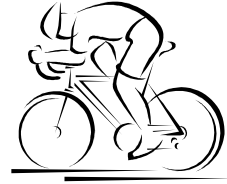




BENDIGO CYCLING NETWORK



Welcome to the Bendigo Cycling Network! We hope that this information is supportive in joining the local community of cyclists. We hope you enjoy the experience and look forward to meeting you on the Rd soon, God willing.

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

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Contacts

Should you want or need to contact anyone about these rides, the following people are available:

Name:	Phone:	Email:	Comments:
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Guidelines of Acceptable Etiquette

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 freewheeling) 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 freewheeling 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 whatever Rd 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 this helps answer some questions. The list is not exhaustive and certainly not an authority on the subject but more an observed opinion.

Register of Bendigo Group Rides

(Ordered by depart time, colour grouped by days).

See pages following this table for deeper descriptions of some of the rides. Not all are covered in full detail.

Day	Time	Type	Description	Distance	Pace	Departs from	Notes
Weekdays							
Mon - Fri	6:00 am	Social	Same as Saturday, around Strathfieldsaye & Mandurang area.			Sternberg St roundabout.	Mostly business people. Coffee at the end of ride.
Mon & Fri	6:00 am		Route around back of Bendigo Golf Course to Huntly & back.	30 km	Medium. 27-30 kph.	APCO Service Station, cnr Mclvor Rd & Powell's Ave.	Stephen Iser's ride. Finish 6:50 am, with coffee at 'Green Olive', home by 7:20.
Tue & Thu	6:00 am		Turdberg (aka North Harcourt Gap) & back via Sedgwick Rd	50 km		Performax Gym, opp Tysons Reef Hotel, Weeroona Ave.	
Wed	6:00 am		Lake Weeroona to Barnard St (few hills), out to Harvey Norman, back via Crusoe Rd and back in.	30 km	Medium. 27-30 kph.	Cnr Doak St & Mclvor Rd.	Stephen Iser's ride. Finish 6:50 am with coffee at 'Green Olive', home by 7:20.
Wed	6:15 am	Friendly	Mainly ladies, with focus on skills training.	35 km	28 kph	Beechworth Bakery, Cnr High & Don Sts.	Welcoming to new members. On the road no more than 1-1.5 hours.
Fri	6:15 am		Varying routes	35 km		Sternberg St roundabout.	
Mon - Fri	6:30 am		Vet riders that race.			Fountain.	Has varying routes flat & hills.
Tue & Thu	6:30 am	Social	Very social.		Light training ride	Sternberg St roundabout.	Can sometimes leave from Moronis Bike Shop by arrangement.
Wed	8:00 am		Decked-out team ride.			Sternberg St roundabout.	Be prepared for a long ride or turn for home.
Fri	8:00 am		A good solid work out.		Medium, but consistent	Moroni's Bike Shop.	Good lead into the weekend.

Day	Time	Type	Description	Distance	Pace	Departs from	Notes
Tue & Thu	9:00 am (winter) 8:00 am (summer)	Social	Varying routes	50-60 km	22-28 kph	Golden Square Park (opp. Foundry Arms Hotel).	'TT Riders' group, new riders welcomed Approx. 2 hrs with coffee to finish.
Tue & Thu	9:00 am	Social	Gentle pace on sealed Rds around Bendigo.	15-25 km	15-20 kph	Golden Square Park (opp. Foundry Arms hotel).	Weekday training rides
Mon - Fri	5:00 pm		Hospital Group.		Quite pacey.	Napier St side of Lake Weeroona.	Same route every time.
Mon - Fri	5:30 pm				Very consistent.	Sens Jewellers, 319 Hargreaves St.	Can be changed from flat to hills one night a week.
Saturdays							
Sat	7:00 am	Serious	Mostly racing riders. Group will not wait if you drop off.	70 km	Very fast. Avg 35 kph.	Sternberg St roundabout.	Very fast, confident riders.
Sat	7:00 am		Triathlete group.	Long	Consistent	Napier St side of Lake Weeroona.	Generally a long ride at a consistent pace. Not for the faint hearted.
Sat	7:05 am	Social	Solid social ride with hills & fast sections.	70 km	Solid - fast.	Sternberg St roundabout.	Back to CBD for coffee.
Sat	7:10 am	Social	Experienced, confident riders & ex race riders.	70 km	Quick. Avg 32 kph.	Sternberg St roundabout.	Bunch will also pick up stragglers from the first group.
Sat	7:15 am	Social	Recreational riders & ex race riders.	70 km	Consistent. Av 28-31 kph	Sternberg St roundabout.	More even tempo & group will wait up if required. Coffee in Bath Lane area.
Sat	7:15 am	Social	Recreational riders & ex race riders.	70 km	Consistent. Av 28-31 kph	Laudens Hill, Spring Gully	Joins the 7:15am group that leaves the roundabout, same route.
Sat	7:20 am	Social	Confident, social riders. Enjoyable & very social.	45 km	Medium. Avg 30 kph.	Sternberg St roundabout.	This group is social & will wait for each other.

Day	Time	Type	Description	Distance	Pace	Departs from	Notes
Sat	7:20 am	Social		50 km	Medium. Avg 28 kph.	Cnr Edwards & Mandurang Rds, Spring Gully.	Follows the same route as the group that leaves the roundabout.
Sat	7:30 am	Very social	Confident, social riders.	45 km	Medium. Avg 28 kph.	Sternberg St roundabout.	Overflow for 7:20 to keep numbers down for shared Rd safety.
Sat	7:35 am	Very social	New riders& skill training.	25-30 km	Medium to low.	Sternberg St roundabout.	This group is on a needs basis & has been consistently utilised lately as we have many new riders.
Sat	7:45 am	Friendly	Beginner group.	25-30 km	Lower.	Sternberg St roundabout.	Focus on settling into etiquette of cycling & feeling confident. Very friendly inviting & encouraging.
Sat	8:00 am	Social	Reasonably fit social riders.	60 km		Fountain, Pall Mall.	Round Bendigo circuit.
Sundays							
Sun	7:30 am	Social	Group may choose to meet up with 8:00 am group or do their own ride.			Lauden's Hill. (Spring Gully Rd turn up One Tree Hill).	
Sun	8:00 am	Very social	Generally very social & inviting. Can be a very consistent pace.		Consistent	Fountain (meet front of Collins Books Store).	Allows riders to pick up & drop off at any time to suit distance & time frame.
Sun	8:00 am	Very friendly	A longer, more social ride, usually with a ride leader.			Sternberg St roundabout.	Weekly email network covers off ride destination & leader.
Sun	9:15am	Social	Varying routes	40-50 km	21-26 kph	Strathvillage Shopping Centre car park (Condon St)	Approx. 2 hrs with coffee to finish.

See following pages for greater descriptions of some of the rides. *(Not all covered in full detail)*

Ride Descriptions

Please Note - Not all rides are listed under 'Ride Descriptions' - see full list of all rides in following table.

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.

Weekday Rides:

- **6:15 am:** (Monday, Wednesday & Friday)
 - **Departs** - Beechworth Bakery.
 - **Description** - Varied routes depending on the weather conditions. Mainly ladies and pace is very friendly and welcoming to new members. Average speed generally around 28km per hour and time out on the road no more than 1 to 1.5 hours.
- **6:30 am:** (Tuesday & Thursdays)
 - **Departs** - Sternberg St Roundabout. Sometimes leave from Moroni's bike shop by arrangement.
 - **Description** - A light training ride with a social element.
- **8:00 am:** (Fridays)
 - **Departs** - Moroni's Bike Shop.
 - **Description** - 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.

Saturday Rides:

- **7:00 am.**
 - **Departs** - Sternberg St roundabout.
 - **Pace** - Very quick 70 km distance mostly racing riders.
 - **Description** - Even tempo along to Sedgwick turn off to Axe Creek. From top of Axe Creek Rd pace will be high. Left turn at Eppalock School and regroup before turning right into Mannes Rd and across Eppalock Rd to Summerset Park Rd, pace can lift around Bennett's Rd loop and straight on to Summerset Park Rd across to the Mclvor Rd. Even tempo all the way back into Bendigo.
 - **Benefits:** Keeps a very tight formation along the Rd with even tempo, once in the bunch holding on is easier than a surging group despite the pace being high.
 - **Challenges:** Please don't come with the expectation this group will wait for you if you drop off.
- **7:05 am.**
 - **Departs** - Sternberg St roundabout.
 - **Pace** - Solid social ride of around 70 kms with hills and fast sections.
 - **Description** - Out through Spring Gully - Mandurang right into Cahill's Rd left onto Diamond Hill across to the Juvenile and down Springs Rd. Right onto Sedgwick Rd across the gooseneck to Axe Creek Rd and left at Emu Creek Rd, left just past tennis courts to Red Tank Rd to Guy Hills Rd and right at Ryall's Lane. Working across to Trotting Terrace to Mclvor Rd back to CBD for coffee.
 - **Benefits** - Seeks a determined level of commitment and etiquette very social with a mix of speed and hills where appropriate.
 - **Challenges** - Group dynamic getting the numbers to a mix where skills can operate effectively.

- **7:10 am.**
 - **Pace** - Quick and consistent pace 70 km distance recreational riders and ex race riders that are keen on the bike. Can develop into the strong (workers at the front) and not so strong (determined to hang on). Average speed can be around high 40's consistently.
 - **Departs** - Sternberg St roundabout.
 - **Description** - Follows same route as 7:00 am bunch until Eppalock Rd and then a change of route. Hard even tempo from the start. Pace will lift and rolling turns will be maintained along Axe Creek Rd. Left turn at Eppalock School right into Mannes Rd and across the Eppalock Rd and turn left across to Emu Creek Rd and turn left back across to Storeys Rd then left back onto Sedgwick Rd. Then across to Springs Rd and complete to Juvenile backwards and then back into Bendigo.
 - **Benefits** - Lift skills and fitness. Can give a hard work out. Seeks a determined level of commitment and etiquette.
 - **Challenges** - 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 is 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.

- **7:15 am.**
 - **Pace** - Consistent pace 70 km distance recreational riders and ex-race riders keen on the bike.
 - **Departs** - Sternberg St roundabout.
 - **Description** - Follows same route as 7:10 am bunch. Starts off with an even tempo until reaching Axe Creek Rd. Focus will be developing skills in doing rolling turns that will be maintained along Axe Creek Rd. Left turn at Eppalock School and regroup along before turning right into Mannes Rd and across the Eppalock Rd to Summerset Park Rd, Bennetts Rd, Caleana Rd. Tempo is maintained right through to Turners Rd and possibly longer. Trotting Tce to Howard St Epsom, returning to Bendigo CBD. Longer ride, more even tempo, and commitment to wait up if required.
 - **Benefits** - Seeks a determined level of commitment and etiquette.
 - **Challenges** - 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.**
 - **Pace** - Medium.
 - **Departs** - Sternberg St roundabout.
 - **Description** - Recreational riders 45 km 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 who 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 Rd and then across Emu Creek to the Eppalock Rd and then follow the same route as the two previous groups.

- **7:30 am.**
 - **Pace** - Medium.
 - **Departs** - Sternberg St roundabout.
 - **Description** - Recreational riders 45 km 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 Rd 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 who 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 Rd and then across Emu Creek to the Eppalock Rd and then follow the same route as the two previous groups.

- **Benefits** - Very social and should be inviting and give a sense of achievement for newer riders.
- **Challenges** - 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 Rd.

- **7:35 am.**
 - **Pace** - Medium.
 - **Departs** - Sternberg St roundabout.
 - **Description** - New riders and skill training medium to low km's speed and 25-30 km 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** - Very inviting, making the riding experience enjoyable. Great depth of patience.
 - **Challenges** - Meeting the vast and varied levels of experience of riders.

- **7.45 am.**
 - **Departs** - Sternberg St roundabout.
 - **Description** - Beginner group focus on getting riders settled into the etiquette of cycling and feeling confident on the bike. No set route can change on the day due to riders in attendance and conditions. Very friendly inviting and encouraging. Usually has a group 'instructor'.

Sunday Rides:

- **7:30 am:**
 - **Departs** - Lauden's Hill meeting spot (Top on Spring Gully Rd turn to go up One Tree Hill).
 - **Description** - Group may choose to meet up with 8:00 am group or do their own ride.

- **8:00 am:**
 - **Departs** - Fountain (meet front of Collins Books Store)
 - **Description** - 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 Ryall's lane Strathridge Rd to Trotting terrace Junortoun. The ride then come back along Mclvor Rd and right into Powell's Ave out to Epsom and across to Eaglehawk. Then over to the Allies Hotel across to Hermitage Rd into Maiden Gully across to Edwards Rd up Olympic Parade across to Furness St and Harvey Norman and back into Bendigo.
 - **Benefits** - Allows for riders to pick up and drop off at any time to suit their distance and time frame. Generally very social and inviting. Depending on the day it can be a very consistent pace.

- **8:00 am**
 - **Departs** - Sternberg St Roundabout.
 - **Description** - 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.

- **9:15 am**
 - **Departs** - Strathvillage Shopping Centre car park (facing Condon St).

- **Description** - Mainly riders looking for a social ride. Very friendly and inviting if you abide by the ride mandate of looking after each other. Coffee had after the ride.