



GREAT VIC BIKE RIDE

GREAT OUTDOORS
GREAT MATES
GREAT VIC

THE GOOD OIL

Rainbow – Saturday 28 November 2020

Today's riding: Home to shops return



WELCOME TO THE GOOD OIL

The Good Oil is the Great Vic Bike Ride's daily newspaper. Each year it is written, edited, printed and distributed at campsites and includes stories and highlights from the ride, event updates and news from the bike riding world.

While we can't be at campsites this year, we can still have a daily Good Oil. Check it out each day for some riding tips, stories from volunteers and plenty more.

RAINBOW

Welcome to Rainbow and the Hindmarsh Shire. We really wish we were welcoming you in person but are looking forward to seeing you all in 2021!

Rainbow is the perfect place to start your ride through the Wimmera Mallee region along the Silo Art Trail, and by the time you arrive here next year we'll have our own addition to the trail, just a short ride north of town at Albacutya Silo. Rainbow and Hindmarsh Shire are looking forward to hosting the start of the 2021 Great Vic Bike Ride. Stay safe and see you all in the new year.

Greg Wood, CEO, Hindmarsh Shire Council

TODAY'S RIDING

The arrival day of the Great Vic is typically for getting settled in, catching up with old friends getting back into the rhythm of a unique event.

We don't have any official riding, however that doesn't mean your bike is left to rest for the day. You might need to do a little bit of last-minute maintenance and make sure that everything is good to go for the week ahead. Why not use today to give your bike a nice clean for the week ahead?

[Check out Bicycle Network's bike maintenance and cleaning tips here.](#)

DAILY QUIZ

Questions of the Rainbow

Answers on page 2

1. Where does the name of the town 'Rainbow' originate?
2. When was the railway line in Rainbow established?
3. In 1997, the Rainbow football club merged with what other nearby town?
4. In March this year, what major piece of infrastructure was installed near Rainbow?
5. Boating, fishing and swimming are popular activities at nearby Lake Hindmarsh and which other lake?
6. Beginning with W, name the nearby National Park to the north?
7. How many murals might you be able to check out next year in Rainbow?



GREAT VIC BIKE RIDE

GREAT OUTDOORS GREAT MATES GREAT VIC

THE GOOD OIL

Rainbow – Saturday 28 November 2020

Today's riding: Home to shops return

VOLUNTEER PROFILE – ANTHEA MACDONALD

We're shining some light on our amazing volunteers who work tirelessly behind the scenes to bring our most popular events, like the Great Vic Bike Ride, to life. Today we're meeting Anthea MacDonald who volunteers on the lunch team.

What motivated you to start volunteering on the Great Vic Bike Ride?

I had some time off work due to an injury and was trying to find purpose without work. I had always wanted to volunteer and attended an information session. Plus, it sounded like a holiday to places I'd never been. I find it's at the perfect time of year before Christmas, before it gets busy. I can also pick up a few gifts from the communities along the way.

Tell us a bit about your role on the lunch team

As part of the lunch team I often do the special diets so vegan and gluten free options, plus helping to stock up the standards to keep the lines moving. I enjoy being part of the lunch team as I am a morning person and enjoy seeing part of the rider route, where the riders go. It's also a unique setting that we transform in time for the truck with the food to arrive. We also love to celebrate at the volunteer evening that Neil Warren finds a theme (even if there's not one) for the team to dress up bananas, 80's and fairies in Port Fairy.

What is your favourite thing about volunteering?

The friendships you make based on the person, not their age, and getting to catch up each year.

What is your most memorable moment of volunteering on the Great Vic?

Last year we endeavoured to try local cheeses along the way before dinner most nights. I suppose the weather has been pretty memorable, like finishing early in Maffra because of the rain and floods. The dusty last night in Glenrowan and being blown away at lunch in at a fire station at St Helens.

What advice would you give to someone thinking about volunteering?

It's a great holiday you don't have to plan, you get fed and watered. It's very unique, that makes you appreciate the moment for the places and people along the way. It's kind of addictive.

If you or someone you know would like to get involved in volunteering, [you can learn more here](#).



Anthea MacDonald at the Great Vic.

IN THE NEWS

Murray to Mountain Trail extension funded

Another 30 kilometres will be added to the Murray to Mountain Trail by next autumn. [Read more.](#)

Buy a bike now or Yule miss out

A global shortage of bicycles might see Australians miss out on their two-wheeled Christmas wishes. [Read more.](#)

Norway has the hots for studs

A scheme for studded, slip-proof bike tyres has gone gangbusters in Norway as the Nordic nation moves into winter. [Read more.](#)

Box Hill to Hawthorn trail gathers steam

The proposal for a vital bike corridor from the east has firmed, as the Department of Transport moves to conclude feasibility study into a bike corridor from Box Hill to Hawthorn. [Read more.](#)

Quiz answers

1: A local natural feature known as 'Rainbow Rise' because of the colourful wildflowers that grew on a crescent shaped ridge that was located west of the current township. 2: 1899. 3: Jeparit. 4: Weather radar. 5: Albacutya. 6: Wyperfeld. 7: 23.



GREAT VIC BIKE RIDE

GREAT OUTDOORS
GREAT MATES
GREAT VIC

THE GOOD OIL

Rainbow – Saturday 28 November 2020

Today's riding: Home to shops return

SCHOOLS PROFILE – PAUL KING

What school are you at and what do you teach?

McKinnon Secondary College: Physical Education and Outdoor and Environmental Studies.

How many years have you been involved with Great Vic?

Surprisingly not that many (just yet), I have only completed three. I hope to have another 30 in me though!

Why do you take a school group on the Great Vic every year?

The Great Vic creates an environment that builds resilience and independence. Those who have been on the Great Vic before know and understand that it's not just about the distance traveled per day, or knocking off the 100km+ day, it's about the early starts, frosty mornings, packing the trucks, muscle fatigue, mental fatigue and of course, the elevation gain!

All of the many obstacles the journey throws at our students empower them to group together, seek support and overcome the challenges. There have been students who are proficient in cycling who realise their potential as a mentor within the group and there have been students who have literally taught themselves how to ride a bike so they can go on the ride. The memories created on this journey are life long, meaningful and promote a healthy way of life.

What is your all-time favorite route?

My favourite Great Vic was my very first ride in 2016, The Grampians to The Great Ocean Road, although I did love the 2018 Mountains to the Murray route as well. Outside of the Great Vic, any time riding in the high country is time well spent, but locally, I spend my time in the Dandenongs

From over the years of being involved in the event can you share a highlight with us?

Every year, my favourite part of the journey is watching the students cross the line, seeing their faces drop when they understand they have completed the ride and watch the tears of hard work and achievement overwhelm them. It's a special moment watching students reunite and celebrate with their families after the finish line, then crossing them off my attendance roll for a job well done.

What are you looking forward to on the 2021 Great Vic?

I've seen many photos of the Art Silo trail and follow some of the artists through Instagram, so I'm looking forward to seeing the enormity of their work. Having said that, I'm most looking forward to the climb into Halls Gap.

STAY AT HOME CINEMA

The Great Vic has an outdoor cinema at each campsite that shows movies to the masses. In each issue of the Good Oil we will list the movies we would have shown at this year's Great Vic so you can still make a mug of milo, kick back and watch.

Jumanji (2017, Netflix)

When two siblings discover an enchanted board game that's a portal to a magical world, they meet a man who's been trapped inside the game for years. *Starring: Robin Williams, Jonathan Hyde, Kirsten Dunst.*

I am Woman (2020, Stan)

The Stan Original Film tells the inspiring story of Helen Reddy, a fearlessly ambitious and passionate singer who wrote and sang the song "I Am Woman", which went on to become the anthem for the women's movement in the 1970s. *Starring: Tilda Cobham-Hervey, Danielle Macdonald, Evan Peters.*