



BENDIGO CYCLING NETWORK



Welcome to the Bendigo Cycling Network - hope that this information is supportive in joining the community of cyclists.

The following information is a guide only and change may take place as and when required by the groups decision.

The summary is:

GROUP RIDES FOR A SATURDAY MORNING : pages 2 -3 & 4

TRAINING GROUPS THAT MEET REGULARLY AND ARE OPEN TO NEW RIDERS : page 5

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Hope that you enjoy the experience and look forward to meeting you on the road soon God willing.

REGULAR BUNCH RIDES FOR A SATURDAY MORNING

7.00 am very quick 70 klm distance mostly racing riders. Leaves the Sternberg Street roundabout. Even tempo along to Sedgwick turn off to Axe Creek. From top of Axe Creek Road then pace will be high, Left turn at Eppalock School and regroup along before turning right into Mannes road and across the Eppalock road to Summerset Park road, pace can lift around Bennett's Road till the end of the loop at Turners Road. Even tempo all the way back into Bendigo.

Benefits of Group: Keeps a very tight formation along the road with even tempo, once in the bunch holding on is easier than a surging group despite the pace being high. Challenges for the group: Please don't come with the expectation that this group will wait for you if you drop off.

7.10 am quick and consistent pace 70 klm distance recreational riders and ex race riders that are keen on the bike. Also leaves the Sternberg Street roundabout following the same route that the 7.00 am bunch follows apart from left turn at the Eppalock School. Starts off with an even tempo through until reaching Axe Creek Road. Pace will lift and rolling turns will be maintained along Axe Creek to Red Brick Church. Tempo is maintained right through to Turners Road and possibly longer. Can develop into the strong (workers at the front) and not so strong (determined to hang on).

Benefits of Group: Lift skills and fitness can give a hard work out. Seeks a determined level of commitment and etiquette. Challenges for the group: Group dynamics can be strong if surging of the group develops makes it tougher to stay in touch could get dropped off the group.

Benefit if you miss the 7.00am start to still get a good work out. This bunch will also pick up stragglers from, the first group.

7.15am Consistent pace 70 klm distance recreational riders and ex race riders that are keen on the bike. Also leaves the Sternberg Street roundabout following the same route that the 7.10 am bunch. Starts off with an even tempo through until reaching Axe Creek Road. Focus will be developing skills in doing rolling turns that will be maintained along Axe Creek to Red Brick Church. Tempo is maintained right through to

Turners Road and possibly longer. Longer ride more even tempo and commitment to wait up if required.

Benefits of Group: Seeks a determined level of commitment and etiquette. Challenges for the group: Group dynamics can be getting the numbers at a mix where skills can operate effectively. Group will be broken into two groups if numbers are not manageable.

7.20 am (at the Sternberg Street Roundabout) medium pace recreational riders 45 klm distance or slightly meant to be mostly enjoyable and very social. This group is intended to be social and wait for each other and display appropriate group etiquette like keeping the group together. Pace is to be even but can sometimes be a struggle when newer riders join that are strong and keen and push the pace. The pace of late has been much stronger and is not the best group if just starting off to get the feel of the riding in groups

The route is out over the Snake Eye (Mandurang Hill) and left into Story's road and then across Emu Creek to the Eppalock Road and then follow the same route as the two previous groups.

7.30 am (at the Sternberg Street Roundabout) medium pace recreational riders 45 klm distance or slightly meant to be mostly enjoyable and very social. (This second group is the overflow of the 7.20 am to keep numbers down in the group for shared road safety) This group is intended to be social and wait for each other and display appropriate group etiquette like keeping the group together. Pace is to be even but can sometimes be a struggle when new riders join that are strong and keen. The pace of late has been much stronger and is not the best group if just starting off to get the feel of the riding in groups

The route is out over the Snake Eye (Mandurang Hill) and left into Story's road and then across Emu Creek to the Eppalock Road and then follow the same route as the two previous groups.

Benefits of both groups: Very Social and should be inviting and give a sense of achievement for newer riders. Challenges for the group:

Difficulties with this group is the maintaining of an even tempo so group does not surge up and down in pace and keeping a tight formation. Can at time cover too much road.

7.31 am Leaves just after the 7.30 and can be an overflow if groups sizes are too big (at the Sternberg Street Roundabout) medium pace recreational riders 45 klm distance meant to be mostly enjoyable and very social. This group is intended to be social and wait for each other and display appropriate group etiquette like keeping the group together.

The route is out over the Snake Eye (Mandurang Hill) and left into Story's road and then across Emu Creek to the Eppalock Road and then follow the same route as the two previous groups.

Benefits of both groups: Very Social and should be inviting and give a sense of achievement for newer riders. Challenges for the group: Difficulties with this group is the maintaining of an even tempo so group does not surge up and down in pace and keeping a tight formation. Can at times cover too much road.

7.20 am (Group with manners at the top of Loudens Hill Spring Gully/ Mandurang Hill)

More suited as a transitional group. This group is more likely to keep the pace even and wait for any stragglers if need be. The group does consist of more ladies than other groups and is very social and inviting.

The route is out over the Snake Eye (Mandurang Hill) and left into Story's road and then across Emu Creek to the Eppalock Road and then follow the same route as the two previous groups.

Benefits of this group is the choices of being able to take short cuts if struggling. Don't have to do Bennett's Road Hill and can go straight up Summerset Park Road or take either two left hand turns off Bennett's hill if you have dropped off the back.

7.45 am new riders and skill training medium to low klm's speed and 25-30 klm distance. Development of skills and etiquette very social and hopefully non-threatening for any rider to join. This group is on a needs basis and has been consistently utilised lately as we had many new riders

seeking a pathway into group riding. Group numbers are around 10 -15 riders each week.

Benefits of the Group: Very inviting and desire to make the riding experience lasting and enjoyable great depth of patients. Challenges for the Group: Meeting the vast and varied levels of experience of riders.

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TRAINING GROUPS THAT WE ARE AWARE OF AS BEING CONSISTENT AND INVITING FOR NEW MEMBERS

There are number of training rides each day.

6.00 am leaves the roundabout same as Saturday most week mornings
(mostly business people)

6.00 am leaves the Decked Out rooms at Tysons Reef (only Tuesday and
Thursdays) Hard hit out hills and pace

6.30 am leaves the fountain (Vet riders that race)

5.00 pm leaves the lake (Can be very tough)

5.30 pm leaves Sens the jeweller. (Very consistent)

6.30 am Tuesday and Thursday's leaving the Sternburg Street
Roundabout a light training ride with a social element. (can sometimes
leave from Moronis bike shop by arrangement)

8.00 am Friday mornings a group leaves Moroni's Bike Shop and rides
around Epsom Eaglehawk, across to Kangaroo Flat and back into town
centre, this ride is a medium pace but consistent through wind and hills. A
good solid work out

Monday Wednesday & Friday 6:15 am

Leaving the Beechworth Bakery varied routes depending on the weather
conditions. Mainly ladies and pace is very friendly and welcoming to new
members. Average speed generally around 28klm per hour and time out
on the road no more than 1 to 1.5 hours.

SUNDAY RIDES

Every Sunday @ 8.00am leaving the Fountain (meet front of Collins Books Store) a circular ride of Bendigo, heads to Kangaroo Flat and then across to Diamond Hill and Mandurang. The ride then goes along Tannery Lane and across to Strathfieldsaye along Ryalls lane Strathridge road to Trotting terrace Junortoun. The ride then come back along McIvor Road and right into Powells Ave out to Epsom and across to Eaglehawk. Then over to the Allies Hotel across to Hermitage Road into Maiden Gully across to Edwards Road up Olympic Parade across to Furness Street and Harvey Norman and back into Bendigo.

Benefits of this group allows for riders to pick up and drop off at anytime to suit their distance and time frame. Generally very social and inviting depending on the day it can be a very consistent pace.

7.30am At the Lauden's Hill meeting spot (Top on Spring Gully Road turn to go up One Tree Hill). A group ride that may chose to meet up with the 8.00am group or make a choice to do their own ride.

8.00am from the Sternburg Street Roundabout mainly riders looking for a longer more social ride. There is usually a ride leader and there is an Email network that covers off each week on the ride destination and ride leader. Very friendly and inviting if you abide by the ride mandate of looking after each other

GUIDELINES OF ACCEPTABLE ETTIQUETTE

Cycling has a lot of unwritten rules on safety and etiquette and we don't intend to cover all of these but look at the ones we are aware of being worthy of mentioning. Obedience to road rules is a given and does not warrant mentioning but is an expectation that road rules will not be compromised by cycling groups across this region.

- * The over lapping wheels is to be avoided. Continual practice will become a normal behaviour that one day could bring many to grief.
- * Cornering with the inside pedal pointing down is not a sound practice and some riders may not even be aware that they do it and this practice requires amending.
- * If leading a group pedalling down hills is a essential (avoid free wheeling) to ensure that following cyclists can maintain their position on the road with ease and degree of safety.
- * When rolling over a bunch pedalling is to be sustained and not stopped entirely. Reduced just enough speed off to allow the next cyclists to cross over safely.
- * If you are continually breaking in a group or having to stop pedalling and just free wheeling there is a fair chance that you are riding the wrong gear (probably too high).
- * Maintaining a bike in a road worthy condition is a individual responsibility - tyres that are not likely to blow out due to excessive wear, brakes that are affective, no loose bar tape or other components such as biddon cages or light fittings and pumps that can come loose and cause an accident.
- * Gears that are maintained and change effectively and not throwing the chain, knowing how and when to change gears can be a distinct advantage.
- * Pointing out and calling hazards on the road and leading others safely around the hazard (this needs to be managed appropriately and not be overdone as it can cause confusion) is a another group commitment to be shared as this information is passed back along the group
- * Calling in groups "car up - car back" when you have been placed in the front rear or middle of a group and again ensuring this message of safety is convey to all the group.
- * Following the wheel and not leaving excessive gaps that need to be filled by surging. Learn the skill of being to watchful more than one rider

in front of you allows a response to change without being reactive. Seeing 4-5 riders up the line can make a safer response time.

- * Wearing a helmet that is fitted properly and attached under the chin with straps in sound condition.
- * Respecting the weakest rider as being the pace setter of a group and allowing the group ride as strong as it is capable.
- * When going to standing up such as on a hill climb knowing how to take your bike with you and not sending it backwards into riders behind.
- * Reframe from radically changing direction or lanes across a group without checking it is safe to do so.
- * Adapting group's speed to what ever road conditions are prevalent.

Dealing with unacceptable behaviour in a group takes tact and can be risky for some relationships. This is no different amongst friends or family relationships, none the less certain issues need to be dealt with in the least confronting yet most effective manner.

Moreover doing what is acceptable more often in respecting ALL road users despite lack ability or experience. A well worded comment may not have the impact right away but if consistently given and by respected riders will have a desired effect.

Hope that this helps answer the question. The list is not exhaustive and certainly not an authority on the subject but more an observed opinion.

Social rides

When	Tuesday and Thursday 9.00am in winter, 8.30 am in summer
Meet	Golden Square Park (opposite Foundry Arms hotel)
Type of ride	50-60km Gentle pace (average about 15-20 kph) Sealed and dirt roads around Bendigo.
Contact	Sylvia Mahon (03) 5435 3680 (Bendigo BUG weekday ride coordinator)

When	Tuesday and Thursday 9.00am
Meet	Golden Square Park (opposite Foundry Arms hotel)
Type of ride	15-25km Gentle pace (average about 15-20 kph) Sealed roads around Bendigo.
Contact	Weekday training rides These are informal groups of road cyclists. You'll need to be fairly fit and experienced in bunch riding. Visitors and newcomers welcome. Just show up to join a ride.

Time	Day	Meet	Details
6.00 am	M-F	Sternberg St roundabout	Same as Saturday around Strathfieldsaye and Mandurang area. Coffee at the end of ride.
6.00 am	Tu & Thu	Performax Gym, opposite Tysons Reef Hotel, Weeroona Ave	50km, Turdberg (aka North Harcourt Gap) and back via Sedgwick Road
6.15 am	W	Beechworth Bakery, Cnr High & Don Streets	35km varying routes with focus on skills training
6.15 am	F	Sternberg St roundabout	35km varying routes

6.30 am	M-F	Fountain	Has varying routes flat and hills
6.30 am	Tu & Th	Sternberg St roundabout	Very social.
8.00 am	W	Sternberg St roundabout	Decked Out team ride. Be prepared for a long ride or turn for home.
8.00 am	F	Moroni's Bike Shop	Good lead into the weekend.
5.00 pm	M-F	Napier St side of Lake Weeroona	Hospital Group quite pacy and same route every time.
5.30 pm	M-F	Sens the jeweller	Can be changed from flat to hills one night a week.

Weekend training rides

These are informal groups of road cyclists. You'll need to be fairly fit and experienced in bunch riding for many (but not all) these rides. Visitors and newcomers welcome. Just show up to join a ride. Most of these finish at one of the cafes in town for coffee afterwards.

Time	Day	Meet	Details
7.00 am	Sat	Sternberg St roundabout	Very fast, confident riders distance about 70km average speed 35 kph
7.00 am	Sat	Napier St side of Lake Weeroona	Triathlete group. Generally a long ride at a consistent pace.

			Not for the faint hearted.
7.10 am	Sat	Sternberg St roundabout	Experienced, confident riders distance about 60km average speed 32 kph
7.20 am	Sat	Sternberg St roundabout	Confident social riders distance about 50km average speed 30 kph
7.20 am	Sat	Cnr Edwards Rd and Mandurang Rd, Spring Gully	Follows the same route as the group that leaves the roundabout. distance about 50km average speed 28 kph.
7.30 am	Sat	Sternberg St roundabout	Confident social riders, but not as fast as 7.20 group distance about 50km average speed 28 kph
8.00 am	Sun	Fountain, Pall Mall	Round Bendigo circuit, distance about 60km, reasonably fit social riders.