

Congratulations for making it to Euroa! We are sure you are building memories by taking pictures of the amazing scenery and happy snaps of your friends and teachers.

Take as many photos as you can on the ride, select the best of the bunch and send them in to Ride2School (ride2school@bv.com.au) when you get home.

Students who send in the most impressive shots will get their photos published on the website and will win prizes.

Happy Birthday!

- Erinna Hansford
- Lea Davis
- Jim McKeag
- Ross Harrop
- Jenny Wilson
- Dan Cudmore
- Barry Swayn
- Anthony Best
- Detlef Koepke
- Michael Quellhorst
- Elizabeth Baker
- Tom Lilburne



1		2		3		4
	■		■		■	
5						
	■		■		■	
6						
	■		■		■	
7						

Across

- 1. Angry
- 5. Segment
- 6. Occurring at the beginning
- 7. No longer in existence

Down

- 1. Merry
- 2. Mark or stamp as paid
- 3. Belief or sentiment
- 4. Vest

Medium

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

RACV Great Victorian Bike Ride®

A week in another world 2010

The Good Oil

Issue 2 | Sunday 28th November, 2010

Day 2: Euroa

"Get a bicycle. You will not regret it. If you live."

Mark Twain

Tomorrow's Ride: Euroa to Murchison

Distance: 68km
 Surface: Sealed roads
 Road Type: Quiet country roads
 Terrain: A slight downhill trend into Murchison

Well done riders!

You have completed the next part of this nine day challenge! Today, you rode 85km through Dookie and arrived in Euroa.



Tonight's Entertainment

Little Stevies will be performing for you tonight, they provide a mixture of sounds, sure to please even the toughest of critics. The performance will be in the Spokes Bar, followed by a movie at dusk.

Tomorrow's Destination: Murchison

Murchison is located on the banks of the Goulburn Valley. Don't be shy whilst in town, the local population are renowned for being unbelievably friendly!

Visit the beautiful boardwalk along the Goulburn River, enjoying all the scenic views.



Also, before you leave, be sure to visit the historical Meteorite Park

What is there to see and do in Murchison?

- 🚲 The Ossario
- 🚲 Murchison Wines
- 🚲 Churches
- 🚲 Vazzoler Cheese
- 🚲 Campbell's Bend picnic area

Bicycle Victoria Members Day Picnic- Murchison Foreshore

As you make your way towards the campsite after lunch, we ask all Bicycle Victoria Members to unite! Join our team and stop off on the foreshore to enjoy a picnic created in your honour. Apart from just having the opportunity to relax by the foreshore and soak up the atmosphere, we also have a range of activities and items for you to enjoy, including: *Member Musette: which includes the December/January edition of *Ride On* magazine, *Send a postcard home, *Get your bike checked, to ensure it's in tip top condition! Members, it's your time to shine! We look forward to seeing you all on the foreshore.

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



“Life is like a bicycle: you don’t fall off unless you stop pedalling.”

Claude Peppers

WARBY Tips

John Pyle

Dr. Chris’s Advice

Safe riding

Even though we are on a huge event, all the road rules still apply.

Never ride more than two abreast while riding along a public road. If the roads are narrow, or you are on double lines, stick to single file.

When passing;

-Check behind you for vehicles or riders passing you.

-Look beyond the riders in front of you, and anticipate what they will do – is there a pot-hole or a slower rider in front of them? Is there anything that might make them move into your path?

-When you are happy that it’s safe, call out “passing” or ring your bell.

Always communicate with riders;

- **Want to stop...** call out 'stopping' and move well off the road; **Want to pass...** call out 'passing' then proceed; **Want to walk ...** move off the road so others can pass.

Sweat, Fatigue and Keeping Going

Did you know that you lose more salt when you sweat during exercise than when you sweat through heat?

When riding you lose water and salt through sweating, and water just from breathing. It’s essential to replace both the salt and the water.

If you are losing salt and only drinking water you can dilute the body’s salts – making you thirsty, dizzy, faint and tired.

I get around this by taking one water bottle of Gatorade (my favourite but you can use any of the others) and one of water and topping both with water at the rest stops. On an average day, say 80km, this means you should be drinking 750ml Gatorade and about 2 litres of water.

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: Chicken Caesar Salad with Caesar dressing

Vegetarian: Greek Salad with feta cheese and lemon dressing

Special Diet Non-Veg: Gluten Free Greek Salad with chicken and lemon dressing

Special Diet – Veg: Gluten Free Pasta with mushrooms, pumpkin, pesto and cashews

All: Fresh Baked Cookie

All: Fruit

All: Crackers and cheese

Dinner

Non-Vegetarian: Penne Pasta with meatballs and napolitana sauce and green bean salad

Vegetarian: Falafel Balls with napolitana sauce and green bean salad

Special Diet Non-Veg: Gluten Free Penne Pasta with meatballs and sauce and green bean salad

Special Diet – Veg: Gluten Free Falafel Balls with napolitana sauce and green bean salad

All: Dinner Bread Roll

Dessert: Tiramisu, Gluten Free Vegan Chocolate Cake

Nutrition Tips

Fluids and food are essential for sustaining your stamina. But what is the best source of energy for you during the event?

For events prolonging 90 minutes, you should aim to ingest 50g of carbohydrates per hour. This may not always be possible, however aim to reach this target.

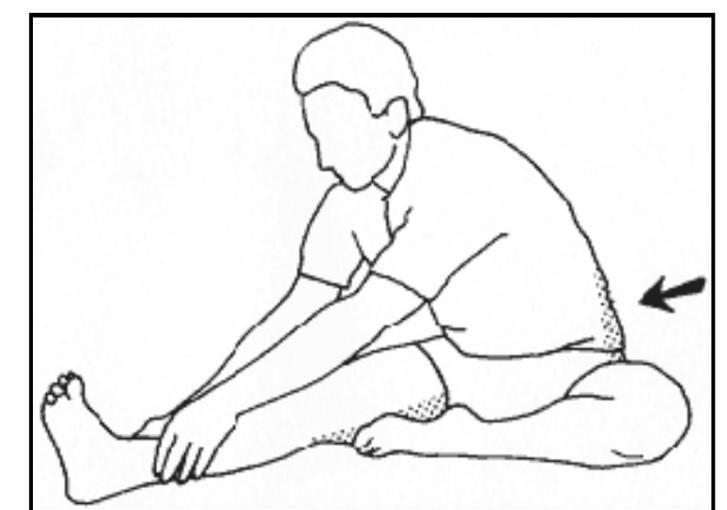
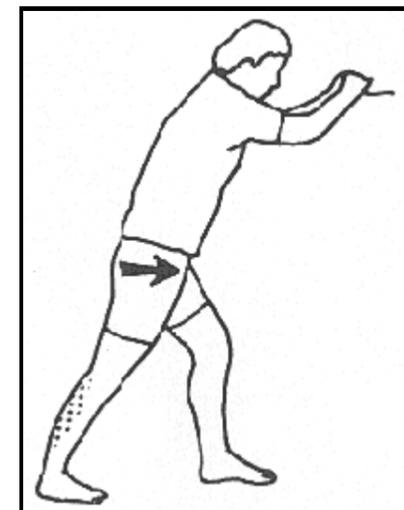
Foods can consist of both liquids and solids.

Possible sources of 50g of carbohydrates:

- 750ml of sports energy drink or cordial
- 500ml of fruit juice or soft drink
- 250ml of liquid meal supplement (such as Sustagen)
- 250ml fruit smoothie
- 3 medium sized pieces of fruit
- Honey or Jam sandwich
- 60g packet of jelly beans
- 1 carton of fruit yoghurt + 250 ml of fruit juice
- A bowl of cereal with skim milk



Don’t Forget to Stretch!



Stretching your calves is essential when undertaking any form of strenuous exercise. Practice these stretches to ensure you will be ready on the morning of your ride!

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!

Breakfast for RACV members

Get your ride off to a great start tomorrow at the Euroa campsite. For those RACV members who collected a coupon at the beginning of the ride, simply bring it along to the RACV marquee from 5.30am tomorrow to receive your free bacon and egg roll.

* Valid for the first 1,500 members who redeem their coupon. Limit of one per RACV membership applies.

