



"Country Cycling at its Best"

Macedon Ranges Cycling Club

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The MRCC Newsletter

Welcome to the ~~monthly~~ ~~quarterly~~ ~~half yearly~~ long overdue newsletter. It was back in November when I took over as President, so the last newsletter would be even further back. Given that not everybody can make it to every ride, or be a part of all the conversations that go on, this newsletter is just to bring you up to speed with all that the club, committee or members have been up to. It may not be all inclusive, so if anyone has any other information they would like to share via this type of forum please let us know.

First of all I'd like to welcome all our new members, and welcome back all our other members. The club's aim of promoting safe social cycling in our beautiful environment seems to be progressing well. If anyone has any suggestions, comments or issues please feel free to contact the club on our email. The club consists of members and a volunteer committee that try to get things right, but may not always succeed, so please communicate with us. The committee is also keen to add value to our membership by adding in alternate day rides, weekends away riding and the development of a member benefits card (in process).

Back in November around 20 members spent the weekend, and more, away riding the surrounds of Beechworth, and planning is in process for a similar weekend away in Bright for Nov this year. In February this year around 15 members took place in the Ballarat Cycle Classic, followed by a friendly lunch afterwards. Money raised from the event went towards a Ballarat Cancer Research facility.

For something different, some members went on the Tallarook to Yea Rail Trail in March, stopping in Yea for a lunch under the trees before heading up to Cheviot Tunnel, where the 200m long darkness stumped even some of our more prepared riders. Some of us were prepared to call it when we got back to the cars having done 97km, but a few went the extra 3 km just to be able to put the 100km notch on the handlebars (and no it wasn't me).



The Women's Ride

In April, Christine, Linda and Margaret organised the Macedon Ranges section of the inaugural Women's Ride, Victoria's first mass participation ride designed especially for women. Around 13 women and 2 men took part in the 50km (or less) circuit. This event also supported the Amy Gillett foundation that champions safety messages and raises awareness for safer bike riding. Some members will remember the talk given by Simon Gillett at our

Christmas function of 2013 on the topic of changing government road rules to give cyclist better protection.

A handful of members have also just completed the BAD (Ballarat and District) ride, while the rest of us had a great ride from Romsey up the Bourke and Wills track and back for the obligatory coffee. The Thursday club rides are also still being attended by a handful of all-weather stalwarts. As a reminder these rides are not mapped and there is no one person in charge. A decision is made on the day as to the direction to take, and there could be as many a one turn up for the day (you), so be prepared with your own ideas as to where to go.

On an individual note, I would also like to congratulate Luke, a newer club member who completed the 7 Peaks Challenge recently, and a huge shout out to Ken M, our events co-ordinator, who also completed the 7 Peaks Challenge this year, having recovered from major cardio surgery only last year. Unfortunately all my excuses for poor hill climbing have been shattered by Ken's achievement and I feel the pressure of the long climb beckons – maybe next year! These is complemented by Greg B who rode in the Cadel Evans People's Ride and Lance who completed the Great Ocean Road Classic. I'm sure members have completed other interesting rides so please let us know.



The MRCC considers that it has a role in broader cycling issues in the region - infrastructure, education and promotion. Recent activities include staffing a club stall at the Macedon Ranges Sustainability Group Woodend Sustainability Festival and contact with shire engineers re locating bicycle racks in the Gisborne streetscape redevelopment, and also in High Street Woodend. The Club is also ready to have representation on a body expected to be set up at some stage to promote a Woodend to Daylesford rail trail.

A challenge to Cadel Evans People's ride upper age restriction for the event preventing those over 75 from riding was taken up by one committee member and after numerous emails pointing out the inequity of this situation, he was informed by the CEPR organising committee that age restrictions would be dropped for future rides. Well done Lawrie.

I'd like to thank Victoria for her input into the Junior Track cycling for 2014. The numbers for 2015 have dropped and the program has been suspended.

Unfortunately over the last year or so a number of club members have had near or not so near misses on the road. The not so near misses include tumbles from wheel to wheel contact, strikes from branches dropping from trees or vegetation contacting handlebars, all the way to full on contact due to a car driver's impatience, leading to the hospitalisation of one of our members. Safety is on the minds of all cyclists so we have uploaded a Code of Safe Cycling Practice to our website under the 'About' heading, to provide a bit of information to newer cyclists and to remind our more accomplished cyclists of their responsibilities.



The Club has been involved in passing member's views on specific sections of the roads around the Ranges that require attention to Bike Safe Macedon Ranges. For those members that

would like to join or assist Bike Safe Macedon Ranges please contact them via their facebook page Bike Safe Macedon Ranges.

I would like to thank a number of our members for the work they have put into the development of our website (Thanks Ken S) and Facebook (Thanks Linda). These media are the way we can best stay in touch with all members. If you believe you have some information you would like to share amongst ourselves, this can be sent to the committee (macedonrangescyclingclub@gmail.com) for inclusion on our recently built website (www.macedonrangescycling.org.au/). This website contains most of the general information that members or guests may require. The weekly rides are posted there, plus other relevant club information, including membership and activities. A member benefits page is in the process of being developed.

While I'm thanking committee and members, I'd like to thank Christine, our Membership and Kit Secretary, who together with others designed and organised our new club jersey. Most members have benefited from the NAB's sponsorship of our new jersey, and I'd like to thank the past President Chris and the NAB for this relationship.



We've all probably been in the position when we question whether our banks are doing the right thing by us on our home loans. Well, now through our relationship with the NAB you can test them out as the NAB have an offer for member of the MRCC, their family and friends.

If you wish to make sure you have the best home loan for on the market, you can deal directly with Emeka, the North West Precinct Manager, or Laura, the NAB Banking Advisor for this district. All you have to do is contact us and say you or someone you know is interested, leave us with the contact details, and we will contact NAB and have them arrange a meeting with you. Alternatively, if you wish you can call Emeka on 0488 337 106, or Laura on 03 5421 9300, tell them you've been in touch with us and you'd like to talk to them.

As well as one of the lowest home lending rates amongst the banks in Australia (talk to them and see how you go) by going through the MRCC you will also have no application fee, and will get to talk to very experienced lenders and banking specialist who can help with all home loans including Defence loans, loans for Self Employed and so on. There may also be short term promotional offers available from NAB. By going through MRCC we also benefit with assistance from the bank, which we in turn use to benefit the club, its members and cyclists in general.

So after that short commercial break (seriously give them a call – we should hopefully all benefit) I'd like to say we as a club exist by the actions of our members for the benefit of our members, and if you have anything you would like to add to the club, either through ideas or effort, just let us know. The chances are, if it's a good idea, we'll look to take it up, and you may find yourself in charge of your idea and supported by the club and its members to achieve and benefit all.

Brett Ellis

MRCC President

May 2015