



**GREAT VIC
BIKE RIDE**

The Good Oil

ISSUE 1: KOROIT

SATURDAY 26 NOVEMBER - Arrival Day

Tomorrow's riding: Koroit to Noorat (66km)



Welcome to the 2022 Great Vic Bike Ride!

We're back! While Covid may have put a hold on the past two year's events, we're back bigger and better and excited to be continuing on the nearly 40-year legacy the Great Vic holds - so get excited.

This year we're travelling through the Great Ocean Road region, where riders will enjoy the fresh country air, foodie adventures and good ol' country hospitality at each overnight stop along the way. With nine towns to tick off as part of this adventure - from Koroit to Buninyong, the Great Vic offers everchanging landscapes from country plains to coastal vistas.

Whether you're a first-timer or a seasoned Great Vic rider, we hope you enjoy every moment of the nine-day, scenic adventure exploring regional Victoria on two wheels.

We guarantee you'll make new friends along the way, so make sure you take time to say hello to your fellow riders, have a chat and thank the volunteers helping you make the most of your time on the bike and spend time getting to know the local communities who will be out in force to welcome you.

PARTNERS



HOSTS



GET TO KNOW KOROIT

Our arrival town on the Great Vic Bike Ride 2022 is the charming town of Koroit. Once you've collected your rider pack and set up your tent, there's plenty of time to get out and explore the area!

A hearty welcome and a genuine Irish community awaits you in this character-filled town that is one of Australia's most complete examples of an early Irish settlement.

Nestled on the northern rim of Tower Hill State Game Reserve, Koroit is named for the Koroitch Gundidj people who occupied the area for thousands of years. Rich volcanic soils lured men to the land. In the 1840s and 50s Irish immigrant farmers settled here, many as small grain and potato farmers who 'took their produce down the slope to Warrnambool'.

The township grew, naturally taking on the lively character and culture of the settlers' Irish homeland. Today's Koroit honours its strong Irish Catholic heritage. It flavours every aspect of life, from architecture and hospitality to a proudly close-knit community. While dairying has taken over many of the original potato fields, farming is still the mainstay.

Explore the main street or wander into the side streets and you'll find Irish charm at every turn.

WHAT'S ON IN KOROIT

IN TOWN

Tower Hill Studios

Join in an art session at Tower Hill Studio and be guided step by step to create a piece of art to remember the event forever - no experience necessary. Free pick up and drop off to your class and no free delivery of your canvas to Buninyong at the end of your ride to take home with you. Grab some drinks and release your artistic flair. Sessions are running on both Friday (if you're arriving early) and Saturday.

Call Jenny Phillips to book your spot: 0419 565 024.

Bandari Project Healthy Food Stall

Visit the Bandari Project Healthy Food Stall on Main Street on Saturday (all day) or in the Village Green from 2pm and grab some fruit salad, whole fruits, vegetable sticks or protein balls. Proceeds from the stall will go to disadvantaged students in Tanzania, which aims to break the cycle of poverty through education.

Koroit Irish Festival

Head into town for a free community concert at the newly built Koroit Village Green from 3-6pm. Catch live entertainment and explore the community stalls showcasing the best of the Koroit community.

Noodledoof Brewing and Distilling Co

Head to the local brewery from 7.30pm on Saturday and catch a folk session from the ethereal Leah Senior and soulful Sophia Whitney, while sampling one of their locally made gin, vodka, ale or spritzer.

Tickets are available via Eventbrite:
<https://www.eventbrite.com.au/e/leah-senior-sophia-whitney-tickets-443026061877>

Dukes Commer Social Hotel Koroit

Grab an ice cold beer and pub meal and enjoy true country hospitality at Koroit's local pub. Known for having the biggest and best Parm Menu in town, find a spot in the sun, shade, marquee, dining room or bar and sit back with a drink and meal while listening to live music. Save the riding legs and jump on the courtesy bus.

Call 5565 8510 to book a table for lunch or dinner.

FUN FACT!

Had a ruff day on the ride? The fastest 30 metres on a bicycle performed by a dog is 55 seconds, achieved by Norman the Scooter Dog, what an impressive boy!

TODAY'S MENU

DINNER

STANDARD: Marinated Greek lamb, Greek salad, roasted root vegetables Tzatziki

VEGETARIAN: Spanakopita, Greek salad, roasted root vegetables Tzatziki

GLUTEN FREE STANDARD: Marinated Greek lamb, Greek salad, roasted root vegetables Tzatziki

GLUTEN FREE VEG: Spanakopita, Greek salad, roasted root vegetables Tzatziki

GLUTEN FREE VEGAN: Spanakopita, Greek salad, roasted root vegetables Tzatziki

VEGAN: Spanakopita, Greek salad, roasted root vegetables Tzatziki

DESSERT

STANDARD: Salted caramel mud cake or fruit salad

VEGETARIAN: Salted caramel mud cake or fruit salad

GLUTEN FREE: Salted caramel mud cake or fruit salad

GLUTEN FREE VEGETARIAN: Salted caramel mud cake or fruit salad

GLUTEN FREE VEGAN: Salted caramel mud cake or fruit salad

VEGAN: Fruit salad

AT CAMP

Barbeque lunch fundraiser

Grasmere Primary School will be serving up delicious hamburgers, egg and bacon rolls, veggie burgers and sausages as well as homemade treats such as slices, biscuits and muffins. The fundraiser will be set up along Main Street from 11am to 5pm on Saturday.

Cake stall

The Koroit CWA will be selling delicious slices packed and ready for you to take on tomorrow's ride or enjoy straight away for just \$5. Stop in at the funky caravan affectionately known as Edna - they'll even have some CWA merchandise for sale.

Enjoy a barbeque breakfast

If you're an early riser, grab a fresh bacon and egg roll for \$5 or grab a Lions Cake for \$2 from 6am next to the kitchen, prepared by the Koroit Lions Club.

WHAT'S ON

TODAY

ENTERTAINMENT

Main stage entertainment

7:30pm - Caravan Sounds

Outdoor cinema

From 5:30pm - The Bad Guys

From 7:30pm - Mean Girls

TOMORROW

Main stage entertainment

7:30pm - The U2 Show

Outdoor cinema

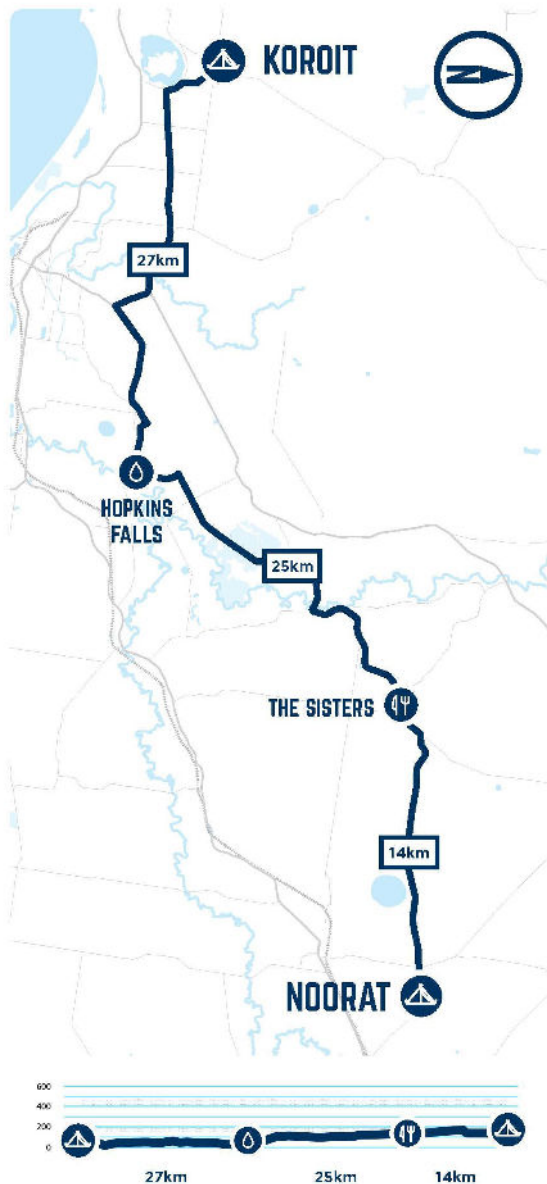
From 5:30pm - Madagascar

From 7:30pm - The Terminal



TOMORROW'S RIDE

Deep in dairy farm country, the first day of riding will take you past plenty of grazing cows and along quaint country roads. Hopkin's Falls is a not to be missed stop and is the perfect spot to enjoy a well-deserved break, before continuing north-east towards Noorat.



TOMORROW'S MENU

BREAKFAST

Porridge, muesli, Nutri Grain, Weetbix, GF cereal, GF muesli, fruit salad, yoghurt, sliced bread, tea, coffee, juice, milk & fresh fruit.

SNACK

Triple choc chip cookie (GF option) or vegan cookie (GF option).

LUNCH

STANDARD: Caesar Salad

VEGETARIAN: Quinoa chickpea coleslaw

GLUTEN FREE: Quinoa chickpea coleslaw

GLUTEN FREE VEGETARIAN: Quinoa chickpea coleslaw

GLUTEN FREE VEGAN: Quinoa chickpea coleslaw

VEGAN: Quinoa chickpea coleslaw salad

Lunch served with fruit cordial, and banana bread (available as gluten free and vegan).

DINNER

STANDARD: Butter chicken curry with coconut rice and Italian salad

VEGETARIAN: Chickpea spinach curry with coconut rice and Italian salad

GLUTEN FREE: Butter chicken curry with coconut rice and Italian salad

GLUTEN FREE VEGETARIAN: Chickpea spinach curry with coconut rice and Italian salad

GLUTEN FREE VEGAN: Chickpea spinach curry with coconut rice and Italian salad

VEGAN: Chickpea spinach curry with coconut rice and Italian salad

All meals served with pita bread are available as gluten-free

DESSERT

STANDARD: Belgium chocolate mousse

VEGETARIAN: Belgium chocolate mousse

GLUTEN FREE: Vegan chocolate mousse

GLUTEN FREE VEGETARIAN: Vegan chocolate mousse

GLUTEN FREE VEGAN: Vegan chocolate mousse

WARBY TIPS

Enjoy the views, stop, rest and relax. It's a holiday, not a race. You're burning calories, you can afford the odd coffee and cake. There is nothing wrong with walking up a hill, just be sure that you don't get in the way of those still pedalling. Get going early, particularly on hot days – beat the heat. Never feel overwhelmed by a day or section of the ride. If it's a big day, don't think of the entire day's ride distance, just the small section until your break. The worst that is going to happen is that you will be slow or need some help – neither of these conditions is terminal!

THE DAILY EXTRA

THE
GOOD
OIL

Campsite: Koroit **Date:** Saturday 26th November 2022

WELCOME!

Welcome to the Great Vic Bike Ride 2023. It's great to be back!

We are so excited to be able to get together and be back on the road for Great Vic, it is finally here! The anticipation of this stunning route has been building up for a couple of years – and we have made it to Koroit.

Over 2500 riders will be joining us on this historic adventure plus our incredible volunteers and support team we cannot wait for the week ahead and the stories we will have to tell.

Members Night

We are looking forward to welcoming our Bicycle Network members to The Great Ocean Road Brewhouse from 5.30pm in Apollo Bay on Wednesday evening for our 9 day and 5 day riders and Thursday evening for our 3 day riders. See you then!

SUDOKU

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

TOMORROW'S WEATHER

MIN: 12° MAX: 17°

Cloudy and a high chance of showers

NEWS HEADLINES

Meet Tommy Quick

Tommy is a young stroke survivor on a mission to reach all four extreme points of Australia on a recumbent bike. Tommy was hit by a motorist near Adelaide twelve months ago and is now ready and extremely excited to restart the Australian 4 Points ride, a journey of 9,000kms.

Tommy joins us for the first 5 days of Great Vic and we are privileged to welcome him on the ride.

Find out more about his epic, head strong challenge and follow his journey on Instagram @4pointsaustralia

Women's Community

Our women's community is aimed at making it easier for our women and gender diverse riders who want to ride with and meet like minded people.

Say hello to our Rider Ambassadors wearing their purple bibs on the road or head on over to the Women's Community flag for a chat at the campsite.



GREAT VIC BIKE RIDE

The Good Oil

ISSUE 2: NOORAT

MONDAY 28 NOVEMBER - DAY 3

TOMORROW'S RIDING: NOORAT TO TIMBOON (74km)



GET TO KNOW NOORAT

Our new home for the night, Noorat is a perfect example of the small towns we love to explore on the Great Vic. They've invited us to enjoy their own little slice of paradise with everything a small-town needs – a cafe, pub and post office. Not far away is Mount Noorat, another extinct Volcano that can be explored via the Alan Marshall Memorial Walking Track.

TOMORROW'S RIDE

Tomorrow's route weaves along the quiet country roads on the outskirts of Camperdown before heading on to Timboon. You'll get to enjoy a break at Lake Bullen Merri, before pedalling across the rolling hills to our destination – a foodie's paradise.

Prepare to indulge yourself in Timboon, it's home to two of the stops on the Apostles Gourmet Trail; Timboon Railway Shed Distillery and Timboon Ice Creamery. Our friends from the ice creamery join us on the campsite, but the short trek into their store in town is well worth it to get a taste of their entire menu.

PARTNERS



HOSTS



WHAT'S
ON

NOORAT TO TIMBOON



AT CAMP

Whisky tasting

Timboon Distillery will be set up at the campsite providing free whisky tastings! If you find a tippie that takes your fancy, they're offering free shipping for riders.

H2: Barbeque breakfast before departure

Before you pedal out of camp on Tuesday morning, grab a barbeque breakfast at the campsite served by Timboon Rec Reserve - perfect for fuelling for the day ahead on the bike.

IN TOWN

Timboon Bakery

If you find yourself in need of an afternoon snack or want to grab some treats for your next day on the road, stop by the Timboon Bakery, stocked with all your country favourites, including pies, pasties, sausage rolls, salad rolls, sandwiches and sweet treats.

FUN FACT

The tallest rideable bike measures a staggering 6.15 metres tall! That's as tall as an adult giraffe!

TODAY'S ENTERTAINMENT

Main stage entertainment
7:30pm - The U2 Show

Outdoor cinema
From 5:30pm - Madagascar
From 7:30pm - The Terminal

NOORAT CAMPSITE



TODAY'S MENU

BREAKFAST

Porridge, muesli, Nutri Grain, Weetbix, GF cereal, GF muesli, fruit salad, yoghurt, sliced bread, tea, coffee, juice, milk & fresh fruit.

SNACK

Triple choc chip cookie (GF option) or vegan choc chip cookie (GF option).

LUNCH

STANDARD: Caesar Salad

VEGETARIAN: Quinoa chickpea coleslaw salad

GLUTEN FREE: Quinoa chickpea coleslaw salad

GLUTEN FREE VEGETARIAN: Quinoa chickpea coleslaw salad

GLUTEN FREE VEGAN: Quinoa chickpea coleslaw salad

VEGAN: Quinoa chickpea coleslaw salad
Lunch is served with fresh fruit cordial, and banana bread (available as gluten free and vegan).

DINNER

STANDARD: Butter chicken curry with coconut rice and Italian salad

VEGETARIAN: Chickpea spinach curry with coconut rice and Italian salad

GLUTEN FREE: Butter chicken curry with coconut rice and Italian salad

GLUTEN FREE VEGETARIAN: Chickpea spinach curry with coconut rice and Italian salad

GLUTEN FREE VEGAN: Chickpea spinach curry with coconut rice and Italian salad

VEGAN: Chickpea spinach curry with coconut rice and Italian salad

All meals served with pita bread are available as gluten-free

DESSERT

STANDARD: Belgium chocolate mousse

VEGETARIAN: Belgium chocolate mousse

GLUTEN FREE: Vegan chocolate mousse

GLUTEN FREE VEGETARIAN: Vegan chocolate mousse

GLUTEN FREE VEGAN: Vegan chocolate mousse

VEGAN: Waffle cone

Fruit salad and fresh fruit are also available for dessert.

TOMORROW'S MENU

BREAKFAST

Porridge or Mediterranean wrap (GF and vegan option), muesli, Nutri Grain, Weetbix, GF cereal, GF muesli, fruit salad, yoghurt, sliced bread, tea, coffee, juice, milk & fresh fruit.

SNACK

Cherry slice, hedgehog slice (GF and vegan option), vegan slice or fresh fruit.

LUNCH

STANDARD: Chicken, avocado, tomato and lettuce baguette

VEGETARIAN: Cheese, avocado and salad baguette

GLUTEN FREE: Chicken, avocado, tomato and lettuce roll

GLUTEN FREE VEGETARIAN: Cheese, salad and chutney roll

GLUTEN FREE VEGAN: Salad and tomato relish roll

VEGAN: Salad and tomato relish baguette

Lunch is served with fresh fruit cordial and cheese and biscuits (GF and vegan options) are available.

DINNER

STANDARD: Beef chilli con carne with Mexican rice and garden salad

VEGETARIAN: Vegetable chilli with Mexican rice and garden salad

GLUTEN FREE: Beef chilli con carne with Mexican rice and garden salad

GLUTEN FREE VEGETARIAN: Vegetable chilli with Mexican rice and garden salad

GLUTEN FREE VEGAN: Vegetable chilli with vegetable rice and garden salad

VEGAN: Vegetable chilli with vegetable rice and garden salad

All meals are served with flour tortillas, corn tortillas, corn chips, shredded cheese or vegan shredded cheese.

DESSERT

STANDARD: Panna cotta in a waffle cone

VEGETARIAN: Panna cotta in a waffle cone

GLUTEN FREE: Panna cotta

GLUTEN FREE VEGETARIAN: Panna cotta

GLUTEN FREE VEGAN: Coconut dessert

VEGAN: Coconut dessert

Fruit salad and fresh fruit are also available for dessert.

WARBY TIP

What to carry

Weight is better carried on the bike than on your back.

Carry a puncture repair kit and a spare tube and a pump; though others will always be willing to help, you have to help yourself first.

Also, add a piece of sandpaper to your puncture repair kit to get the surface prepared for the patch.

Group Riding

To avoid a collision in group rides:

- Point and call out the name of any hazards on the road
- Call 'car back' when there is a car approaching from behind
- Call 'car up' when there is a car approaching from the front

THE DAILY EXTRA

THE
GOOD
OIL

Campsite: Noorat **Date:** Sunday 27th November 2022

Day 1 – done!

We are off to a flying start with 66km in our legs. Great Vic 2023 has well and truly started. Congratulations to everyone!

It is now time to sit back, relax and enjoy the hospitality that Noorat has to offer us.

Chat to your new found friends about your days ride, the adventures that you have had and where you found the best bakery on the route!

Don't forget to stretch out your legs after the ride today, you will thank us later!

Members Night

We are looking forward to welcoming our Bicycle Network members to The Great Ocean Road Brewhouse from 5.30pm in Apollo Bay on Wednesday evening for our 9 day and 5 day riders and Thursday evening for our 3 day riders. See you then!

Joke Corner!

My sister told me I couldn't make a bicycle out of spaghetti, you should have seen her face when I rode pasta!

Q. How did the barber win the bike race?
A. He took a short cut

Q. Why can't a bicycle stand up by itself?
A. Because it is too tired!

TOMORROW'S WEATHER

MIN: 7° MAX: 16°

Cloudy with showers around, have your waterproof handy!

Great Vic Legend Graham Buckley

Ages on Great Vic range from one year old to our 85 years young Graham Buckley! Graham is not letting his battle with prostate cancer get in the way of him joining the ride this year. With many stories to tell, he rode the first Great Vic in 1984 and this will be his 19th.

Great Women on Great Vic

Meet Alison one of our Women's Community ambassadors!

From a childhood riding in paddocks and on country roads to taking up bike racing at 40, Alison has a passion for all things bike. An accredited cycling coach with a special interest in supporting women Alison loves helping people build their confidence on the bike so don't hesitate to ask if you have any questions about riding, bikes or Great Vic.

This is Alison's 5th Great Vic and 4th looking after the Women's Community.

Say hi to the ambassadors in their purple bibs or look for the purple runners at dinner time.

Off the bike in Noorat

Explore one of Australia's best persevered dry volcanic craters. The Alan Marshall trail begins on Morack Street just off Glenormiston Road. Visitors enter through a gate to access the track.

Length: 500m to crater view (1km return) on a formed crushed blue stone pathway.

The trail continues on a further 500m on a less formed pathway (steep) to the 310m summit of Mount Noorat.

25 – 30 minutes return to the crater rim or 40 minutes – 1 hour return to summit

Did you know....

1.2 million kilometres will be ridden over the nine days.

Riding 522 kilometres will take average riders around 26 hours, although the fastest rider will only need 17 hours, and those who are in no hurry will take over 30 hours.

Get social!

Keep us up to date with your own stories over the week:

Instagram @bicyclenetwork #GreatVic
Facebook BicycleNetwork
Twitter @BicycleNetwork

Spot the difference!

Can you find 10 differences between these two pictures?





GREAT VIC BIKE RIDE

The Good Oil

ISSUE 3: TIMBOON

TUESDAY 29 NOVEMBER: DAY 4

TOMORROW'S RIDING: TIMBOON TO BIRREGURRA (105KM)



GET TO KNOW TIMBOON

Prepare to indulge yourself in Timboon, it's home to two of the stops on the Apostles Gourmet Trail; Timboon Railway Shed Distillery and Timboon Ice Creamery. Our friends from the ice creamery join us on the campsite, but the short trek into their store in town is well worth it to get a taste of their entire menu.

TOMORROW'S RIDE

To justify any over-indulgence at Timboon, our challenge day gives you 100km on the pedals en route to the charming town of Birregurra. Expect plenty of rolling hills, farms, small villages and tall trees.

For those self-proclaimed foodies, the experience continues as today's riding includes another stop on the Apostles Gourmet Trail, the Dairylicious Farm Fudge. Birregurra showcases the fine producers, growers, breweries and wineries of the Otway Harvest Trail in their local stores, restaurants and cafes. One stand-out in town is the Otway Artisan Gluten Free, serving up some of the finest paninis we've ever tasted.

PARTNERS

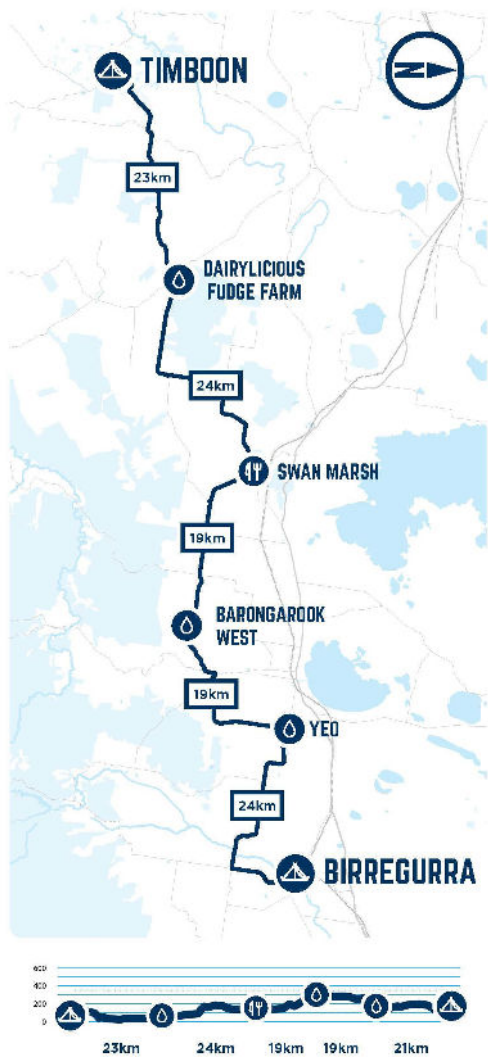


HOSTS



WHAT'S
ON

TIMBOON TO BIRREGURRA



WHAT'S ON IN TIMBOON

AT CAMP

Whisky tasting

Timboon Distillery will be set up at the campsite providing free whisky tastings! If you find a tippie that takes your fancy, they're offering free shipping for riders.

Barbeque breakfast before departure

Before you pedal out of camp on Tuesday morning, grab a barbeque breakfast at the campsite served by Timboon Rec Reserve - perfect for fuelling for the day ahead.

IN TOWN

Timboon Bakery

If you find yourself in need of an afternoon snack or want to grab some treats for your next day on the road, stop by the Timboon Bakery, stocked with all your country favourites, including pies, pasties, sausage rolls, salad rolls, sandwiches and sweet treats.

Cobden Business Network

Did you know Cobden is the home of Western Star butter? You might have caught a glimpse of the Cobden Miniature Railway, Cobden Rotary Mini Golf, Pioneer Park and Western District Restoration Group on today's ride.

Stop by the Cobden Business Network stand at the Ecklin Hall stop, to grab a handful of free lollies for that much-needed sugar hit and meet some of the lovely locals to find out more about Cobden and its surroundings.

TIMBOON CAMPSITE



TODAY'S MENU

BREAKFAST

Porridge or Mediterranean wrap (GF and vegan option), muesli, Nutri Grain, Weetbix, GF cereal, GF muesli, fruit salad, yoghurt, sliced bread, tea, coffee, juice, milk & fresh fruit.

SNACK

Cherry slice, hedgehog slice (GF and vegan option), vegan slice or fresh fruit.

LUNCH

STANDARD: Chicken, avocado, tomato and lettuce baguette

VEGETARIAN: Cheese, avocado and salad baguette

GLUTEN FREE: Chicken, avocado, tomato and lettuce roll

GLUTEN FREE VEGETARIAN: Cheese, salad and chutney roll

GLUTEN FREE VEGAN: Salad and tomato relish roll

VEGAN: Salad and tomato relish baguette
Lunch is served with fresh fruit cordial and cheese and biscuits (GF and vegan options) are available.

DINNER

STANDARD: Beef chilli con carne with Mexican rice and garden salad

VEGETARIAN: Vegetable chilli with Mexican rice and garden salad

GLUTEN FREE: Beef chilli con carne with Mexican rice and garden salad

GLUTEN FREE VEGETARIAN: Vegetable chilli with Mexican rice and garden salad

GLUTEN FREE VEGAN: Vegetable chilli with vegetable rice and garden salad

VEGAN: Vegetable chilli with vegetable rice and garden salad

All meals are served with flour tortillas, corn tortillas, corn chips, shredded cheese or vegan shredded cheese.

DESSERT

STANDARD: Panna cotta in a waffle cone

VEGETARIAN: Panna cotta in a waffle cone

GLUTEN FREE: Panna cotta

GLUTEN FREE VEGETARIAN: Panna cotta

GLUTEN FREE VEGAN: Coconut dessert

VEGAN: Coconut dessert

Fresh fruit and fruit salad are also available with dinner.

FUN FACT

The smallest bicycle ever made has wheels the size of \$1 coins! That's tiny!

TODAY'S ENTERTAINMENT

Main stage entertainment
7:30pm - Slap Bam BOOM

Outdoor cinema
From 5:30pm - Hairspray
From 7:30pm - The Blind Side

TOMORROW'S ENTERTAINMENT

Main stage entertainment
7:30pm - Kevin Kropinyeri

Outdoor cinema
From 5:30pm - Charlotte's Web
From 7:30pm - Ocean's 8

WARBY TIP

Eating

Fill up on porridge at breakfast for low GI slow-release energy and take a sandwich-size plastic container and make peanut butter and jam sandwiches at breakfast and carry them on the bike.

Avoid sugary snacks if possible - they are great for a quick energy hit, but you will feel tired very quickly. Fresh or dried fruits and nuts are a great alternative. Oatmeal biscuits, almonds and cranberries, cashews, bananas are all great bike riding food.

TOMORROW'S MENU

BREAKFAST

Porridge, muesli, Nutri Grain, Weetbix, GF cereal, GF muesli, fruit salad, yoghurt, sliced bread, tea, coffee, juice, milk & fresh fruit.

SNACK

Protein ball (GF and vegan option) and fresh fruit

LUNCH

STANDARD: Pasta salad with bacon

VEGETARIAN: Pasta salad with feta

GLUTEN FREE: Pasta salad with bacon

GLUTEN FREE VEGETARIAN: Pasta salad with feta

GLUTEN FREE VEGAN: Pasta salad

VEGAN: Pasta salad

Lunch is served with fresh fruit cordial, killer pythons, Maltesers and a vegan coconut bar.

DINNER

STANDARD: Sweet chilli chicken and vegetables with couscous and lentil roast pumpkin salad

VEGETARIAN: Eggplant and tofu hot pot with couscous and lentil and roast pumpkin salad

GLUTEN FREE: Sweet chilli chicken and vegetables with polenta and lentil roast pumpkin salad

GLUTEN FREE VEGETARIAN: Eggplant and tofu hot pot with polenta and lentil and roast pumpkin salad

GLUTEN FREE VEGAN: Eggplant and tofu hot pot with polenta and lentil and roast pumpkin salad

VEGAN: Eggplant and tofu hot pot with couscous roast pumpkin salad

All meals are served with bread rolls including a gluten free option.

DESSERT

STANDARD: Orange cake

VEGETARIAN: Orange cake

GLUTEN FREE: Orange cake

GLUTEN FREE VEGETARIAN: Orange cake

GLUTEN FREE VEGAN: Orange cake

VEGAN: Orange cake

Fruit salad and fresh fruit are also available for dessert.

Fresh fruit and fruit salad are also available with dinner.



GREAT VIC BIKE RIDE

The Good Oil

ISSUE 4: COLAC

WEDNESDAY 30 NOVEMBER – DAY 5

TOMORROW'S RIDING: COLAC TO APOLLO BAY (65KM)



GET TO KNOW BIRREGURRA COLAC!

Sadly folks, our plans to camp in the charming town of Birregurra were thwarted by recent flooding. Luckily, Colac's got our backs!

With a population of 20,000, Colac is one of the larger towns on our map. Largely seen as the gateway to the Otway Ranges, Colac is a thriving timber town and one of Australia's premier dairy regions. With a network of walks through ancient forests and waterfalls, not to mention the beautiful Lake Colac just north of town, you'll want to ensure you allow some downtime to explore the town's scenic surroundings.

TOMORROW'S RIDE

After tackling 100km the day prior, today's challenge includes a few hills, but you'll do so with the perfect distraction of the beautiful Otway rainforest. Lunch will be in the peaceful town of Forrest, well-known for Forrest Brewery.

What goes up must come down and the thrilling descent to Skenes Creek with views across to Apollo Bay will be one to enjoy. Once you hit the Great Ocean Road, it's a short trip to Apollo Bay, our rest day location and where we will say goodbye to our 5-day riders and hello to our 3-day riders.

PARTNERS



HOSTS



TODAY'S MENU

BREAKFAST

Porridge, muesli, Nutri Grain, Weetbix, GF cereal, GF muesli, fruit salad, yoghurt, sliced bread, tea, coffee, juice, milk & fresh fruit.

SNACK

Protein ball (GF and vegan option) and fresh fruit

LUNCH

STANDARD: Pasta salad with bacon

VEGETARIAN: Pasta salad with feta

GLUTEN FREE: Pasta salad with bacon

GLUTEN FREE VEGETARIAN: Pasta salad with feta

GLUTEN FREE VEGAN: Pasta salad

VEGAN: Pasta salad

Lunch is served with fresh fruit cordial, killer pythons, Maltesers and a vegan coconut bar.

DINNER

STANDARD: Sweet chilli chicken and vegetables with couscous and lentil roast pumpkin salad

VEGETARIAN: Eggplant and tofu hot pot with couscous and lentil and roast pumpkin salad

GLUTEN FREE: Sweet chilli chicken and vegetables with polenta and lentil roast pumpkin salad

GLUTEN FREE VEGETARIAN: Eggplant and tofu hot pot with polenta and lentil and roast pumpkin salad

GLUTEN FREE VEGAN: Eggplant and tofu hot pot with polenta and lentil and roast pumpkin salad

VEGAN: Eggplant and tofu hot pot with couscous roast pumpkin salad

All meals are served with bread rolls including a gluten free option.

DESSERT

STANDARD: Orange cake

VEGETARIAN: Orange cake

GLUTEN FREE: Orange cake

GLUTEN FREE VEGETARIAN: Orange cake

GLUTEN FREE VEGAN: Orange cake

VEGAN: Orange cake

Fruit salad and fresh fruit are also available for dessert.

FUN FACT

There are over 1 billion bicycles in the world, 400 million of which are in China! Am I crazy or is that a lot of bikes?

TODAY'S ENTERTAINMENT

Main stage entertainment
7:30pm - Kevin Kropinyeri

Outdoor cinema
From 5:30pm - Charlotte's Web
From 7:30pm - Ocean's 8

TOMORROW'S ENTERTAINMENT

Main stage entertainment
7:30pm - Talent Show and Trivia

Outdoor cinema
From 5:30pm - Shrek
From 7:30pm - The Intern

WARBY TIP

On hot days put your drink bottle in a sock. It will help keep it cool and more pleasant to drink...

If using clip-in shoes, like SPD, adjust the tension levels on the pedals so that you can get in and out easily.

TOMORROW'S MENU

BREAKFAST

Porridge, muesli, Nutri Grain, Weetbix, GF cereal, GF muesli, fruit salad, yoghurt, sliced bread, tea, coffee, juice, milk & fresh fruit.

SNACK

Super fruity muesli bar (GF option), a gluten-free vegan cookie dough bar and fresh fruit.

LUNCH

STANDARD: Turkey, cheese and cranberry sauce pita

VEGETARIAN: Cheese, avocado, salad and mayo wrap

GLUTEN FREE: Turkey, cheese and cranberry sauce wrap

GLUTEN FREE VEGETARIAN: Roast pumpkin and tomato relish wrap

GLUTEN FREE VEGAN: Roast pumpkin and tomato relish wrap

VEGAN: Roast pumpkin and tomato relish pita

Lunch is served with fresh fruit cordial, fresh fruit and a fruit bar (GF and vegan options available).

DINNER

STANDARD: Roast lamb with garlic and rosemary, roast potatoes, peas, beans and gravy

VEGETARIAN: Vegetable kofta with hommus, roast potatoes, peas and beans

GLUTEN FREE: Roast lamb with garlic and rosemary

GLUTEN FREE VEGETARIAN: Vegetable kofta with hommus, roast potatoes, peas and beans

GLUTEN FREE VEGAN: Vegetarian kofta with hommus, roast potatoes, peas and beans

VEGAN: Vegetarian kofta with hommus, roast potatoes, peas and beans

All meals are served with bread rolls including a gluten-free option.

DESSERT

STANDARD: Crème Caramel in a waffle cone

VEGETARIAN: Crème Caramel in a waffle cone

GLUTEN FREE: Caramel slice

GLUTEN FREE VEGETARIAN: Vegan slice

GLUTEN FREE VEGAN: Vegan slice

VEGAN: Vegan slice

Fruit salad and fresh fruit are also available for dessert.

THE DAILY EXTRA

THE
GOOD
OIL

Campsite: Colac **Date:** Tuesday 29th November 2022

Day 4 – Tailwind!

Already day 4 and everyone looks like they're settling into the daily routine. With over 200kms in the legs, the southerly descent into Apollo Bay beckons and a well earned rest day to boot.

There's plenty to do in Colac so take the opportunity to get into town and experience that famous country hospitality. There's a plethora of pubs, coffee shops, restaurants, bakeries and shops.

It is thought that the name 'Colac' was derived from an Aboriginal word meaning sand or fresh water, a reference to the area's lakes.

The first people to live in the area were the Gulidjan people. They have lived in the grasslands around the lakes for at least 30,000 years.

Today over 22,000 people now call the Colac region home.

Joke Corner!

Problem Dog

"I've really had it with my dog Ricky," says a guy to his neighbor. "He'll chase anyone on a bicycle."

"Hmmm, that is a problem," said the neighbor. "What are you thinking of doing about it?"

"Guess the only answer is to confiscate his bike!"

TOMORROW'S WEATHER

MIN: 7° MAX: 19°

Cloudy with a slight chance of a shower. Light southwesterly in the afternoon.

No fire danger rating!

Sunrise: 5:57am

Sunset: 8:33pm

UV Index: 10 - Very High
(sun protection recommended)

Ricky's Reprise

Hi I'm Ricky I'm on my first Great Vic and I'm told I'm 14. Luckily, dad's done about 20 Great Vic's so he's taken me under his wing and doling out pearls of wisdom like boiled lollies on a school trip.

As we pitched the tent for the opening night the first sage advice was administered;

1. "Don't pitch your tent too close to the portable loos because some of the silver haired riders will be up and banging the doors from 2am onwards and it's very loud at that time of the morning!"

2. The second pearl was, "don't pitch your tent next to someone that snores" to which I remarked, "how do you tell?" to which dad replied, "you'll learn!"

Slept like a dog!

Winners Circle

Looks like Victorian's have voted to give the Andrew's Labor government another 4 years... With 7 seats too close to call; Labor has 52 seats, Liberal 25, Greens 4.

The longest flat horse race in Australia, **The Jericho Cup**, was run on Sunday at Warnambool. At 4200m it harks back to the times of the light horsemen that fought in WW1. (Melbourne Cup 3200m). The race was won by New Zealand horse Bastida.

Melbourne Women dominate over Brisbane Lions in a 4 point nail biting final term. The Melbourne demons defeated Brisbane, 2.7 (19) def 2.3 (15). Go Dees!!!

World Cup Despite Australia loosing to France 4:1 they're poised to make it to the round of 16 on the back of the 1:0 win over Tunisia if they can defeat Denmark in the early hours of Thursday morning 1 Dec... a draw might even do it if France can also beat Tunisia.

Did you know....

Snakes & Beer, Oh Dear!

Reptile wranglers in Australia came to the rescue of a venomous snake found with its head stuck inside the opening of at the top of a VB beer can, in Queensland.

The red-bellied beast was rescued by using sharp can-opening tools to peel the snake out of its newfound home. Rescuers were surprised to learnt that the snake most likely got into this situation as it was seeking a dead decaying frog inside the can, and was salivated by its scent!

Get social!

Keep us up to date with your own stories over the week:

Instagram @bicyclenetwork #GreatVic
Facebook BicycleNetwork
Twitter @BicycleNetwork
Good Oil: txt 0424 234 444 (stories and stuff)

Serve and Volley!

Some say she has an insatiable appetite for bitumen others are certain she's stuck in a time warp, all we know is that she's called Lilli Hartel

Hailing from Mollymook Beach on the NSW south coast, for over 20 years Lilli has been volunteering for bike riding events across this vast nation and beyond. VIC, NSW, Qld, WA and even NZ. Apparently all she needs is a white line and a destination hundreds of kilometers away.

It all started around 2000 when she decided to do a bike ride from southern Queensland to Sydney as a riding volunteer.... Once bitten she couldn't stop and in the ensuing 20 odd years she's done most Great Vic's as a riding volunteer until she needed a knee reconstruction in 2018 and now works the early breakfast volunteer shift.

When asked about any super powers she exhibits, She says "I'm very fast" referring now to the speed that she can dish out porridge or milk rather than hanging onto a bunch of roadies rolling turns at 35kph!!.

Sporting a big smile and even bigger heart, Lilli loves volunteering on the Great Vic and wouldn't miss it for the world. She regales that the worst night sleep she's had was many years ago on the Great Vic when a couple of volunteers in the adjacent tent became a little too amorous into the wee hours and were obviously totally unaware that nylon is a very poor sound deadening material!

May we be graced with Lilli's smile for many more Great Vic's. Say hi at breakfast tomorrow!





GREAT VIC BIKE RIDE

The Good Oil

ISSUE 5: APOLLO BAY
THURSDAY 1 DECEMBER - DAY 6
TOMORROW'S RIDING: REST DAY!



GET TO KNOW APOLLO BAY

It's fitting that our first day of Summer will be spent in the lively coastal town of Apollo Bay and the day is yours to enjoy!

The foodies absolutely can't miss the fish & chips at Apollo Bay Fishermen's Co-Op or a cheeky gin at Apollo Bay distillery. If your legs are feeling fresh, you can switch your cleats for walking shoes and climb Marriner's Lookout for spectacular ocean views. If you need to unwind, grab a book, claim your spot on the sand and settle in for a beach day.

Apollo Bay offers beachside simplicity and a chance for you to relax and explore.

TOMORROW'S RIDE...

REST DAY!

PARTNERS



HOSTS



APOLLO BAY CAMPSITE



WHAT'S
ON

WHAT'S ON IN APOLLO BAY

IN TOWN

Explore Apollo Bay town

Stroll through town and explore the local restaurants and cafes serving today's catch, local bakeries, ice-cream shops and lollies shops serving sweet treats to reward you for your efforts so far.

Visit the harbour and Fisherman's Co-Op

Seafood lovers, this one's for you. Plan your day around lunch and enjoy Apollo Bay's famous Southern Rock lobster.

Have a sand-between-your-toes moment

With endless stretches of sand on offer, make sure you enjoy some downtime and relax before you pedal out of town tomorrow.

Catch coastal views

For the best views of Apollo Bay and the Great Ocean Road coastline, head to Marriners Lookout.

Turn the pages of history

Discover Apollo Bay's amazing history at the Apollo Bay Cable Station and Museum, open between 2pm and 5pm.

Great Ocean Road Brewhouse, Apollo Bay Distillery & Taste of the Region

Relax and unwind at one of the three venues within steps of each other. Grab a meal and choose from a chef-inspired daily special or order from the a la carte menu. Whet your whistle on their selection of craft beers brewed from the pristine waters of the Otway ranges.

WHAT'S ON (cont.)

Head next door to the distillery and catch a glimpse of a fresh batch of gin being distilled and grab a wood-fired pizza. Take your distillery experience up a notch by booking a "Meet the Maker" experience.

Taste of the Region is not just a bottle shop, situated just behind the Brewhouse, you can enjoy tasting paddles of our own iconic Prickly Moses beers and wines from the Otway region. Take our tip, it pairs perfectly with a platter of locally made products from the Otways and Great Ocean Road region.

Have a wildlife encounter

Experience the wild side of the Great Ocean Road with a visit to Wildlife Wonders, to explore a spectacular Australian bushland environment, where the forest meets the ocean. Immerse yourself in nature with a short, guided walk to discover the magic of the Otways or grab a coffee and meal with friends. Free shuttle buses will be running between the campsite, Tastes of Region and Wildlife Wonders between 9am and 3pm. Book a tour (03) 7046 1664.

AT CAMP

Apollo Bay Pony Club Stall

Grab a cup and head to the Pony Club and support young riders to maintain the grounds and promote health and wellbeing. They'll be serving homemade lemonade, homemade chai tea and homemade cakes and slices, including gluten-free options.

Bicycles for Humanity

Bicycles For Humanity Melbourne is a 100% volunteer-run, grassroots registered charity focused on alleviating poverty through sustainable transport in the form of a bicycle. Come buy a t-shirt and support the work they do.

TODAY'S MENU

BREAKFAST

Porridge, muesli, Nutri Grain, Weetbix, GF cereal, GF muesli, fruit salad, yoghurt, sliced bread, tea, coffee, juice, milk & fresh fruit.

SNACK

Super fruity muesli bar (GF option), a gluten-free vegan cookie dough bar and fresh fruit.

LUNCH

STANDARD: Turkey, cheese and cranberry sauce pita

VEGETARIAN: Cheese, avocado, salad and mayo wrap

GLUTEN FREE: Turkey, cheese and cranberry sauce wrap

GLUTEN FREE VEGETARIAN: Roast pumpkin and tomato relish wrap

GLUTEN FREE VEGAN: Roast pumpkin and tomato relish wrap

VEGAN: Roast pumpkin and tomato relish pita

Lunch is served with fresh fruit cordial, fresh fruit and a fruit bar (GF and vegan options available).

DINNER

STANDARD: Roast lamb with garlic and rosemary, roast potatoes, peas, beans and gravy

VEGETARIAN: Vegetable kofta with hummus, roast potatoes, peas and beans

GLUTEN FREE: Roast lamb with garlic and rosemary

GLUTEN FREE VEGETARIAN: Vegetable kofta with hummus, roast potatoes, peas and beans

GLUTEN FREE VEGAN: Vegetarian kofta with hummus, roast potatoes, peas and beans

VEGAN: Vegetarian kofta with hummus, roast potatoes, peas and beans

All meals are served with bread rolls including a gluten-free option.

DESSERT

STANDARD: Crème Caramel in a waffle cone

VEGETARIAN: Crème Caramel in a waffle cone

GLUTEN FREE: Caramel slice

GLUTEN FREE VEGETARIAN: Vegan slice

GLUTEN FREE VEGAN: Vegan slice

VEGAN: Vegan slice

Fruit salad and fresh fruit are also available for dessert.

FUN FACT

The Great Vic has been around for nearly 40 years! Since 1984, it has visited 136 towns and covered more than 20,000 kilometres!

TODAY'S ENTERTAINMENT

Main stage entertainment
7:30pm - Talent Show and Trivia

Outdoor cinema
From 5:30pm - Shrek
From 7:30pm - The Intern

TOMORROW'S ENTERTAINMENT

Main stage entertainment
7:30pm - Ruben Reeves

Outdoor cinema
From 5:30pm - Mr Bean's Holiday
From 7:30pm - Dan in Real Life

WARBY TIP

Drinking

Eat before you feel hungry and drink before you get thirsty.

Carry plenty of water - and be sure to drink it. Top up your bottles at every rest stop even if they are not empty. This will ensure you have sufficient water to keep you going.

Drink extra water in the mornings before you leave camp, and at the end of the ride.

Consider buying sports drink powder at the supermarket or bike shop and bagging it up before you go in individual serves (snap lock sandwich bags are ideal).

Magnesium tablets or tonic water with quinine can help muscle cramps, and sports drinks with magnesium also help.

TOMORROW'S MENU

BREAKFAST

Porridge, bacon, tomato (GF), vegan potato and tomato hash, muesli, Nutri Grain, Weetbix, GF cereal, GF muesli, fruit salad, yoghurt, sliced bread, tea, coffee, juice, milk & fresh fruit.

SNACK

Salted caramel choc chip cookie (GF), salted caramel cookie (GF and vegan), Ezko chocolate wafer (vegan) and fresh fruit.

VOLUNTEER'S LUNCH

STANDARD: Zucchini, rocket and pumpkin wrap

VEGETARIAN: Zucchini, rocket and pumpkin wrap

GLUTEN FREE: Chicken, avocado and mayonnaise wrap

GLUTEN FREE VEG: Zucchini, rocket and pumpkin wrap

DINNER

STANDARD: Slow-cooked BBQ beef brisket with potato salad and Asian slaw

VEGETARIAN: Vegetable shashliks with potato salad and Asian slaw

GLUTEN FREE: Slow-cooked BBQ beef brisket with potato salad and vegan slaw

GLUTEN FREE VEG: Vegetable shashliks with potato salad and vegan slaw

GLUTEN FREE VEGAN: Vegetable shashliks with potato salad and vegan slaw

VEGAN: Vegetable shashliks with vegan potato salad and vegan slaw

All meals served with Kransky roll and gluten-free roll

DESSERT

STANDARD: Lemon cheesecake in a waffle cone

VEGETARIAN: Lemon cheesecake in a waffle cone

GLUTEN FREE: Baked cheesecake

GLUTEN FREE VEGETARIAN: Baked cheesecake

GLUTEN FREE VEGAN: Vegan cheesecake

VEGAN: Vegan cheesecake

Fruit salad and fresh fruit are also available for dessert.

THE DAILY EXTRA

THE
GOOD
OIL

Campsite: Apollo Bay **Date:** Wednesday 30th November 2022

Day 5 – Downhill & Rest!

Well done everyone! Apollo Bay, your new home for the next 2 nights. Chain up your bike and soak up your well deserved rest.

Apollo Bay is one of the most picturesque seaside villages in Australia. Tucked away in the foothills of the incredible Otways, the bay is a haven for water lovers and adventure travellers.

Apollo Bay is part of the traditional lands of the King Parrot People, also known as the Gadubanud and today are succeeded by the Gunditjmara people who are acknowledged as the traditional custodians of the land.

Joke Corner!

Cyclist in Heaven

A very devout cyclist dies and goes to heaven. Saint Peter meets him at the gate. The first thing the cyclist asks is if there are bicycles in heaven.

"Sure," says St. Peter, "let me show you," and he leads the guy into the finest Velodrome you can imagine.

"This is great," the cyclist says.

"It certainly is," says St. Peter. "You will have a custom bike and the best cycling clothes you've ever seen, and your personal masseuse will always be available."

As they speak, a blur streaks by them on the boards, riding a gold-plated bike.

"Wow!" the cyclist exclaims. "That guy was so fast that can only be Mark Cavendish!"

"No," says St. Peter, "that was God on the bike. He only thinks he's Mark Cavendish."

TOMORROW'S WEATHER

MIN: 9° MAX: 19°

Partly Cloudy with a slight chance of a shower. Light southerly in the afternoon.

Sunrise: Sleep-in

Ricky's Reprise

Day 2 : Noorat

The 'Rat as I heard it affectionately referred to as, was a cruisy 66Km spin down the road. Dad kept up OK with a bit of coaxing to get him out from under the Cyprus trees between rain showers. On arriving at that lovely big green oval, I decided it was time to hoe into the voluminous supply of snacks mum had insisted I take. I did however have to draw the line when I caught her trying to sneak a frozen lasagne into my kit bag.

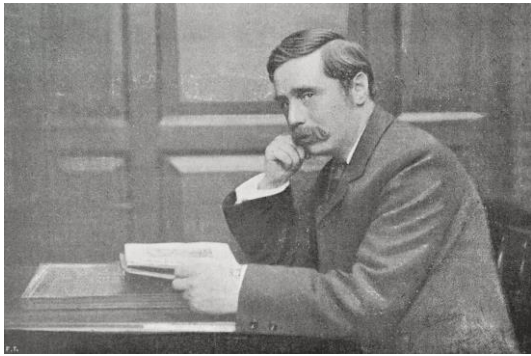
Pro tip for the day ; Eat the Tim Tams first!

Day 3 : Timboon

I was chatting to an ancient fellow rider at the Ecklin South lunch stop yesterday and he told me that the last Great Vic had finished in Torquay on December 1 2019. Some quick arithmetic led me to the conclusion that it had been 1090 nights to be exact since the end of the last Great Vic. That's a long time between unstacking the luggage trucks.....

Pro tip for the day: put all your cycling kit for the following day in a bag next to your sleeping bag so when you wake up in pitch darkness at 6:30am to get to the front of the breakfast queue, you can literally do it with your eyes shut!

Cycling Utopia!



De Agostini/Biblioteca Ambrosiana/Getty Images

"Every time I see an adult on a bicycle, I no longer despair for the future of the human race." H.G. Wells

H.G. Wells created science fiction including "The War of the Worlds," "The Time Machine," and "The Island of Doctor Moreau."

He also wrote on politics and utopian visions of the future. **He further wrote that he believed cycle tracks would abound in Utopia.**

Did you know....

The longest "tandem" bicycle seated 35 people, it was more than 20 meters long.....

Denise Mueller-Korenek from San Diego smashed the world land speed record for riding a bicycle in September 2018 recording a speed of 296.009 km/h (183.932 mph).



Get social!

Keep us up to date with your own stories over the week:

Instagram @bicyclenetwork #GreatVic

Facebook BicycleNetwork

Twitter @BicycleNetwork

Good Oil: txt 0424 234 444 (stories and stuff)

Members Night @ The Brewhouse

Attention all Bicycle Network Members.....

We very excited about hosting our members to a special event on Wednesday night for all our 9 day and 5 day riders at The Great Ocean Road Brewhouse (29 Great Ocean Road Apollo Bay – Main Street) from 5:30pm onwards. Thursday evening is for all our 3 day riders.....

Sleeping Easy!

For over 20 year, Matt and his team have been providing the "Sleep Easy" option for GVBR riders. A standup tent that's pitched ready for your arrival every day and magically appears at the next camp site, complete with your bags and a foam sleeping mat.

This year some 170 Sleep Easy tents will be pitched every night Come hail, rain (flood) or shine.

Long term crew cook and driver, Gary, regales the story of the first night at Wilson Prom in 2017 when having retired to his tent for the night he heard someone trying to open his tent zip. He told them to go away but they persisted zipping up and up and seconds later was face to face with a wombat, apparently lured by the scent of home made fruit cake. A gentle tap to the snout with his trusty torch sent the foraging marsupial scurrying for cover.

The moral of the story is don't try and out run a wombat they can do 40 kilometres per hour!





GREAT VIC BIKE RIDE

The Good Oil

ISSUE 6: APOLLO BAY (SECOND NIGHT)

FRIDAY 2 DECEMBER - DAY 7

TOMORROW'S RIDING: APOLLO BAY TO ANGLESEA (65KM)



ANOTHER DAY IN APOLLO BAY

Located on the foothills of the Otways with the southern ocean on its doorstep, the opportunities to kickback, relax or adventure are endless for your rest day ahead. Make the most of the iconic seaside town and swim, surf, paddle or kayak through the pristine coastal waters or explore the nearby rainforests brimming with luscious ferns and full of waterfalls and crystal clear streams.

Treat your tastebuds to locally fresh seafood and sample produce that's proudly part of the Great Ocean Road Tasting trail. If you're stuck for ideas visit the team at the Great Ocean Road Visitor Information Centre or our info stand at the campsite.

TOMORROW'S RIDE...

We're not kidding when we say, this is truly one of the most iconic days of riding you can have at the Great Vic. You get to pedal along a closed Great Ocean Road while enjoying uninterrupted ocean views throughout the day.

Enjoy your lunch on the beach in Lorne before hopping back on the bike for more Great Ocean Road riding. Once arriving in Anglesea, be sure to visit Anglesea River & Beach – the perfect spot for a swim, surf, paddleboard and more!

PARTNERS



HOSTS



APOLLO BAY CAMPSITE



WHAT'S
ON

WHAT'S ON IN APOLLO BAY

IN TOWN

Explore Apollo Bay town

Stroll through town and explore the local restaurants and cafes serving today's catch, local bakeries, ice-cream shops and lollies shops serving sweet treats to reward you for your efforts so far.

Visit the harbour and Fisherman's Co-Op

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Have a sand-between-your-toes moment

With endless stretches of sand on offer, make sure you enjoy some downtime and relax before you pedal out of town tomorrow.

Catch coastal views

For the best views of Apollo Bay and the Great Ocean Road coastline, head to Marriners Lookout.

Turn the pages of history

Discover Apollo Bay's amazing history at the Apollo Bay Cable Station and Museum, open between 2pm and 5pm.

Great Ocean Road Brewhouse, Apollo Bay Distillery & Taste of the Region

Relax and unwind at one of the three venues within steps of each other. Grab a meal and choose from a chef-inspired daily special or order from the a la carte menu. Whet your whistle on their selection of craft beers brewed from the pristine waters of the Otway ranges.

WHAT'S ON (cont.)

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Have a wildlife encounter

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AT CAMP

Apollo Bay Pony Club Stall

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Bicycles for Humanity

Bicycles For Humanity Melbourne is a 100% volunteer-run, grassroots registered charity focused on alleviating poverty through sustainable transport in the form of a bicycle. Come buy a t-shirt and support the work they do.

APOLLO BAY CAMPSITE



FUN FACT

The world speed record for a bicycle is held by Fred Rompelberg, who pedalled in the slipstream of a dragster at just over 268 kilometres an hour

WARBY TIP

Carry a sun hat for lunch and rest stops. Apply sunscreen 15 minutes before exposure and in the shade. Wear long sleeves. Leave early to beat the heat and the crowds.

TODAY'S MENU

VOLUNTEER'S LUNCH

STANDARD: Zucchini, rocket and pumpkin wrap

VEGETARIAN: Zucchini, rocket and pumpkin wrap

GLUTEN FREE: Chicken, avocado and mayonnaise wrap

GLUTEN FREE VEG: Zucchini, rocket and pumpkin wrap

DINNER

STANDARD: Slow-cooked BBQ beef brisket with potato salad and Asian slaw

VEGETARIAN: Vegetable shashliks with potato salad and Asian slaw

GLUTEN FREE: Slow-cooked BBQ beef brisket with potato salad and vegan slaw

GLUTEN FREE VEG: Vegetable shashliks with potato salad and vegan slaw

GLUTEN FREE VEGAN: Vegetable shashliks with potato salad and vegan slaw

VEGAN: Vegetable shashliks with vegan potato salad and vegan slaw

All meals served with Kransky rolls and gluten-free rolls.

DESSERT

STANDARD: Lemon cheesecake in a waffle cone

VEGETARIAN: Lemon cheesecake in a waffle cone

GLUTEN FREE: Baked cheesecake

GLUTEN FREE VEGETARIAN: Baked cheesecake

GLUTEN FREE VEGAN: Vegan cheesecake

VEGAN: Vegan cheesecake

TODAY'S ENTERTAINMENT

Main stage entertainment
7:30pm - Ruben Reeves

Outdoor cinema
From 5:30pm - Mr Bean's Holiday
From 7:30pm - Dan in Real Life

TOMORROW'S ENTERTAINMENT

Main stage entertainment
7:30pm - Jibberish

Outdoor cinema
From 5:30pm - She's the Man
From 7:30pm - Elvis

TOMORROW'S MENU

BREAKFAST

Porridge, vegan potato and tomato hash, muesli, Nutri Grain, Weetbix, GF cereal, GF muesli, fruit salad, yoghurt, sliced bread, tea, coffee, juice, milk & fresh fruit.

SNACK

Anzac Biscuit (GF and vegan options) and fresh fruit.

LUNCH

STANDARD: Lamb roll with mint jelly and cheese

VEGETARIAN: Vegetable roll with basil pesto and feta

GLUTEN FREE: Lamb roll with chutney and cheese

GLUTEN FREE VEG: Salad roll with tomato and relish

GLUTEN FREE VEGAN: Wrap with zucchini, rocket and pumpkin

VEGAN: Salad roll with chutney

Lunch is served with fresh fruit cordial, apricot muesli bar (GF) and a vegan super fruit bar.

DINNER

STANDARD: Chicken with mushroom sauce served with quinoa and tomato salad

VEGETARIAN: Faux chicken with mushroom sauce served with quinoa and tomato salad

GLUTEN FREE: Chicken with mushroom sauce served with quinoa and tomato salad

GLUTEN FREE VEG: Faux chicken with mushroom sauce served with quinoa and tomato salad

GLUTEN FREE VEGAN: Faux chicken with mushroom sauce served with quinoa and tomato salad

VEGAN: Faux chicken with mushroom sauce served with quinoa and tomato salad

DESSERT

STANDARD: Apple pie

VEGETARIAN: Apple pie

GLUTEN FREE: Apple pie

GLUTEN FREE VEGETARIAN: Apple pie

GLUTEN FREE VEGAN: Apple pie

VEGAN: Apple pie

Dessert is served with cream and fruit salad.

THE DAILY EXTRA

THE
GOOD
OIL

Campsite: Apollo Bay **Date:** Thursday 1 December 2022 **(White Rabbit!)**

Day 6 – Chillax!

The rest day heralded in the first day of the long awaited summer season. “Pinch and a Punch for the first of the Month!”

Whether you’ve sampled the organic fare at The Sandy Feet Café or imbibed a quite ale at The Brewhouse, we hope you’ve enjoyed your Great Vic rest day in Apollo Bay.

Washing done, chain greased (not!), fish and chips eaten, then get ready to saddle up for a fabulous ride along the famed Great Ocean Road to Anglesea.

Ocean views, iconic roads, this is a day to remember so you’d better stop occasionally and snap a few selfies for the crew back home.

Enjoy the ride!!!

Joke Corner!

- What's the difference between a well dressed man on a bike and a poorly dressed man on a unicycle?

(Attire!)

- What do you call a bicycle with a bed on top?

(Bedridden!)

- What do you call a door to door bicycle salesman?

(A Peddler!)

TOMORROW'S WEATHER

MIN: 9° MAX: 19°

Mostly sunny.

No forecast rain.

Winds east to south easterly 15-20 kph, tending south easterly in the afternoon.

TONIGHT

Cinema: 7:30pm - **Dan in Real Life**

Dan in Real Life is a film willing to admit that love is messy and that family, no matter how strained, is still the most perfect cauldron within which to ferment all those things that make life worth living... (Brandon Fibbs - Colorado Springs Gazette)

Main Stage: 7:30pm **Ruben Reeves**

Ruben Reeves is a Mid-twenties singer / songwriter / poet and multi-instrumentalist.

With two E.P. under his belt in 2016 & 2018 with a full band, Ruben has morphed into a comprehensive one-man-band show, still maintaining a full band sound as a solo performer.

The songs are road tested with sweat celebration, **irony and purpose. Dancy!**



Freedom



Woman and bike, circa 1895. Hulton Archive/Getty Images

"The bicycle is just as good company as most husbands and, when it gets old and shabby, a woman can dispose of it and get a new one without shocking the entire community."

Ann Strong, Minneapolis Tribune, 1895. This quote comes from the era when bicycling first became widely popular and gave women increased freedom.

The suffrage movement was steering a new course for women, away from traditional marriage, and the bicycle was one tool in creating this freedom.

Great Cause....



Help a great cause to get indigenous students from central Australia to GVBR 2023..... so don't forget to be in the raffle to win a totally unique aboriginal dot painted bicycle helmet. Cool Graham!!

Get social!

Keep us up to date with your own stories:

Instagram @bicyclenetwork #GreatVic

Facebook BicycleNetwork

Twitter @BicycleNetwork

Good Oil: txt 0424 234 444 (stories and stuff)

Members Night @ The Brewhouse

Attention all Bicycle Network Members..... We very excited about hosting our 3 day rider members to a special event tonight (Thursday 1 December 2022) at The Great Ocean Road Brewhouse (29 Great Ocean Road Apollo Bay – Main Street) from 5:30pm onwards.

VicPol on the job.....

Senior sergeant Craig Stevens is the Police forward commander on This year's GVBR. You'll spot him throughout the day patrolling in his shiny black SUV ready to tackle any and every situation along the route.

Commanding a team of 9 police including 4 police patrol vehicles his number one criteria is **rider safety** and keeping the route safe for all.

Craig sites "Speed enforcement" not yours but rather that of motorists sharing the roads, which for most of the ride are not closed, as a major focus. He's also keen to ensure that motorists give riders plenty of room when passing but notes that it's smart to always keep left when riding to minimise any potential altercations.

He's impressed with the improvement regarding rider behaviour on the route over The past few days so an A+ is still on the cards!!!

Watch out for a couple of motorcycle police will be joining his team once we get to Anglesea.





GREAT VIC BIKE RIDE

The Good Oil

ISSUE 7: ANGLESEA

TOMORROW'S RIDING: ANGLESEA TO INVERLEIGH (77KM)



GET TO KNOW ANGLESEA

With parklands, gardens and wetlands brimming the coastal foreshore paired with patrolled beaches, choose from a relaxing afternoon soaking up the sun or spend time exploring this seaside town on foot. If your legs are feeling fresh you can step it out along the Surf Coast Walk or find a spot along the 400m Anglesea beachfront and take a dip in the surf.

If you're a lover of art, follow the Anglesea Art Walk, a 2.5-kilometre route where you'll find six mosaic art pieces created by the local art community. While sun, surf and sand might be what this coastal town is most famous for, you'll want to keep your eyes peeled for the local wildlife that call Anglesea home, with over 100 species of native birds and Eastern Grey kangaroos.

PARTNERS



HOSTS



WHAT'S ON

WHAT'S ON IN ANGLESEA

IN TOWN

Hit the local beach

The local Anglesea SLSC invites you to enjoy one of the town's main attractions - the golden sand hugging the town. Step it out along the beach work or grab a casual drink and nibble for sundowners.

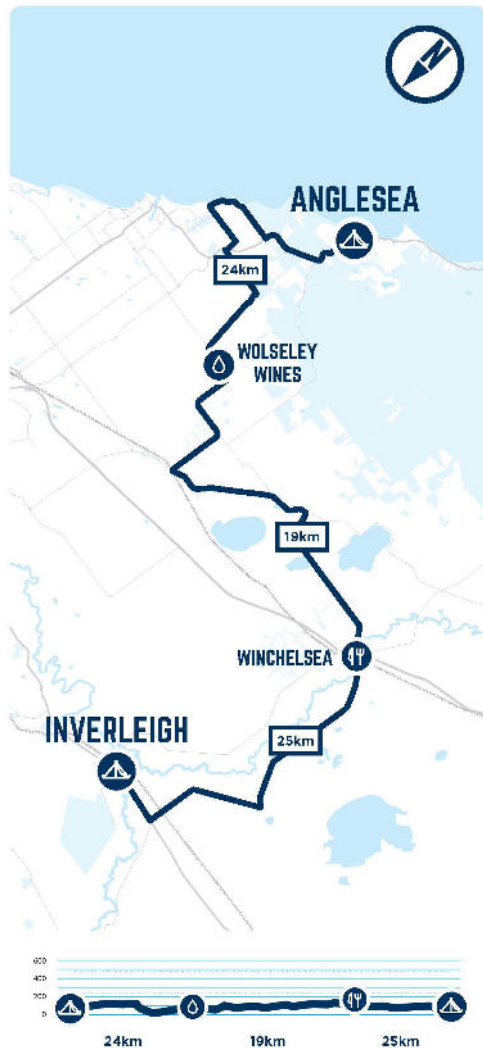
Grab a table at Jimpy's Bar

Stop by Jimpy's Bar on the top floor of the Anglesea SLSC clubhouse for lunch, dinner or a cocktail and soak in the coastal views.

TOMORROW'S RIDE

If there's ever a day to be up early and catch the sunrise, Anglesea's beautiful setting will be able to provide one of the best. Tomorrow's riding begins with more ocean views and your last glimpse of coastal riding before turning north and watching the surrounding region transition into the beautiful Golden Plains. Situated on the brink of the Golden Plains Shire and Surf Coast Shire is the rural town of Inverleigh. After the day's riding, be sure to check out the historical Inverleigh Hotel, dating back to 1856, for a refreshing local beer, wine or cider.

ANGLESEA TO INVERLEIGH



ANGLESEA CAMPSITE



TODAY'S MENU

BREAKFAST

Porridge, vegan potato and tomato hash, muesli, Nutri Grain, Weetbix, GF cereal, GF muesli, fruit salad, yoghurt, sliced bread, tea, coffee, juice, milk & fresh fruit.

SNACK

Anzac Biscuit (GF and vegan options) and fresh fruit.

LUNCH

STANDARD: Lamb roll with mint jelly and cheese

VEGETARIAN: Vegetable roll with basil pesto and feta

GLUTEN FREE: Lamb roll with chutney and cheese

GLUTEN FREE VEG: Salad roll with tomato and relish

GLUTEN FREE VEGAN: Wrap with zucchini, rocket and pumpkin

VEGAN: Salad roll with chutney

Lunch is served with fresh fruit cordial, apricot muesli bar (GF) and a vegan super fruit bar.

DINNER

STANDARD: Chicken with mushroom sauce served with quinoa and tomato salad

VEGETARIAN: Faux chicken with mushroom sauce served with quinoa and tomato salad

GLUTEN FREE: Chicken with mushroom sauce served with quinoa and tomato salad

GLUTEN FREE VEG: Faux chicken with mushroom sauce served with quinoa and tomato salad

GLUTEN FREE VEGAN: Faux chicken with mushroom sauce served with quinoa and tomato salad

VEGAN: Faux chicken with mushroom sauce served with quinoa and tomato salad

DESSERT

STANDARD: Apple pie

VEGETARIAN: Apple pie

GLUTEN FREE: Apple pie

GLUTEN FREE VEGETARIAN: Apple pie

GLUTEN FREE VEGAN: Apple pie

VEGAN: Apple pie

Dessert is served with cream and fruit salad.

FUN FACT

The longest single line of cyclists consisted of a whopping 1,186 riders! This was achieved in an event held in Bangladesh in December 2016.

TODAY'S ENTERTAINMENT

Main stage entertainment
7:30pm - Jibberish

Outdoor cinema
From 5:30pm - She's the Man
From 7:30pm - Elvis

TOMORROW'S ENTERTAINMENT

Main stage entertainment
7:30pm - 80s Enuuff

Outdoor cinema
From 5:30pm - Semi Pro
From 7:30pm - Yes Ma

WARBY TIP

Bike Set-Up

Adjusting your bike seat to the correct height can help prevent knee or back pain. When you have your foot on the pedal, at the lowest point, then there should still be a slight bend in your knee.

TOMORROW'S MENU

BREAKFAST

Porridge, pancakes with maple syrup, gluten-free vegan hash browns muesli, Nutri Grain, Weetbix, GF cereal, GF muesli, fruit salad, yoghurt, sliced bread, tea, coffee, juice, milk & fresh fruit.

SNACK

Tail mix (GF and vegan option) and fresh fruit

LUNCH

STANDARD: Chicken salad with roast vegetable couscous

VEGETARIAN: Vegetable salad with feta couscous

GLUTEN FREE: Chicken salad with brown rice and roast vegetables

GLUTEN FREE VEGETARIAN: Salad with brown rice and roast vegetables

GLUTEN FREE VEGAN: Salad with brown rice and roast vegetables

VEGAN: Salad with brown rice and roast vegetables

Lunch is served with protein balls (GF and vegan options).

DINNER

STANDARD: Indian roast beef with rice Pilaf, pepper sauce and vegetable medley

VEGETARIAN: Vegetable croquettes with rice Pilaf and tomato concasse

GLUTEN FREE: Indian roast beef with rice Pilaf, pepper sauce and vegetable medley

GLUTEN FREE VEGETARIAN: Vegetable croquettes with rice Pilaf, tomato concasse and vegetable medley

GLUTEN FREE VEGAN: Vegetable croquettes with rice Pilaf, tomato concasse and vegetable medley

VEGAN: Vegetable croquettes with rice Pilaf, tomato concasse and vegetable medley

All meals are served with bread rolls (GF available).

DESSERT

STANDARD: Mixed berries

VEGETARIAN: Mixed berries

GLUTEN FREE: Mixed berries

GLUTEN FREE VEGETARIAN: Mixed berries

GLUTEN FREE VEGAN: Mixed berries

VEGAN: Mixed berries

Dessert is served with creme and fruit salad.

THE DAILY EXTRA

THE
GOOD
OIL

Campsite: Anglesea **Date:** Friday 2 December 2022

Day 7

Welcome to all the 3 day riders that joined us at Apollo Bay..... And wasn't that just the best day's cycling ever along the Great Ocean Road to Anglesea?

Originally named Swampy Creek, for the river that bypasses it, the town was renamed Anglesea River in 1884 and finally got its current name in 1950. The name Anglesea derives from Anglesey, an island in North Wales.

Anglesea was greatly affected by the brutal Ash Wednesday fires in 1983 but the community rallied together to rebuild.

In the Aboriginal Wathawurrung language the name for the river is **Kuarka-dorla**, meaning "place to catch mullet".

Fishing anyone!

Joke Corner!

Q: What do you call a professional cyclist who just broke up with his girlfriend?

A: Homeless

Q: Do you know what is the hardest part of learning to ride a bike?

A: The pavement.

Q: What do you call an artist who sculpts with bicycle parts?

A: Cycleangelo

Q: Why are bank tellers not allowed to ride bicycles?

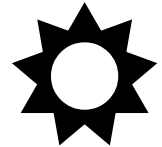
A: They tend to lose their balance.

Q: Why can't an elephant ride a bicycle?

A: Because he doesn't have a thumb to ring the bell.

TOMORROW'S WEATHER

MIN: 10° MAX: 25°



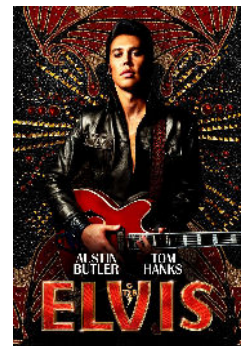
Sunny !

Light Southerly Winds

TONIGHT

Cinema: 7:30pm - **Elvis**

The life of American music Icon Elvis Presley, from his Childhood to becoming a rock and movie star in the 1950s while maintaining a complex relationship with his manager, Colonel Tom Parker. Dan.



Directed by Baz Luhrmann.

Main Stage: 7:30pm **Jibberish**

Jibberish have been playing interstate and surf coast venues for over 10 years. The guys are great: John - Guitar & Vocals, Adrian - Bass & Vocals, Hamish - Drums.

They've got a mean repertoire of great hits and favourites, so be prepared to get up and dance!



How Cool is that?

Cyclists are Cool – fact

A 2014 psychological study found that cyclists tend to demonstrate a unique blend of intelligence, generosity and the "cool" factor. Now there's a reason to get on your bike!

(... but we all knew that anyway!)

Size matters ...

This bike is world-record-breaking. The largest rideable bicycle has a wheel diameter of 3.3 m (10 ft 9.92 in) and was built by Didi Senft from Germany. Gut gemacht!

(Track stand, anyone!)



3 Times faster

Cycling is three times faster than walking. On a bicycle, you can travel three times faster than you can walk, for the same amount of energy. What a way to travel!

(That would make the Great Victorian Bike Walk 174 kms!)

GVBR 2023

Snowy to Sea

Secure your place! Stunning bush and views, sweeping ocean vistas, 3,000 of your new best friends, what's not to like! Pick a distance from Orbost to Inverloch!

- **Dates:** Saturday 25 November – Sunday 3 December 2023
- **Summary:** 9-day, 5-day or 3-day
- **Total distance:** 540km
- **Elevation:** 4,325m
- **Average daily:** 77km



Get social!

Keep us up to date with your own stories:

Instagram @bicyclenetwork #GreatVic

Facebook BicycleNetwork

Twitter @BicycleNetwork

Good Oil: txt 0424 234 444 (stories and stuff)

Ricky's Reprise

Day 4 & 5 / 6 : Colac & Apollo Bay

Ricky here again How good was that fudge on the way to Colac, top shelf!! Just like the Timboon ice-cream. I was pretty stuffed when I got to Apollo Bay, had to drag dad all the way up several hills with him stuck to my rear wheel like a limpet to a rock at low tide.

Just got straight into the shower nicks and all, washed myself and did the laundry all in one hit. Job done. There's a lot to be said about the joy of a nice hot shower at the end of the day's ride, never really thought much about it until now.

Met a lovely lady named Margaret, you would have seen her keeping us in order at the meal queue for breakfast and dinner, always chirpy and has time for a quick chat on route to the servery tables. They like it when you say hi and I scored some extra potatoes the other night, sweet!

Dad's pulled up a bit tender on the rest day, I think he's got a sore bum so I just humor him. I pulled out my book, "The day my Bum went psycho" by Andy Griffiths and teased him a bit. Good fun but I'm sure he'll have the last laugh any day now. **Pro Tip:** Carry a small back pack. Raincoat and food!



**GREAT VIC
BIKE RIDE**

The Good Oil

ISSUE 8: INVERLEIGH

TOMORROW'S RIDING: INVERLEIGH TO MOUNT HELEN (61KM)



GET TO KNOW INVERLEIGH

Welcome to Inverleigh - your last night on the Great Vic Bike Ride. While the town's population may only hover over 1,400 people, the community is ready to welcome you as you start to celebrate the end of this iconic journey.

Nestled on the curve of the Leigh River where it meets the Barwon River, follow the river track and take in the tranquil scenery on offer.

Explore the local history either at the Historical Centre or at the local pub, which dates back to 1856.

TOMORROW'S RIDE

If the legs are feeling a little fatigued, you'll be pleased that the final day of riding is only a 61km pedal to the finish line. Heading north, you'll pass through golden paddocks and farmland while enjoying quiet country roads, before arriving in Buninyong with its historic gold era buildings. If you're looking for things to do before heading home, be sure to check-out Mt Buninyong, an extinct volcanic mountain and the spiritual home of the Keyeet Balug clan of the Wathaurang (or Wada Warrung) people.

PARTNERS



HOSTS



WHAT'S
ON

INVERLEIGH TO MOUNT HELEN



WHAT'S ON IN INVERLEIGH IN TOWN

Visit the Historical Centre

Turn back time at the Historical Centre and try your hand at some old fashioned games and competitions. Visit the 1866 Mechanics Institute and see historical photos, honour board and a display on education from yesteryear. Grab some homemade goodies, lollies and Historical Society publications or sit down and enjoy an afternoon tea. The Historical Centre is located in the Public Hall and open between 1-4pm.

Go Opp shopping

Head next door to St Paul's Anglican Church and visit the local Opp Shop - you never know what bargain you might find.

St Paul's Anglican Church

Take a quiet moment out of your day and explore St Paul's Anglican Church. Built in 1889, this heritage listed church offers the perfect escape to enjoy quiet music and sit back and relax.

Inverleigh Golf & Disc Club

Fancy a round of golf? Head to the Inverleigh Golf & Disc Club and hire some clubs or disc and play a round for \$15. For a slower pace, sit back and enjoy a cold drink in the local bush setting. The club will be offering a free Shuttle Bus from town every 20 minutes after 1:30pm - pick up from opposite the Inverleigh Bakehouse. If you're planning on trying your swing, call ahead to book your clubs or discs - Dianne 0409 106 559.

INVERLEIGH CAMPSITE



WHAT'S ON (cont.)

Inverleigh CWA

You don't have to travel far for a fresh fruit salad or juice the good ol' fashion way when staying in Inverleigh. A short 200 metres from your tent, you'll find the local CWA opposite the public hall. Swing by and say hello to the team and enjoy a snack and cold drink.

Inverleigh Hotel

Book your final dinner and share your stories from your time on the road with friends - old and new. This bluestone pub built in 1856 is a hidden country gem, with two beer gardens adorned with peppercorn trees for you to sit back and marvel at the history with a pub meal and coldie. Book your table in advance - 5265 1220.

TODAY'S ENTERTAINMENT

Main stage entertainment
7:30pm - 80s Euff

Outdoor cinema
From 5:30pm - Semi Pro
From 7:30pm - Yes Ma

FUN FACT

The longest single line of cyclists consisted of a whopping 1,186 riders! This was achieved in an event held in Bangladesh in December 2016.

TODAY'S MENU

BREAKFAST

Porridge, pancakes with maple syrup, gluten-free vegan hash browns muesli, Nutri Grain, Weetbix, GF cereal, GF muesli, fruit salad, yoghurt, sliced bread, tea, coffee, juice, milk & fresh fruit.

SNACK

Tail mix (GF and vegan option) and fresh fruit

LUNCH

STANDARD: Chicken salad with roast vegetable couscous

VEGETARIAN: Vegetable salad with feta couscous

GLUTEN FREE: Chicken salad with brown rice and roast vegetables

GLUTEN FREE VEGETARIAN: Salad with brown rice and roast vegetables

GLUTEN FREE VEGAN: Salad with brown rice and roast vegetables

VEGAN: Salad with brown rice and roast vegetables

Lunch is served with protein balls (GF and vegan options).

DINNER

STANDARD: Indian roast beef with rice Pilaf, pepper sauce and vegetable medley

VEGETARIAN: Vegetable croquettes with rice Pilaf and tomato concasse

GLUTEN FREE: Indian roast beef with rice Pilaf, pepper sauce and vegetable medley

GLUTEN FREE VEGETARIAN: Vegetable croquettes with rice Pilaf, tomato concasse and vegetable medley

GLUTEN FREE VEGAN: Vegetable croquettes with rice Pilaf, tomato concasse and vegetable medley

VEGAN: Vegetable croquettes with rice Pilaf, tomato concasse and vegetable medley

All meals are served with bread rolls (GF available).

DESSERT

STANDARD: Mixed berries

VEGETARIAN: Mixed berries

GLUTEN FREE: Mixed berries

GLUTEN FREE VEGETARIAN: Mixed berries

GLUTEN FREE VEGAN: Mixed berries

VEGAN: Mixed berries

Dessert is served with creme and fruit salad.

TOMORROW'S MENU

BREAKFAST

Porridge, muesli, Nutri Grain, Weetbix, GF cereal, GF muesli, fruit salad, yoghurt, sliced bread, tea, coffee, juice, milk & fresh fruit.

SNACK

Chocolate muffin (GF and vegan option) and fresh fruit...

**... followed by the sweet taste of
victory at the finish line!**

WARBY TIP

What to carry

Be prepared for bad weather, carry a raincoat and lights.

Carry your gear in plastic bags, very few panniers and bike bags are completely waterproof.

You can use plastic bags and rubber bands to protect non waterproof shoes if rain comes.

THE DAILY EXTRA

THE
GOOD
OIL

Campsite: Inverleigh **Date:** Saturday 3 December 2022

Day 8 – Home Straight

Wow, that went quick! 7 days under canvass and just one night to go for GVBR 2022. We hope you've all enjoyed the journey as much as we've all had hosting the return of Australia's premier bike event this year.

Enjoy the festive season and we're looking forward to seeing you all again in 2023.

Only 355 more sleeps to Orbost, but who's counting!

Joke Corner!

The Tired Cyclist

A tired cyclist stuck his thumb out for a lift:

After 3 hours, hadn't got anyone to stop. Finally, a guy in a sports car pulled over and offered him a ride. But the bike wouldn't fit in the car. The driver got some rope out of the trunk and tied it to his bumper. He tied the other end to the bike and told the rider: "If I go too fast, ring your bell and I'll slow down."

Everything went well until another sports car blew past them. The driver forgot all about the cyclist and put his foot down. A short distance down the road, they hammered through a speed trap.

The cop with the radar gun radioed ahead that he had 2 sports cars heading his way at over 130 kph. He then relayed, "and you're not going to believe this, but there's a cyclist behind them ringing his bell to pass!"

Get social!

Keep us up to date with your own stories:

Instagram @bicyclenetwork #GreatVic

Facebook BicycleNetwork

Twitter @BicycleNetwork

Good Oil: txt 0424 234 444 (stories and stuff)

TOMORROW'S WEATHER

MIN: 13° MAX: 29°

Sunny.

Light winds north to north westerly 15-25 kph.
Chance of a thunderstorm about the ranges.

UV Index: 11 – EXTREME!
(Sun Protection a must!)

TONIGHT

Cinema: 7:30pm – Yes Man

Carl Allen (Jim Carrey) is stuck in a rut with his negative ways. Then he goes to a self-help seminar and learns to unleash the power of yes. Living in the affirmative leads him to all sorts of amazing and transforming experiences; he gets a job promotion, and even finds a new romance. But Carl finds that too much of anything, even positive thinking, is not necessarily a good thing.

Main Stage: 7:30pm 80's Enuff

80s Enuff are Australia's original and best 80s tribute show. Other retro bands have tried to follow in their footsteps, but no act has been able create performances with such genuine 80s authenticity, raw energy and humour.

Not only do they wear all the LOUD 80s costumes but also use original 80s instruments including Simmons electronic drums and real 80s sequencing technology.

Broken, Lost & Fixed

One of our fellow riders, Anne, broke her derailleur and hanger early in the ride. The parts were not available on site for her "Specialized" bike. "Never mind!" she joined the volleys to help out.

Dressed in blue she mentioned her tale of derailleur woe to a guy packing up his tent. Robert said he knew a guy who may have the parts.....

"I'll get you back on the road" became his mission. Alas, he tried all his local contacts but to no avail. Meanwhile back at the camp site, Anne lost her bike in transit. All seems lost, but like Volley magic, "a lovely lady" was spotted carrying Anne's luggage and she was re-united with her bike!

Robert, undeterred from many fruitless enquiries, finally struck derailer paydirt and arranged for the parts to travel from Melbourne unaccompanied on the V line train that is now a bus!!!!

Now in Colac, Robert insisted he ride to meet the bus at 7.30pm in town and collect the parts. Next day, the great guys she called the "travelling Main Street mechanics" had her bike ready to roll.

Anne sends a big thank you to Robert for his tenacity and great enthusiasm to encourage her to renew her love of cycling and also the volunteers who she insists work so hard to keep the show on the road. Anne's parting words, "with people like that, I'll be back!"

Blazeaid Volley?

Chris Murphy writes that she has just returned from a very worthy 6 months volunteering stint on flooded NSW farms fixing fences for the farmers.

She's determined to do more in Northern Victoria and is looking for much needed volunteers to be stationed at the Lockington Blazeaid camp to help out.

The deal is you get free meals, but you'll need to come equipped with your own caravan or tent for sleeping.

You'll work 5 days a week on local farms rebuilding fences. You'll make new friends & have fun along the way.

See Blazeaid camps website for more info or see Chris at the **Tea n Coffee** van.



Ricky's ^{last} Reprise.....

Day 7 & 8 : Anglesea & Inverleigh

Ricky here with some final words on GBVR 2022... Wow – wasn't the ride along the Great Ocean Road just the best! Already Txt'd a few selfies from Lorne to my mates back home, who finished school yesterday and they all reckon they're definitely coming next year!

Indian Roast Beef for dinner seems somewhat ironic given India is home to 122,000,000 vegetarians or about 40% of the population, but boy I'm hungry!

Pro Tip for next year: make a note now of things I wish I'd brought (toothbrush) and things I wish I hadn't (tea pot)! Cheers till Orbest.

Tommy Quick

If you'd like to help a great cause, then Tommy would be very grateful if you could shoot over to his donation page at "**the4points.org**" and assist young stroke survivors.

Also on: Facebook, Instagram, Twitter, YouTube and LinkedIn.

