter Gurney

## **Lycra Group Ride Times**

All Lycra rides start 8.15 am from 1 Dec to 31 Mar, unless indicated otherwise. Includes Tue, Thu and Sunday rides.

## **Bike-friendly trains roll out**

The first of Victoria's new X'Trapolis 2.0 trains, featuring greatly improved provision for bike riders, has rolled off the assembly line in Ballarat.

It is the first of 25 train sets that will gradually replace the old Comeng trains, which are still on some lines of the Melbourne train network. [BN Link](#)

..... more below.

### **X'Trapolis 2.0 - modern trains for a modern Melbourne**



The Victorian Government is investing \$986 million in 25 state-of-the-art X'Trapolis 2.0 trains and major upgrades to the Craigieburn Train Maintenance Facility in Melbourne's north. [Vic Gov Link](#)

### **Veloway [\(Link\)](#)**

The (very) much anticipated Veloway is coming along and will open to riders some time in early 2025 (?). It is already an impressive structure.

Thanks to Robyn for these pictures.



**A big thankyou to all those members who contributed items to this newsletter. You can do so via [allang@bigpond.net.au](mailto:allang@bigpond.net.au) for inclusion in our next edition.**

**Merry Christmas. Have a wonderful time with your family and friends and keep safe on our roads.**