

Information Corner

2008 Great Escapade™

The Good Oil

Warby tips Safe riding

Even though we are on a huge event, all the road rules still apply.

Never ride more than two abreast while riding along a public road. If the roads are narrow, or you are on double lines, stick to single file.

When passing:

Check behind you for vehicles or riders passing you.

Look beyond the riders in front of you, and anticipate what they will do – is there a pot-hole or a slower rider in front of them. Is there anything that might make them move into your path? When you are happy that it's safe, call out "passing" or ring your bell.

Always communicate with riders around you:

Wanna stop..... callout 'stopping' move well of the road.
Wanna pass..... callout 'passing' then proceed.
Wanna walkmove of the road so others can pass

Stretching

Stand with the leg to be stretched on a footstool or tree stump. Bend your foot-up, keep your knee straight then bend your upper body forwards from your hips keeping your back straight. You should feel the stretching behind your knee and thigh.



There are a record number of eight different ride options for the **2008 Around the Bay in a Day® - Get Sponsored for The Smith Family**. Choose your challenge!

Ride Option 2 - 210km Anti-Clockwise

This is the one that started it all. This ride takes you around Port Phillip Bay, commencing at Alexandra Gardens in the City of Melbourne, then heading in an anti-clockwise direction to Queenscliff, followed by a ferry to Sorrento, and finishing back at Alexandra Gardens in Melbourne.

Key Dates:

Registration Opens 7 April
Free Jersey Incentive Closes 23 June
Registration Closes 3 October

Sunday 19 October

www.aroundthebay.com.au
Email atb@bv.com.au



A Special thanks to:



For welcoming us into town

Fast facts about Membership

Did you know that Bicycle Victoria Members have travel insurance for all the Great Rides? This means that while you are on the Great Escapade you are covered for theft, loss and damage to your property (yes that includes your bike!) while it is under Bicycle Victoria's transport. So, if something was to happen to your luggage or bike on the trip home, through one of the transport options provided on the Great Escapade, you are entitled to put in a claim for your personal effects. If the worst this was to happen (fingers crossed it doesn't!) please call Bicycle Victoria after the ride.

Feel better on your bike.
Become a Bicycle Victoria MEMBER



Day 4: Lookout Day - Portland to Rylstone



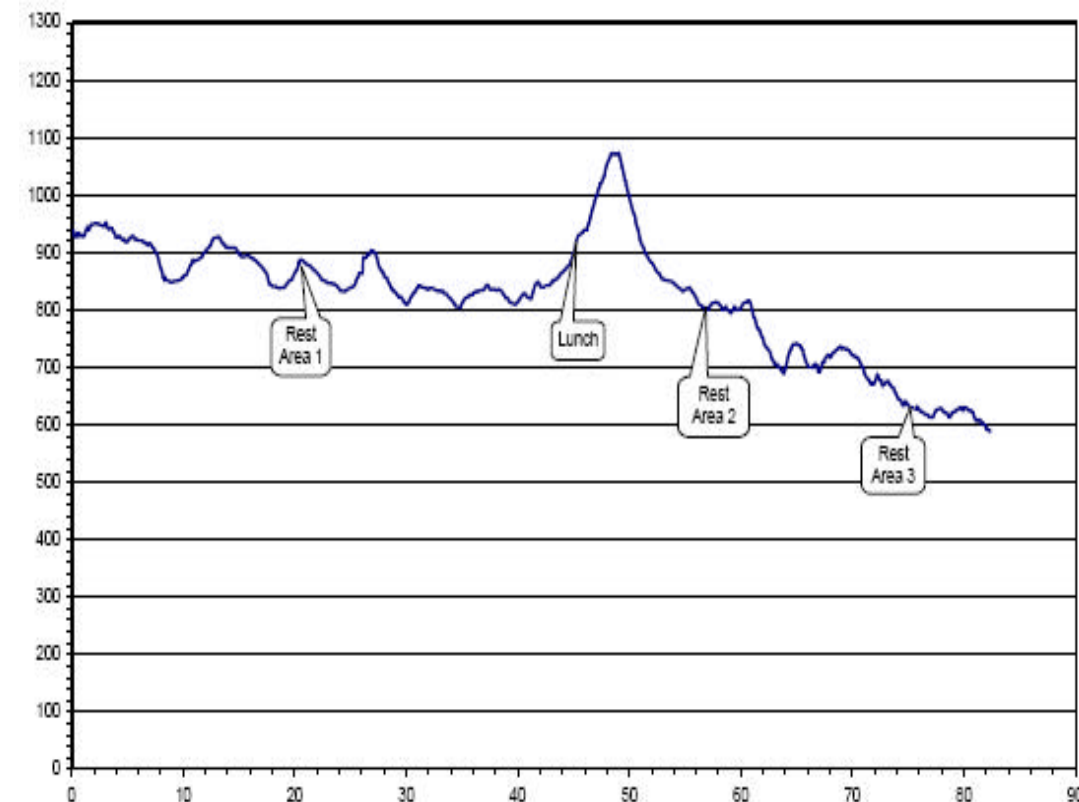
Today we will be passing several large mines and quarries for the first time on the route so be sure to keep to your left and keep an eye out for a high possibility of increase in traffic.

The climb after lunch today is the largest climb of this years Great Escapade, up to Pearsons Lookout. Don't worry though, the view at the top definitely makes the climbing worth while!

Passing through the great country town of Cullen Bullen, Ben Bullen, Capertee, Ilford and Kandos on the way to Rylstone, you'll get a great idea of what country life is like and why everyone's so friendly!

Today's 83km ride takes you through the great divide with mountains on one side and the gardens of stone national park on the other. Lunch today is at Running Stream where you can rest and prepare for the 5km hill climb, but then its mostly downhill from there through more bush land to tonight's destination of

Route Profile



MENU

Lunch: Pide filled with Tandoori Chicken, Cucumber, lettuce and yoghurt
V. Pide filled with Roasted Red Capsicum, avocado, cucumber and lettuce.
Dinner: Braised Lamb, with vegetable hot pot and seasoned rice
V. Spinach and cheese pastry parcels with vegetable hot pot and seasoned rice.
Desert: Caramel Cream Desert

QUOTE OF THE DAY

Even if you are on the right track, you'll get run over if you just sit there!
- Will Rogers

Riding Tally

Today's Length: 83KM's
You've done: 220KM's
You've got 530KM's to go!!

Rylstone's special attractions include No 47, a painting and pottery gallery; the Lollypop Shop where visitors can get lollypops, chocolates and other delights; Bizzy Birds at the corner of Louee and Cudgegong Streets, which sells jewellery and other items in addition to providing fine food; and the Rylstone Cottage Museum behind the Bridgeview Inn.

Vintage Film Festival

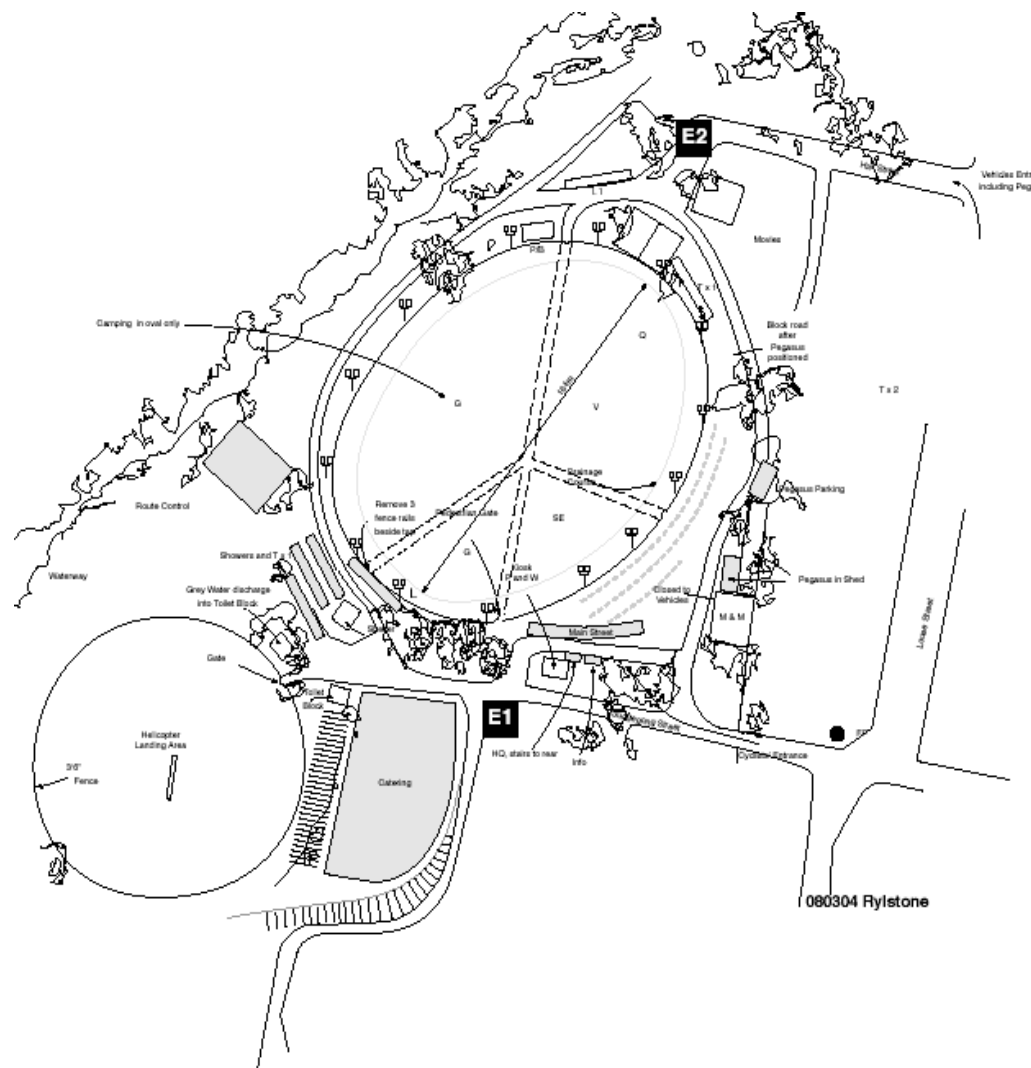
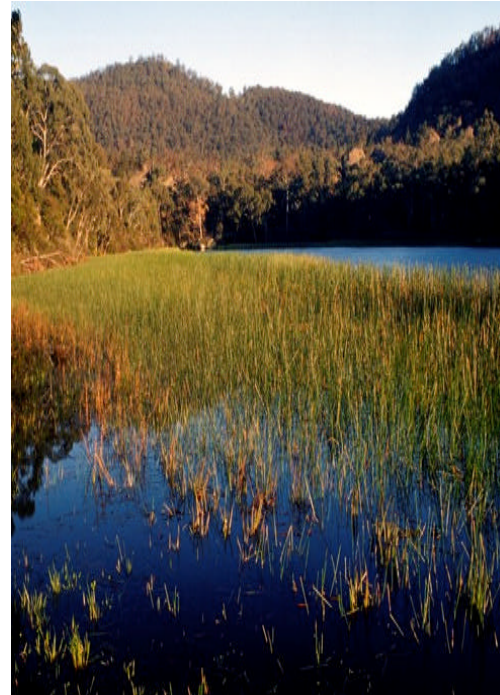
The Rylstone Historical Society will be displaying several vintage films especially for you, our Great Escapade Riders! The screenings will take place in the Rylstone Community Hall right next to the Campsite. The details of what films will be showing will be released shortly.

Wine & Olive Tasting

Its easy to tell that we're getting closer to the Mudgee Wine Region as signs of wineries appear around town. A few places to get into the early swing of things are the Globe Hotel which will be holding local wine tasting in its beer garden. The De Beaupaire Tasting Centre is located next to the Globe Hotel and offers wine and olive tasting. Tantalise those taste buds for the feast thats to come!

Dunns Swamp

About 25 kilometres east of Rylstone amid the predominantly sandstone pagoda formations of the Wollemi National Park is Dunn's Swamp, a sprawling lake created in the 1920s when the Cudgegong River was dammed to provide water for the Kandos cement works. It is an ideal spot for bushwalking, camping, canoeing, swimming, liloing, birdwatching, fishing and picnicking and includes an Aboriginal site featuring hand stencils that may be as much as 7000 years old.



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ENTERTAINMENT INFO

Café de Canvas

4:00pm: Gallie—back again to entertain you with his classic covers and awesome originals. See if you can make a request that he doesn't know how to play!

7:30pmk: Trivia night—get those thinking caps on! Get your teams together for the Great Escapade Trivia Night! Sign up with the Happy Helpers at the Information Container.

Keep an eye out for the Activities Team! They will be out and about near the top of Pearson's lookout, helping to get you up the last few meters of the biggest climb on this years Great Escapade.

Two Towns One Community

A mere 7 kilometers down the road is the beautiful town of Kandos, which with Rylstone is known as One Community instead of two towns. Kandos has a special place in NSW History with Kandos Cement being used in the construction of the Sydney Harbour Bridge. Kandos is a proud town with a great community spirit & plenty of things to do. Why not call into the Chef Li Chinese Restaurant? Chef Li's claim to fame is that he once cooked for Queen Elizabeth! Not only that, his cooking must have been so good that she asked for seconds! A shuttle bus will run between Rylstone and Kandos for you to be able to check out either of these great towns.



Did you know?
Kandos Cement was used in the construction of the Sydney Harbour Bridge!

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Sudoku

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

JOKE OF THE DAY

A piece of motorway and piece of dual carriage way are enjoying a drink in the pub. In walks a piece of red tarmac. The bit of motorway whispers to the bit of carriage-way "Come on lets drink up and go before the trouble starts; He's a bit of a cyclepath!"



HAPPY BIRTHDAY

Rodney

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

