

ride2school
Parent and Friends update

Hey guys! Has your mum already started sending you worried text messages? Here is a great way to keep her mind at ease and keep your friends at home up to date with all the fun you are having on the ride. The Ride2School team are tracking your journey on our website with daily updates, so make sure your family and friends check in!

Come and see a friendly Ride2School team member and ask to get your parents/friends signed up OR email their contact details to ride2school@bv.com.au and we will keep them up to date!

Happy Birthday!

- Daniel Black
- Richard Holmes
- Matthew Wings
- Josephine Springthorpe
- Wayne Theisinger
- Jane Morphett
- Nicholas Murray
- John Trewin
- Alex Lomax
- Grant Gifford
- Natalie Keynton
- Hayley Myers
- Lachlan Holliday
- Drew Morey



Easy

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

Countries of Europe

Find and circle all of the Countries of Europe that are hidden in the grid. The remaining letters spell a secret message.
Note: IRELAND and NORTHERN IRELAND are separately hidden and do not overlap.

A A D Y A W R O N I E T S N E T H C E I L W I
 U T N H S P A I N O D E C A M R A L B A N I A
 S E A D S F I N L A N D A Z E R B A I J A N M
 T E L P O E D N A L E C I C T B U L G A R I A
 R N R N S R U S S I A N F E D E R A T I O N L
 I O E B E D R K R A M N E D C F T M O A I R T
 A R Z Y I D N A E A S E A Z D U R H O V R B A
 I T T N O A E A P L E L E I I N U A O N E S T
 N H I A P R M W L H U C O S T N A G N L A L E
 A E W M O M L O S R H X A V G A E L G C A C Y
 M R S R L E I S N R E N E A E Z O I E G E T O
 O N E E A N T D E T M H R M R N U R I A C
 R I Y G N I H P N A E Y T E B M I T C C I I U
 E R O L D A U G R A E N H E A O R A N S S K K
 C E T N A B A I E N L A E I N O U A D U S A R
 E L S U L T N I G O I T N G P M C R R R E V A
 E A A I R O I L V N R O O L R I L A G P L O I
 R N C E S K A T S T T G C C T O L O N Y A L N
 G D T I N N E O E S A N I A S E T I N C W S E
 T H E W D O B Y E R L L V A B A V O D L O M D

ALBANIA	ENGLAND	LITHUANIA	SAN MARINO
ANDORRA	ESTONIA	LUXEMBOURG	SCOTLAND
ARMENIA	FINLAND	MACEDONIA	SLOVAKIA
AUSTRIA	FRANCE	MALTA	SLOVENIA
AZERBAIJAN	GEORGIA	MOLDOVA	SPAIN
BELARUS	GERMANY	MONACO	SWEDEN
BELGIUM	GREECE	NETHERLANDS	SWITZERLAND
BOSNIA-HERZEGOVINA	HUNGARY	NORTHERN IRELAND	TURKEY
BULGARIA	ICELAND	NORWAY	UKRAINE
CROATIA	IRELAND	POLAND	SERBIA/MONTENEGRO
CYPRUS	ITALY	PORTUGAL	VATICAN CITY
CZECH REPUBLIC	LATVIA	ROMANIA	WALES
DENMARK	LIECHTENSTEIN	RUSSIAN FEDERATION	

RACV Great Victorian Bike Ride
A week in another world 2010

The Good Oil

Issue 1 | Saturday 27th November, 2010

Day 1: Dookie

"Life is like riding a bicycle. To keep your balance you must keep moving."

Albert Einstein

Tomorrow's Ride: Dookie to Euroa

Distance: 84km
 Surface: Sealed roads
 Road Type: Mostly back country roads
 Terrain: Climb up into the Strathbogrie Ranges before descending into Euroa

Tomorrow's Destination: Euroa

Euroa is a beautiful town that was originally made famous by Ned Kelly. However, it can now be recognised for its magnificent rivers, vast agriculture and significant horse industry.

Congratulations!

You have cycled 71km from Yarrawonga and have arrived in the wonderful town of Dookie.



Tonight's Entertainment

Get ready for an amazing night delivered to you by Achtung Baby- Australia's U2 Cover band. If this doesn't get your socks rocking, there's also a movie playing at the Spokes Bar, beginning at dusk.

Don't forget the 7pm nightly rider briefing in the RACV Café De Canvas!

What is there to see and do in Euroa?

- The Parachute School Skydiving
- Farmer's Arms Museum
- Wineries
- Fish Ladder
- Mt. Wombat lookout
- Golf
- Hot air balloon flights



In this Edition

WARBY Tips

Get great bike riding advice and tips, learn more about how to excel and perform at the best of your ability on this years ride!

Page 2

Dr. Chris' Advice

For all things medical, check out Dr. Chris' advice. From dehydration, to first aid, you're sure to find something useful!

Page 2

Nutrition Tips

Check out the great nutrition tips to help you along your ride.

Page 3

Fun & Games

Today's edition includes a word-search and a Sudoku puzzle, so get those thinking caps on!

Page 4

“When I was a kid I used to pray every night for a new bicycle. Then I realised that the Lord doesn’t work that way so I stole one and asked him to forgive me.”

Emo Phillips

WARBY Tips

John Pyle

Keeping hydrated

You’ll get sick of hearing this, but it is very, very important to keep up the fluids. Exercising strenuously requires you to keep well hydrated.

Start drinking before you get on the bike. If you get cramps, take some electrolyte replacement or sports-drink as well. Once you are on the road, drink regularly. Water is fine, although sports drinks help replace salts and provide energy.

Buddy-up, ride with a partner and monitor each other’s fluid consumption.

Carrying one water bottle may not be enough. Try to carry 2 bottles and refill at each water station. Get transparent drink bottles so you can see how much you have drunk. It is really important to make use of all breaks and drink a lot of fluids during this time.

Go easy on the caffeine, it is a mild diuretic.

Don’t stop drinking water once you stop riding. You still need to replace lost fluids and keep yourself well hydrated for tomorrow’s ride.

Dr. Chris’s Advice

The Care Team – Open 7 to 8.30 am and 4 to 8 pm

We are on the ride to help you in the event of illness or injury. We have a team of doctor’s, nurses and first aid volunteers just for you.

If you become ill, come to see us - we want to help of course, BUT we also want to prevent other riders catching whatever horrible malady you caught or brought with you!

We have a small stock of common chemist items for sale including; items for your first aid kits, items you’ve forgotten like your tooth brush and soap, eye drops antihistamines and analgesics.

Come and have a massage to sooth those tight muscles or see our physios for advice about your injuries and aches.

Get your free Lixir Health Supplements at the Euroa

All RACV Great Victorian Bike Riders can collect their FREE* bottle of Lixir Health supplements at the Euroa Campsite during 4:30pm to 7:30 pm (near the RACV Café de Canvas) * whilst stocks last.



Tomorrow’s Menu

**Subject to change*

Breakfast

Hot Meal: Porridge

Fruit: Fresh Fruit Salad

Apples, Oranges or Bananas

Juices: Apple or Orange

Yoghurt: Flavoured Yoghurt

Cereal: Cereals (Muesli, Weet-Bix or Nutri-Grain)

Bakery selection: Muffins, Croissants or Danish Pastries

Breads: White, brown or wholemeal

Milk: Full Cream, Rev or Soy Milk

Condiments: Butter, Jam, Peanut Butter, Vegemite or Sugar

Lunch

Non-Vegetarian: Fresh crusty baguette with ham, cheese and tomato

Vegetarian: Fresh crusty baguette with cheese and tomato

Special Diet Non-Veg: Gluten Free Fresh crusty baguette with ham, cheese and tomato

Special Diet – Veg: Gluten Free Fresh crusty baguette with tomato, cucumber, avocado and cos lettuce

All: Raspberry Straps

All: Fruit

All: Crackers & cheese

Dinner

Non-Vegetarian: Butter Chicken Curry with coconut rice, peas, capsicum and corn

Vegetarian: Chick Pea Curry with coconut rice, peas, capsicum and corn

Special Diet Non-Veg: Gluten Free Butter Chicken Curry with coconut rice, peas, capsicum and corn

Special Diet – Veg: Gluten Free Chick Pea Curry with coconut rice, peas, capsicum and corn

All: Pita Bread

Dessert: Mango Surprise, Gluten Free Vegan Choc Coconut Cream Pie

Nutrition Tips

Have you ever been curious about what would be the ideal meal to eat before your ride?

Wondering what foods would aid in sustaining your energy?

Your questions are about to be answered!

Your pre-event meal should consist of high-carbohydrate and low-fat foods.

Larger meals should be consumed 2-4 hours before the event.

These meals can include:

- Rolls and filling sandwiches
- Cereal with milk and/or yoghurt
- Rice dishes with a low fat sauce
- Pasta with a vegetarian or low fat sauce



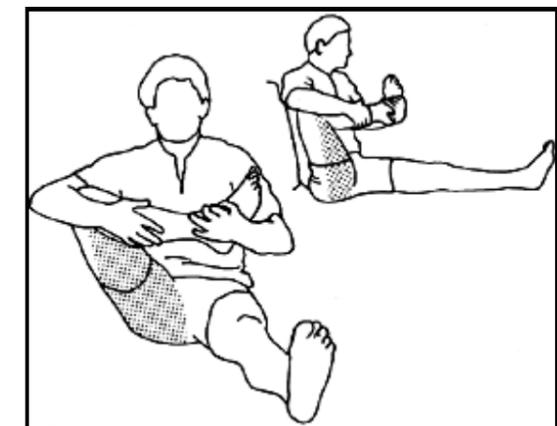
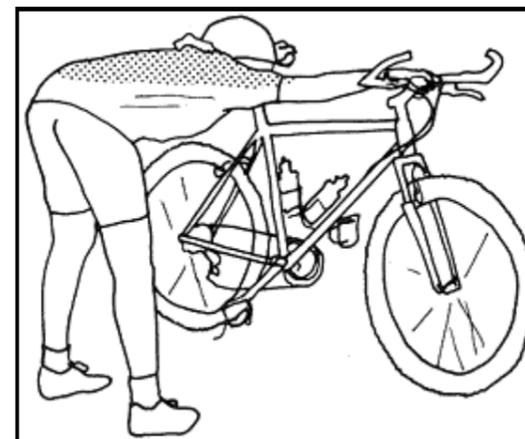
Smaller meals should be consumed 1-2 hours before the event.

These meals can include:

- Fresh or dried fruit
- Glass of milk
- Muffins



Don’t Forget to Stretch!



To avoid injury and prepare your muscles for strenuous exercise, ensure you undertake some form of stretching. By performing simply 10 minutes of stretching, your muscle tissues will be in ideal condition for the journey ahead of you.

Bicycle Victoria Members VIP Dinner Table

Are you the lucky member who will sit at tonight’s VIP dinner table and enjoy a restaurant like dining experience? If not, listen out for your name at tonight’s briefing, because tomorrow it could be you!