

Information Corner

Warby tips Hills

Once you have decided to go over the hill rather than around it (always my preferred option) then relax – if you stay tense you will restrict your breathing and speed up muscle fatigue.

At the foot of the hill get the bicycle into the gear that will best able you to spin the pedals with the least effort.

Don't look at the top of the hill – concentrate 10 metres or so in front of you, and be aware of the bikes around you.

Stay seated, you use less energy than standing up. Sit as far back in the saddle as possible. Keep your upper body relaxed, and shoulders back to help breathing.

If you want to stop and have a rest – do so. If you want to walk the bike for a while, that's okay too – just keep over on the verge of the road. There are no prizes for coming first.

Keep up the water and eat regularly – you will be burning plenty of calories.

Once you are at the top, have a rest and congratulate yourself.

When going down the other side, remember that you aren't Lance Armstrong. Ride well within your limits, at a speed that you are comfortable with. Be nice to others; if you pass someone grinding up the hill red-faced and puffing, say a kind word.

Remember to enjoy the day, you are with a thousand people who are having as much fun as you are.



Changing behaviour by bike!

Ride2School is Bicycle Victoria's second Community Based Social Marketing Program. Just as we have found it is possible to get a large number of people riding to work, it is possible to get more students walking and riding more often. These will be the next generation of riders!

The program breaks down the barriers to more students walking and riding to school and beyond.

By October 2007, its first year, we registered one quarter of Victorian schools – a clear sign that the community embraces the aims of our program.

As of the start of March 2008, there are more than 1000 schools registered with Ride2School.



Fast facts about Membership

Did you know Bicycle Victoria Members have reflective stickers they can stick on their bikes to identify themselves as a Member? So look out at the lights or on the trails for bikes with the silver and red stickers and say hello to a fellow Member. If you haven't received your set yet, email membership@bv.com.au after the ride with the subject heading, **Stickers Please!**

A Special thanks to:



For welcoming us into town

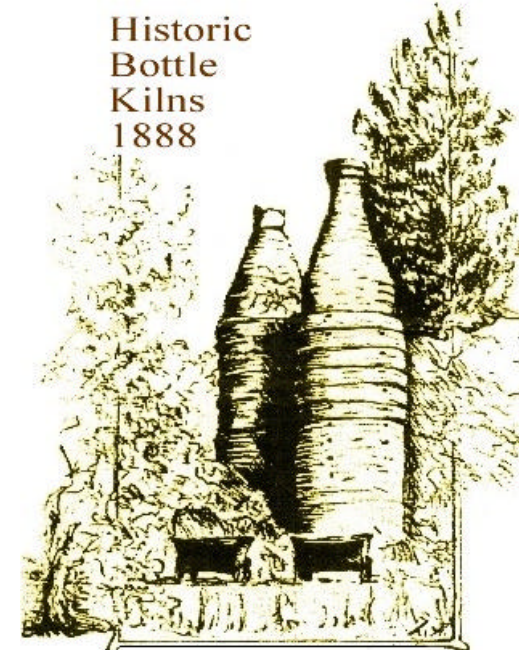
Stretching Calves

Stand on a step with both heels over the edge, hold onto a support and let the weight of your body stretch your heels towards the floor.



Day 3 - Tablelands Meander - Oberon to Portland

Historic
Bottle
Kilns
1888



PORTLAND
NSW
"The Town that built Sydney"

Another day of amazing views as you ride the 58km to Portland. A relatively short ride takes you through grazing country and bushland. There is a gradual hill climb so be sure to keep the fluids up. And be sure to keep an eye out for the Alpaca farms operating near meadow flat just before the lunch stop.

Did you know that Portland is known as 'the town that built Sydney' as it was the home of the first cement works in Australia that supplied the cement to build many of the first major buildings in the Sydney. The cement works still exist in Portland as a point of historic note.

MENU

Lunch: Gourmet sandwich with ham, tasty cheese and lettuce on wholegrain

V. Gourmet sandwich with vegetables, pesto and rocket

Diner: Beef casserole with mashed potato, vegetables and side salad.

V. Italian cheese rice balls with fresh tomato sauce, vegetables and salad.

Desert: Lemon and lime cheesecake

QUOTE OF THE DAY

Cause Change & Lead
Accept Change & Survive
Resist Change & Die
- Ray Norda, Chairman,
Novell

Riding Tally

Today's Length:
57KM

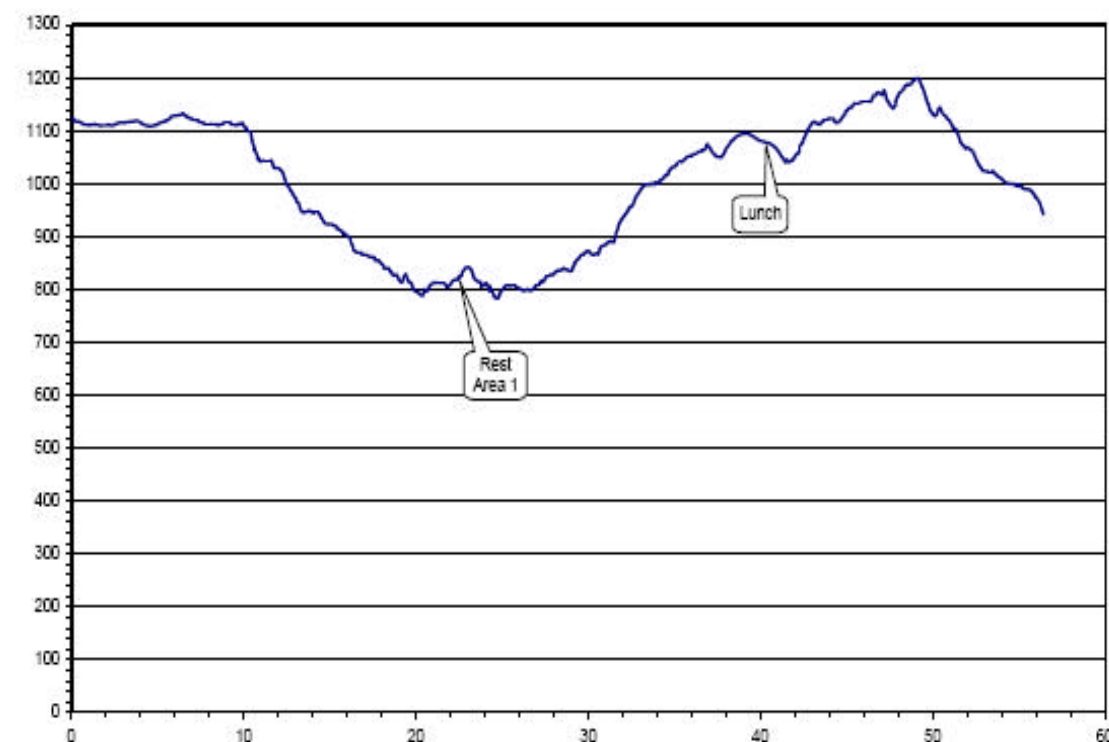
You've done:
137KM's

You've got

613KM's

to go!!

Route Profile



Power up!

The Mount Piper Power Station is a state of the art power station only a short journey from Portland. Within the power station is the Energy Expo, a chance to learn about how a power station works with hands on exhibitions. The exhibitions will show you how electricity is made and how it is distributed to our households and businesses. There will also be the chance to tour through a working power station and see first hand what power looks like! Tours to the Power Station will be operating during the afternoon of Monday 31st March. Tours are \$11, which includes transport. You can pre book your tour with the Lithgow Tourism Centre on 1300 760 276.

Walk through History

"The Town that Built Sydney" is a place of a rich and diverse history. From the first Australian Cement making kilns through to the signs of yesteryear which have lovingly been re-created over the last 10 years, there's plenty of history to experience in Portland. There will be walking tours conducted of the town and the signs of yesteryear, departing at various times during the afternoon. There will also be a walking tour through the

Brick Bottle Kilns that first produced Portland Cement. See the Happy Helpers in Oberon or Portland for more information on the Portland walking tours.

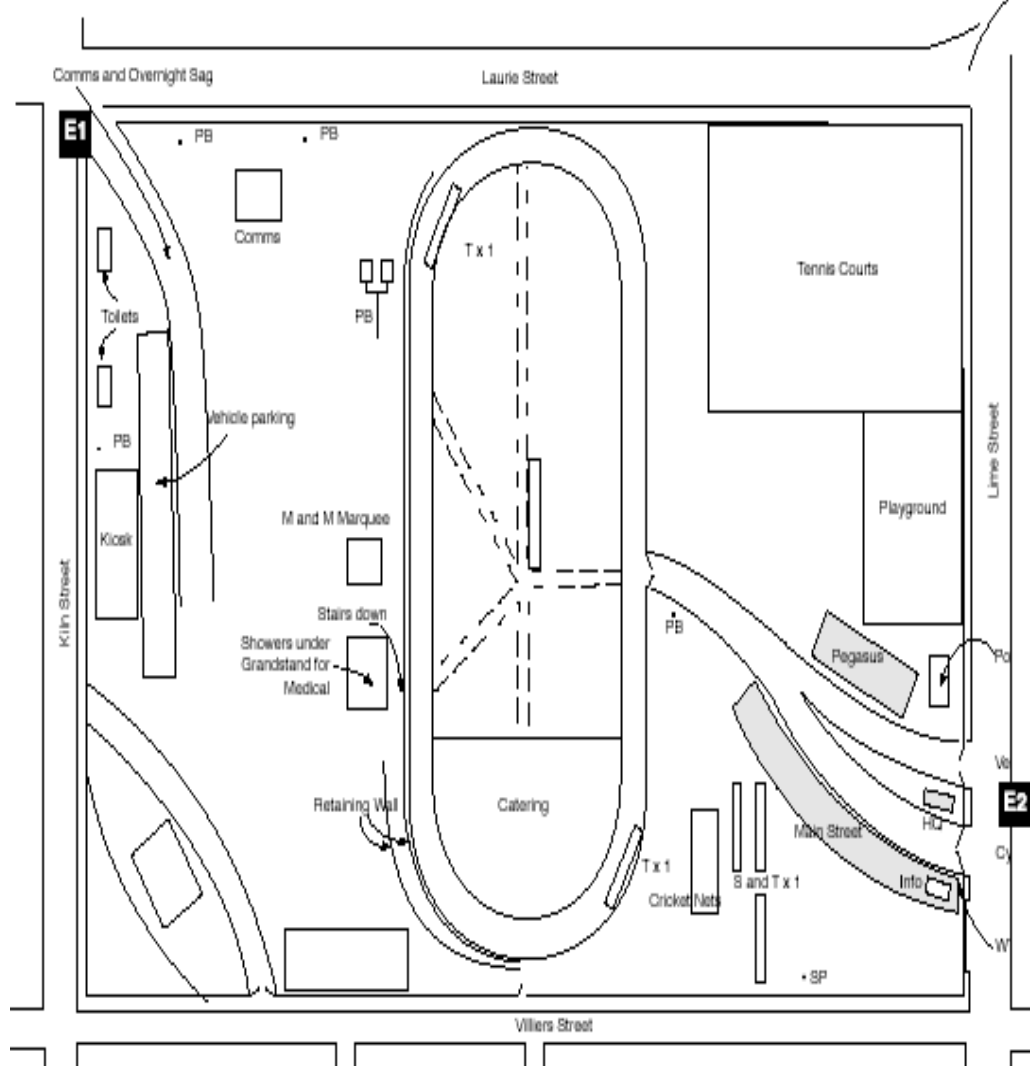
Quilting display

The Portland Quilting club is a collection of local ladies that get together and create some amazing quilts. There are several of these Quilts on display next to the St Vincents Op Shop and during our visit the ladies will be putting on demonstrations of their craftwork as well as having a few quilts available for

purchase. More information about the displays and general information will be available from the Happy Helpers. There will also be a fundraising raffle held with the prize being a magnificent quilt.

Campsite Hints

Only drink water from the Bidons located throughout the campsite. There is always water located by the Main Rider entrance if you can't find one!



ENTERTAINMENT INFO

Café de Canvas

6:00pm: Gallie—has two more days left of performing his mix of originals and covers so check him out while you still can.

8:30pm—Volunteer Function—to say thank you to our hard working volunteers. There will be regular service in the Café, but a section of the Marquee will be sectioned off to cater for the Volunteers.

Portland puts on a show for the Great Escapade

Welcome to town!

There will be an official welcome into Portland from Mayor Neville Castle at 2:00pm in the Town Centre. As well as welcoming you into town, there'll be plenty of local talent around to entertain you!

As is often the case in the town our Riders travel to, the town is pulling out all the stops to make you feel welcome in Portland. The Coronation Hotel will be pumping with the sounds of local Rock n Roll from 3:00pm. They will also be serving meals throughout the afternoon if your feeling a tad peckish! The Portland Bowls Club will be holding a twilight Barefoot Bowls day and providing the bowls! There's also the Club Bar should you feel at all thirsty. If a little more fitness is your thing, then ANT Fitness will be running fitness classes. The local CWA will be putting on Devonshire teas in the town centre, yummy! Fancy 9 or 18 holes of golf? The Portland Golf Club is doing good deals for cyclists to experience their sand greens and stunning views. Golf Clubs are available.



Sudoku

7	2					3		8
1	5			9		2		
	9	4	6	3				
6			4				7	
5		2	9		3	4		1
	8				1			5
				8	6	1	2	
		7		1			5	9
3	8						6	4

JOKE OF THE DAY

Did you hear about the vampire bicycle that went round biting people's arms off?

It was a vicious cycle.

HAPPY BIRTHDAY



Rebecca

The Great Escapade team would like to wish you a very Happy Birthday.