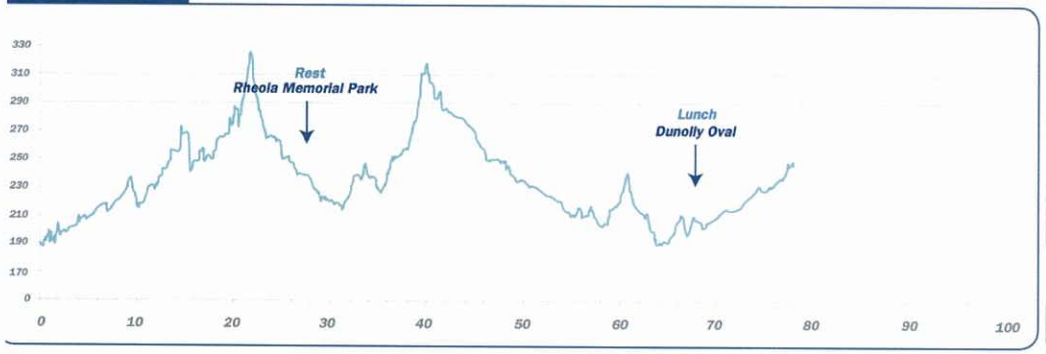
TOMORROW'S CAMPSITE

Maryborough Princess Park and Jubilee Park

Route *Profile*



Distance Travelled: 460km | Distance to go: 132km

RACV Great Victorian Bike Ride®
A week in another world 2011

The Good Oil

Friday | December 2nd 2011

Day 7: Boort – Wedderburn

Tomorrow's Ride
Wedderburn – Maryborough
Distance: 79km
More Details on *Page 6*

TONIGHT'S ENTERTAINMENT

SPOKES BAR – John Luke Shelley
A very unassuming entertainer – certainly doesn't present like a rock star but amazing guitar skills and an impressive voice give him an undeniable talent and almost make you stop and pay attention to his music. Again, a great engager of the crowd in a more intimate setting, perfect for Spokes Bar.

MAIN STAGE – John Luke Shelley and Band
John Luke Shelley jumps on the main stage to perform with his band, Hi-Speed Steel. An example of classic and modern day blues band that you just can't seem to find these days! The band has a great sound and rhythm and no doubt the toes will be a tapping and maybe even the feet a dancing to this fantastic band! Rave reviews last year, so they are back again for another performance!

MARYBOROUGH

Emily Pong

Once upon a time, there was a hungry little girl named Marylocks. She went for a walk into Maryborough, and came across the Central Goldfield Art Gallery. When she knocked, no one answered, so she walked right in. She found local and contemporary artists being showcased, but she was still hungry.

Then, she walked over to Bristol Hill Look Out, Princes Park and even went out of town down Derby Rd to see the Aboriginal Wells, but that did not quash her hunger. Defeated, she headed back to Maryborough Railway station and found that the station cafe had many lunch delights, and that is where she enjoyed her coffee, exactly right.

Maryborough Railway Station boasts having the longest platform in Australia and is one of the finest railway stations in rural Victoria.

WHAT'S ON IN MARYBOROUGH?

Hot food, hot showers and hot coffee. If this sounds enticing, head to the Netball and Football club in Princess Park from 3pm onwards. For phone charging, drinks and chips, the Jubilee Park clubrooms will provide for all your needs.

TRACK RACING DEMYSTIFIED

Emma Clark

Despite the event names sounding more like cocktails than bike races (madison, keirin, omnium …). Watching a track event live is a fantastic experience. The races can be mind-bogglingly confusing, but the mayhem on the boards makes for great entertainment.

Sprint events

Track sprints are not your typical dashes, but an exercise in strength, speed and tactics. The event is normally 1000m, but only the last 200m is timed. Riders begin slowly, jockeying for position. Many riders attempt to make their opponent take the lead. This is because when riding at a high speed, the rider who manages to stay just behind their opponent can slipstream, expending up to 30% less effort. In the last 100m, the trailing rider pulls out of the slipstream and using their fresher legs they attempt to overtake their opponent.

Points race

The points race is a series of points-awarding sprints. It requires tactical awareness as well as stamina and speed. Sprints take place every 10 laps, with the first four riders getting points. A rider is awarded 20 extra points if he laps the field. If points are tied, the winner of the final sprint is the victor.

Madison

To the untrained eye, this event looks like total mayhem, but makes for a great spectator event. This event is named after the six-day races held at New York's Madison Square Gardens from 1899. Teams are made up of two riders, who work together to score points in a series of sprints. Only one rider from each team is allowed in the race at a given time, meaning that riders take it in turn to keep a fresh rider in the race. Changeovers can be quite dangerous as fast and slow riders come together. The resting rider circles around the banking waiting for his team-mate, as they come together they clasp hands and a hand sling is used to accelerate the slower rider into the race.

Team pursuit and individual pursuit

Two teams of four compete in the team pursuit over 4000 meters. The riders take it in turns setting the pace at the front, then slipstream in behind his team-mates to recover. Teams start on opposite sides of the track. The aim is to record the fastest time or catch the rival team.

The individual pursuit is a pure endurance race, with riders attempting to post the fastest time. If one rider overtakes his opponent, then he is declared the winner, even if the full distance of the race has not been completed.

Keirin

Turning cycling into a contact sport, the keirin looks like total chaos. It is an old-fashioned first-to-the-finish race, with 6-9 sprinters competing at one time. Keirin races are about 2km in length.

Riders draw lots to determine starting positions and start as the derny, usually a small motorbike. They must stay behind the derny until it leaves the track. The derny starts at the deliberately slow speed and gradually increasing in speed. It leaves the track approximately 600m before the end, at about 50km/h. The first cyclist to finish the race is the winner.

Keirin racing is huge in Japan, and is one of the four sports that operate legal gambling. Over 20 million people attend annually and place bets amounting to over $15 billion.

Tomorrow's Meals

Breakfast

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

Lunch

Non-Veg: Panini filled with sliced turkey, cranberry sauce, brie cheese & snow pea sprouts **Veg:** Panini filled with tomato, bocconcini cheese, herb dressing and rocket

Special Non- Veg: Gluten free Turkish bread roll filled with sliced turkey, cranberry sauce, brie cheese & snow pea sprouts

Special Veg: Gluten free Turkish bread roll filled with roasted pumpkin, tomato, herb dressing & rocket

All: Accompanied by a cookie, fruit, crackers & cheese, cordial & water

Dinner:

Non-Veg: Tender beef steak tournedos served with roast potatoes, honey carrots and pepper sauce, and chocolate mousse for dessert

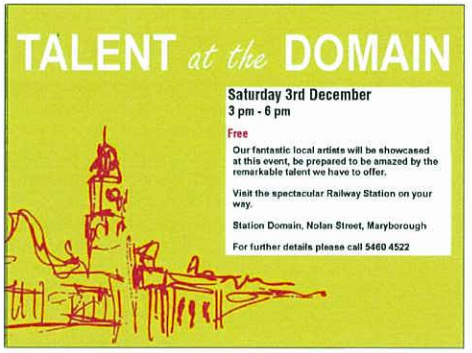
Veg: Lentil vegetable burgers served with roast potatoes, honey carrots and pepper sauce, and chocolate mousse for dessert

Special Non- Veg: Tender beef steak tournedos served with roast potatoes, honey carrots and gluten free pepper sauce, and day night mousse for dessert

Special Veg: Lentil vegetable burgers served with roast potatoes, honey carrots and pepper sauce, and day night mousse for dessert

All: Served with a bread roll

The Good Oil | Day 7: Boort - Wedderburn



Massages* for RACV members tomorrow

As you draw closer to the end of the ride, why not take five to relax and rejuvenate? RACV members can receive a free five minute massage tomorrow at the RACV marquee in Maryborough from 2pm until 6pm.

Simply bring your RACV membership card and enjoy.

*Massages are subject to availability.

RACV

RACV Great Victorian Bike Ride 2012 Gippsland

RACV Great Victorian Bike Ride® A week in another world 2012

Saturday 24 November – Sunday 2 December
Total distance = 591km

Ride options:

9 Day RACV Great Victorian Bike Ride – Lakes Entrance to Phillip Island
3 Day RACV Great Vic Getaway – Yarragon to Phillip Island
1 Day RACV Great Vic Finale* – San Remo to Phillip Island
**(Entries are not open for the 1 Day Finale until 2012)*

2011 special offer:

Pay your deposit for either the 9 Day or 3 Day ride option and you'll secure your spot and this year's price as well as a $30 Bicycle Superstore voucher.

9 Day Ride RACV Great Victorian Bike Ride

Ticket Category	*Special 2011 Offer*	*Deposit*
Adult	$835	$200
Youth 17 & under	$599	$200
Child 12 & under	$299	$200
Infant 5 & under	Free	Free

3 Day Ride RACV Great Vic Getaway

Ticket Category	*Special 2011 Offer*	*Deposit*
Adult	*$425*	*$200*
Youth 17 & under	*$299*	*$200*
Child 12 & under	*$149*	*$200*
Infant 5 & under	*Free*	*Free*

How to enter: Visit the Bicycle Network Victoria sales tent on Main Street at the RACV Great Vic 2011. Hurry, this is your chance to secure your spot on this spectacular ride before entries are officially accepted in 2012.