

## Information Corner

### Warby tips

#### Three ESSENTIAL Road Techniques

**1. Relax.** Don't waste energy tensing up muscles that you aren't using. Have you ever noticed how champion athletes make it look easy. The riders on the Tour de France cruise along at 40 kph up hill, over cobble stones, day after day. It's all about technique, and minimum effort. *Be happy.* You're on a holiday. If your facial muscles are tight, your body follows. Consciously relax your face, neck and jaw muscles. *The Notre Dame look.* Don't hunch. Tense riders hunch their shoulders until their ears disappear. Drop your shoulders and relax.

**Soft hands.** Bend your elbows slightly and relax your forearms and hands. If you hit a bump or get bumped, loose arms absorb the blow without affecting the wheel. Tensed hands soon get fatigue, and quickly get numb.

**2. Pedal Smoothly.** A rapid cadence of 90 to 100 revolutions per minute is efficient and stylish. But it's hard for your brain to keep up with your feet going that fast. Practice at a slower RPM of 60 to 70, so you can concentrate on your stroke all the way around, but keep up that same rhythm on the hills – gear down.

**3. Recover Fast.** *Drink Fluids.* We said that you'd get sick of hearing this. *Rest.* Pro cyclists sleep nine or ten hours a night and often take an afternoon nap. Make sure that your body has time to recover.

A Special thanks to:



For welcoming us into town

### Stretching Hip flex

Stand in a wide walking position. Put both hands on the knee in front of you and keep the other knee almost straight. Push your hips forward and down keeping your back straight. You should feel the stretch in the front of the hip and thigh



Fast facts about Membership Did you know Bicycle Victoria Member have access to Fitness2live?

It normally costs \$95 but it's included in your Membership. It includes information on training for Great Rides as well as private health assessments, weight loss & exercise programs as well as some fantastic recipes with dietary goals in mind. You can see parts of the website for free as well as some fun calculators to find out how much energy you are expending as well as a power to speed calculator. When you are back in your abode, have a look at <https://bv.fitness2live.com.au>



Did you know Bicycle Victoria Member have been making a difference to the bike riding world? By being a member and increasing the voice behind Bicycle Victoria, you have been involved in significant changes over the last five years. Green lanes, new paths and rail trails are prospering around Victoria and closer work with Bicycle NSW has also meant a greater impact in New South Wales also. The support of your Membership and voice on campaigns that are important to you will result in more achievements in the future. Ensure you are kept up to date by receiving our fortnightly email *In the Loop*.



# Day 8 - Across the Great Divide: Cassilis to Scone



Historic Segenhoe Inn— Aberdeen

Back up the valley to the Golden Highway.

It's up and down and the same all over again for the 40 kms into Merriwa. This is farmland and cattle stud land, so the Rest Stops are in paddocks on the side of the road. Stop after crossing the Merriwa River and have a look at the Pluto Information

Board after a sweeping downhill into town.

Roll into Bunnan, across Wybong and Spring creeks. You've cracked the halfway mark. Even better, there's lunch.

At the top of Owen's Gap, jump off for a rest. You've done well, most of the climbing is over. There's still about 15 kms to go before celebration time, though! Take it easy on the steep downhill. It's like coming down the Great Divide, but you're heading east with the sun on your back and 8 days of riding memories to smile about.

Savour the last big downhill and keep the cadence going as you ride into Scone, past the enormous racecourse.

### MENU

**Lunch:** Wrap with roast beef, lettuce, red capsicum and sweet chilli sauce  
**V.** Wrap with roasted vegetables, lettuce and brie cheese

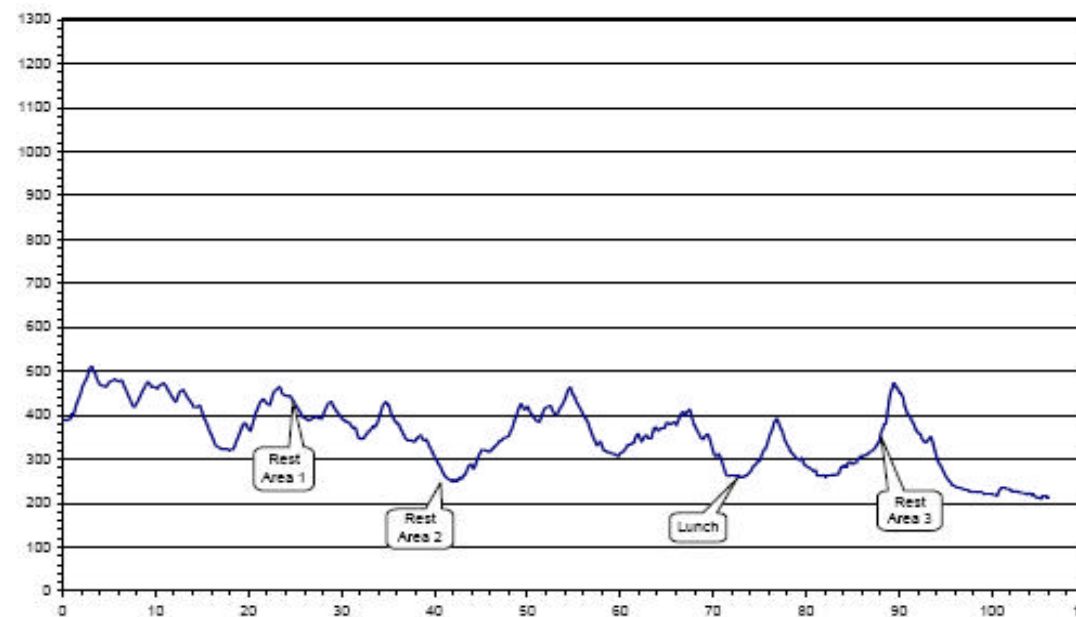
**Diner:** Mustard chicken with pumpkin tortellini pasta, roasted pumpkin and garden salad.  
**V.** Pumpkin tortellini pasta with roasted pumpkin, pesto and garden salad

**Desert:** Choc Orange Cream Dessert

### QUOTE OF THE DAY

If think you can't, you're right. If think you can, you're right. - Ken Hatton

### Route Profile



### Riding Tally

Today's Length:  
107KM

You've done:  
484KM

You've got  
266KM

to go!!

## Local History

Scone, like many of the towns on this years Escapade, has its own unique history and there's many ways to see it all. The Scone Historical Society will be offering Guided historical walks around Scone to see things like the Civic Theatre, Airley House and many other historical sites.

## Tired at the thought?

All this excitement making you tired at the thought? Let the Scone Scouts come to your service! They will pitch your tent or carry your luggage when you arrive at the campsite. All of this for only a gold coin donation! Or, after you've freshened up from the days riding, enjoy a fresh donut!

## Learn More about Scone!

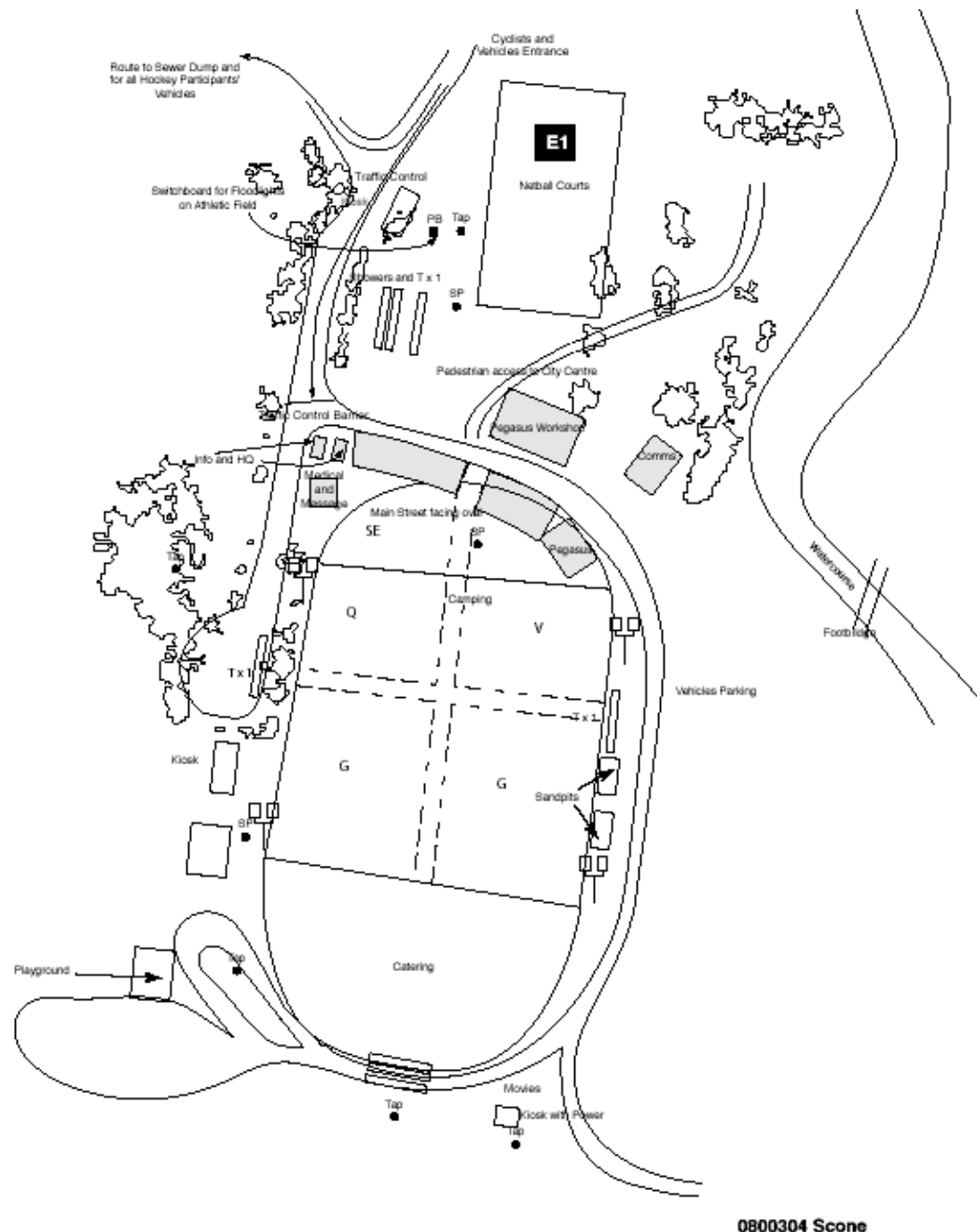
The Scone & Upper Hunter Historical Society Museum located in Kingdon Street will be open on Saturday 5<sup>th</sup> April from 3pm till 5pm, showing you many historically significant artifacts and information about Scone and the Upper Hunter Region. Scone & Upper Hunter Society Guided Walk of Scone on Satur-

day 5<sup>th</sup> April. Cost: \$2 p/p leaving from the Museum in Kingdon Street at 4.00pm (will take about 1 hour). This tour will take in all the significant sites to see in town and also provide you with local knowledge about Scone.

## Campsite Hints

We will be sharing today's campsite with several local sporting groups, so please be mindful to walk your bike on the campsite.

The walk out of the campsite passes a few Netball Courts, which will be in action during the day. Please keep clear of the action!



## ENTERTAINMENT INFO

### Café de Canvas

7.30pm—Flight: a passionate and skilful jazz-and-beyond band, the perfect cure to a long days ride.

### Do You Know

1. It is known as 'The Horse Capital of Australia' and claims to be the second-largest horse breeding area in the world, after Kentucky in the United States.
2. Scone has the Australian Stock Horse Museum and the Horse Festival which includes the running of the Scone Cup (Friday 23 May this year if you want to have a flutter)
3. The history really comes through in some of the architecture, where a number of buildings, including churches, the railway station and post office dating back to the 1800s and early 1900s.
4. The town received a boost when the railway arrived in 1871. By 1881 the population was still only 214.
5. In 1840 bushranger Edward Davis and his gang held up the St Aubins Arms and Thomas Dangar's store.



### Party Time!

Whoever said country towns don't know how to party obviously never visited Club Scone! Especially for the Great Escapade they are holding The B Party! Come dressed as something starting with B and enjoy a Gourmet BBQ and Local Wines, Entertainment by Razz & Tash - One of the Most Popular Regional Bands, all while overlooking the golf course and camping grounds. The night is \$25 per head and Bookings are Essential, Ph: (02) 6545 1814. If the party's not your thing, why not enjoy a social round of golf? \$10 per person with refreshments after your round.

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## JOKE OF THE DAY

Q. How do you fix a flat pumpkin?  
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A. With a pumpkin patch!

## HAPPY BIRTHDAY



Darren  
Ronald  
Chris  
Rod  
Alastair

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