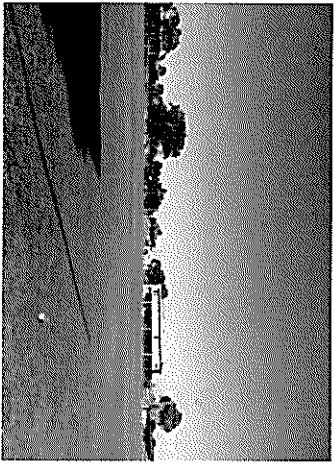


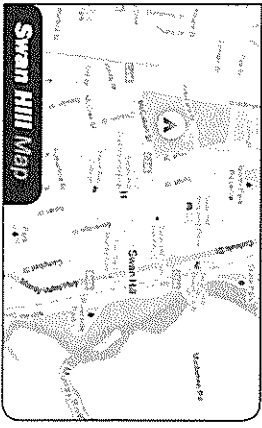
The Good Oil | Swan Hill – Pre Ride



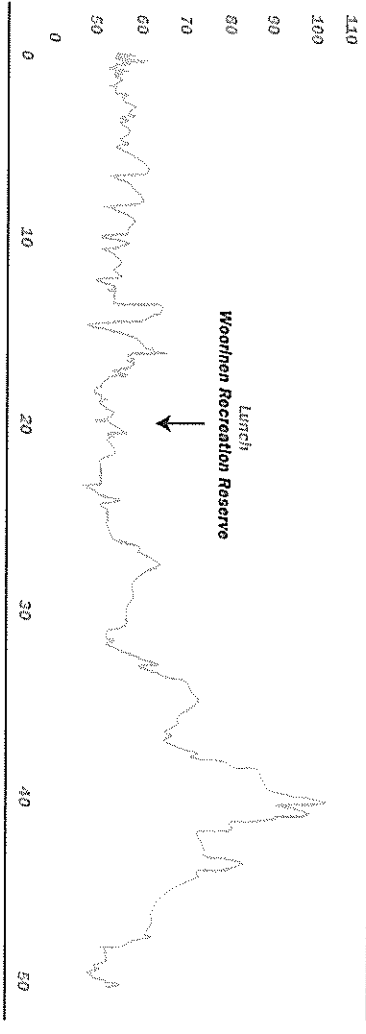
OUR CAMPSITE

Swan Hill Showgrounds and Alan Garden Reserve

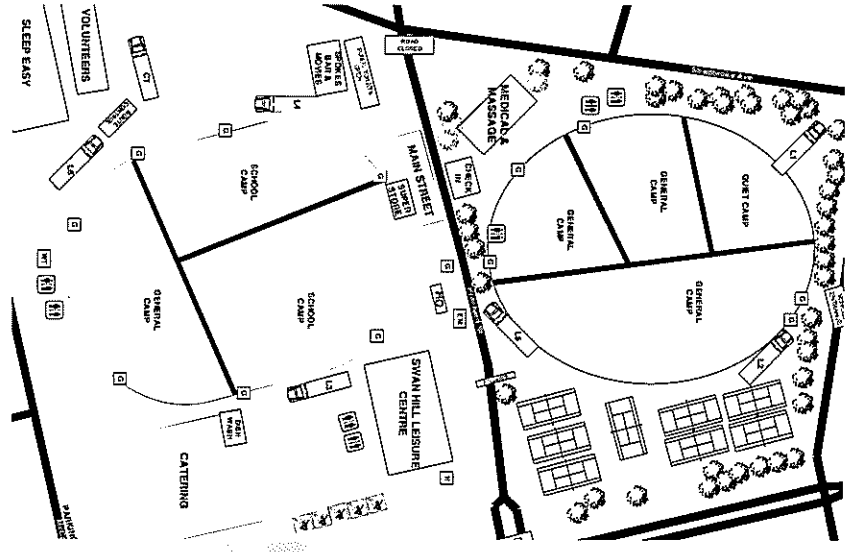
10 minute walk from town centre
 Check out Swan Hill- Local student concert, Blue Light Youth Disco, Open Air Market, Pool Party, River Cruises, Twilight Cinema, and many local shops have extended Trading hours.



Route Profile



Distance Travelled: 0km | Distance to go: 59.2km



RACV Great Victorian Bike Ride

A week in another world 2011

Friday | November 25th 2011

Swan Hill – Pre Ride

Tomorrow's Ride
Swan Hill – Loop Ride
 Distance: 54km
 Route Profile and Maps on Page 6

RACV Great Victorian Bike Ride 2011
 Saturday 26 November - Sunday 4 December

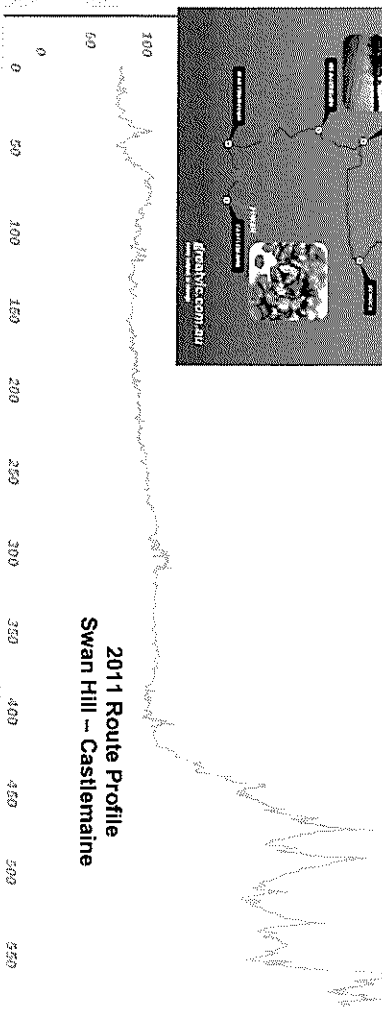
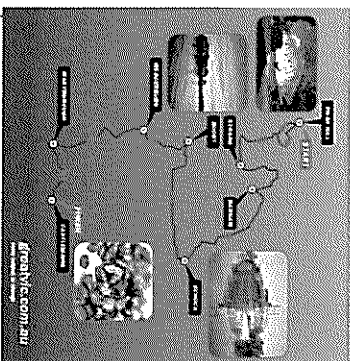
Swan Hill, Kerang, Barham, Echuca, Boort, Wedderburn, Maryborough and Castlemaine

Hello Riders and Volunteers, and welcome to the RACV Great Victorian Bike Ride 2011. What a year it has been at Bicycle Network Victoria. New name, branding, & logo, new spacious office, and recognition as a charity! The events team has also had a few changes, and we welcome new enthusiasm and ideas.

For several months now the events team and the volunteer team leaders have been working hard with the local councils to create another amazing 'Week in another world'. We welcome the continued support and sponsorship of RACV, VicRoads, Bicycle Superstore, as well as that of all the local councils.

The RACV Great Victorian Bike Ride is known as Australia's largest, fully supported multi-day bike ride and the RACV Great Vic 2011 will be no exception! As you know, the 2011 bike ride starts in Swan Hill with a loop ride before meandering the Murray River for three days to Echuca. After a rest day in Echuca enjoying its paddle steamers and boating history, the ride will continue through historic gold mining towns, before riding triumphantly into Castlemaine.

Bicycle Network Victoria Events Team
 Vincent, Darren, Adam, Ben and Subhashanti



2011 Route Profile
 Swan Hill – Castlemaine



The Good Oil | Swan Hill – Pre Ride

ON CAMPSITE

Is this your first ride? Has it been a long year since you were last on the RACV Great Victorian Bike Ride? Here are a few friendly reminders of how things work on campsite, and how to get the most out of your 'Week in Another World'.

Mornings

When preparing to leave camp in the morning, be ready the night before, water bottles full, and tyres pumped. The slower you are at leaving the morning campsite, the longer it takes for us to open the next campsite. Leave camp early to allow enough time to enjoy the day, and if it is going to be a hot day get on the road at 7am or earlier.

Toilets and Showers

There are flags showing you where the toilets and showers are, however they are hard to miss – just look for the big trailers! Toilets are open as soon as the Campsite opens and remain available to use all through the night, until the Campsite closes the following morning. There are nine separate toilet trucks spread around the Campsite.

The showers will only be open from the end of the ride until 9pm each evening. The showers will not be open in the mornings. No access to showers until you reach the next Campsite. Please be patient, as you will need to queue for your shower, especially in the early afternoon. If you shower at dinner time, waiting time will be much shorter. Please keep your shower time to a minimum and do not wash clothes in the shower - it wastes water and inconveniences others. You will need to supply your own soap and shampoo.

Has the long ride got you hungry?

This is the spot to check to get your tummy grumbling: the daily menu! Breakfast, lunch and dinner is supplied every day of the ride (except lunch rest day).

Tomorrow's Meals

Breakfast

All: Cereals, porridge, bread & condiments, chocolate muffin, fruit salad, yogurts, fresh fruit, tea, coffee, milk, and juice

Cafe de Canvas

The Cafe de Canvas is the central hub of a RACV Great Vic campsite. Open daily, the RACV Cafe de Canvas is the best spot to enjoy dinner, have a drink and dance the night away.

The catering servery is adjacent to the RACV Cafe de Canvas. There is a fully licensed bar in the cafe that is open until 10.30pm. There is also nightly entertainment provided for the riders, usually a band, trivia, meet and greet or comedians.

Breakfast

All Breakfast Bars are the same. Go to the end of the shortest line. Fruit will normally be available on the way into the Breakfast Bars. The order is: yogurts, condiments inc. butter and salt, bread, pastry, porridge, cereals, fruit salad and finally milk on the way out. Orange and apple juices are self-serve in the eating area.

Dinner

Make sure that you have your lanyard with you at dinner. Your bar code will be scanned as you enter the catering tent. This identifies your meal type and assists the volunteers in directing you to your serving bay.

Have all crockery and cutlery in a bag so that your hands are free for washing before entering the catering tent. The bag is also useful for placing fruit, yogurt, condiments, bread and pastries. Hands need to be free for the balancing act of cereal and milk as you find a seat.

The serving area is ONE WAY. With the large numbers of participants coming through it will be appreciated if you consider your requirements carefully as you move along the line.

Lunch

Non-Veg: Ham, Cheese & Tomato Baguette

Veg: Tomato & Cheese

Baguette

Special Non-Veg: Ham, Cheese & Tomato Gluten Free

Roll

All: cookie, fruit, crackers & cheese, cordial & water

Dinner

Non-Veg: Certified Angus Roast Beef served with roast potatoes, steamed vegetables and rich gravy, and chocolate mousse for dessert

Dinner
Non-Veg: Certified Angus Roast Beef served with roast potatoes, steamed vegetables and rich gravy, and chocolate mousse for dessert

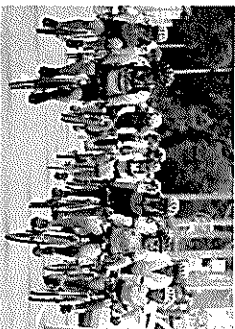
Veg: Arancini topped with napolitana sauce served with steamed vegetables, and mousse for dessert.

Special Non-Veg: Certified Angus Roast Beef served with roast potatoes, steamed vegetables and gluten free gravy, and Day Night Mousse for dessert
Special Veg: Arancini topped with napolitana sauce served with steamed vegetables, and Day Night Mousse for dessert

The Good Oil | Swan Hill – Pre Ride

Out on the road & getting up the hills

- Ride at your pace – not someone else's.
- Keep spinning – use your gears.
- There is no lost honour in stopping half way up a hill, but get right off the road when you do.
- Eat before you're hungry and drink (lots) before you're thirsty.
- Ride in single file on double lines and no more than two abreast when it is really safe.
- We provide the lunch and water (and toilets) at regular stops.



WHAT'S ON IN SWAN HILL?

Friday

Make sure you head down to the information marquee in town, to know what's going on. For peace of mind you can secure your bike at the showgrounds for \$5 before the ride starts on Saturday. There's a local student concert being held at Riverside Park, and a youth Blue-Light disco at the Soundshell. Selected shops are open until 7pm tonight, so head to Campbell St or the Swan Hill Shopping Plaza for any last minute buys.

Saturday

Saturday is packed with activities for everybody. A family fun day on the Murray riverside precinct, river cruises on the century old PS Pyap, and a pool party at the Swan Hill Outdoor Pool to cool off. There is an open-air market selling only local produce in the car park next to the Swan Hill Regional Art Gallery from 1pm to 6pm.

Swan Hill's main attraction is the Pioneer Settlement, with horse and cart trips, vintage car rides and old-fashioned costumes and lollies. After sunset there's a sound and light tour, so you can experience the settlement all lit up at night. After an action packed day, rewind with a movie under the stars at the Swan Hill Soundshell, where you can see 'Twilight' at twilight. Gates open at 7pm, and the movie starts at 8.45pm.

Welcome all riders

RACV would like to welcome you to this year's ride. Remember to be safe and look after your fellow riders as there will be RACV Good Behaviour Awards up for grabs after each day of riding.

RACV members

Keep your eye out for exclusive activities planned for RACV members throughout the course of the ride.



Riding in a bunch

Here are some tips which should help those who are learning to ride in a bunch (peloton):

- **Don't slam on the brakes!** Try and look ahead as much as possible (just like a car) and predict when you'll have to slow down and apply the brakes gradually. There are no brake lights on bikes and we don't follow the 2 second rule so you have to help each other out. Call out "braking".
- **Ride consistently and be predictable.** Try and avoid making sudden movements and always indicate your intentions.
- **Ride directly behind the wheel in front.** Try not to overlap the wheel in front or ride too far to one side. If the rider in front has to swerve and your front wheel is over their rear wheel then it could affect a number of riders.
- **Use a camelback.** If you struggle to get to the drink bottle then use a camelback. You'll hydrate much more effectively and be much safer too.
- **Point out obstacles.** When you see a pot hole, broken glass or other hazards, warn the riders behind you by moving round it and pointing it out.
- **Shout it out.** Along with hand signals, verbally warn riders behind you of upcoming obstacles or your change in direction or speed.