



# GREAT VIC BIKE RIDE

**GREAT OUTDOORS  
GREAT MATES  
GREAT VIC**

## THE GOOD OIL

Horsham – Tuesday 1 December 2020

Today's riding: Horsham Loop – 83 kilometres



Everyone loves a good loop, and if we were on event this year you'd be riding just that little bit lighter knowing that you don't have to set up your tent again tonight. Bottle that feeling and head out on your favourite local loop today.

Check out [World Walking](#) to plan a replacement ride – see the route and daily ride distance and start planning some trips to fill that Great Vic hole.

## WINDOW SHOPPING – GRAMPIANS OLIVE CO.

Established in 1943 and 100% family owned and operated, [Grampians Olive Co.](#) is one of Australia's oldest olive groves. Heritage trees, dryland organic farming, a Mediterranean growing climate and a passion for quality combine to create our olive oils.

We are renowned for producing some of the best organic olive oil in Australia with a range that also includes infused oils, olives, vinegars, gift packs and more.

Readers of the Good Oil will receive \$10 off their first order (minimum spend \$40) with codeword GreatVic2020, as well as free shipping on all orders over \$100



## LOCAL BUSINESS LIST

- [Norton Estate Wines](#)
- [Barangaroo Wines](#)
- [Bonnie & Clyde's Pizzeria](#)
- [Rooch Restaurant](#)
- [Baa 3400](#)
- [Velvet Ark](#)
- [Abode Homeware](#)
- [Café Jas](#)
- [Nourish'd](#)

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**VOLUNTEER PROFILE – KEITH AND RAY**

If you've been on the Great Vic, you will have seen Keith Porter and Ray Dowse. They've been volunteering with Bicycle Network for more than 30 years and this year, during National Volunteer Week, we had a chat with them.

[Click here to read about Keith and Ray and their involvement with the Great Vic.](#)



Keith and Ray manning the gate at a Great Vic campsite.

**IN THE NEWS**

**Next-gen cargo bikes are on the way**

A new generation of cargo bikes aimed at the logistics business will soon hit the streets, currently being tested in a number of German cities. [Read more.](#)

**Sharpen your learning with a short, sharp fang on the bike**

The link between vigorous exercise and a healthy brain has once again been confirmed by medical research team from Geneva. [Read more.](#)

**THE HORSHAM QUIZ**

Answers on page 3

1. What is Horsham's postcode?
2. A short drive on the Western Hwy, Dadswell Bridge is home to what large animal?
3. Mount Arapiles – Tooan State Park is a renowned destination for what adventure sport?
4. Linking Natimuk to Mount Arapiles, bike riding enthusiasts can ride along what bike trail?
5. What did the local Jardwa and Wotjobaluk peoples previously call the area around Horsham?
6. What was established in Horsham first, a school, a hotel or the railway?

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**VOLUNTEER PROFILE – GLYNIS GIBBONS**

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

After participating in a few Great Vics myself, I felt the need to contribute something back into the event.

**Tell us a bit about your role on the Happy Helpers team**

I am a communicator. When participants arrive at the campsite, I am often the first person they see, that they talk to in relation to registration, camp layout and any questions they have about the event. I also manage lost property and merchandise sales. I provide encouragement to the riders at the end of long days riding and direct them to their luggage truck. I also have the privilege of introducing new volunteers to our happy team.

**What is your favourite thing about volunteering?**

Seeing the riders having a great time in a happy and safe environment.

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

After a day with the temperature in the mid to high 30s and after the riders had ridden over 100kms, to be standing on the finish line cheering them in and taking their photos at Bairnsdale in 2017.

**What advice would you give to someone thinking about volunteering?**

Go along with an open mind. Be prepared for early starts and late finishes. Take a good waterproof coat and a Big Smile on your face (and understand that the Bicycle Network staff are doing the best job they can for everyone).



*Glynis having a well-earned rest at the Great Vic.*

**Quiz answers:** 1: 3400 2: The Giant Koala 3. Rock Climbing 4. Arapiles Big Sky Bicycle Trail 5. Wopetbungundilar 6:Hotel (1850)

**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.

**Spy Kids (2001, Stan)**

The children of secret-agent parents must save them from danger. *Starring: Alexa PenaVega, Daryl Sabara, Antonio Banderas*

**Moneyball (2011, Netflix)**

Oakland A's general manager Billy Beane's successful attempt to assemble a baseball team on a lean budget by employing computer-generated analysis to acquire new players. *Starring: Brad Pitt, Robin Wright, Jonah Hill*

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**FROM THE ARCHIVES – NEIL'S GREAT VIC DIARY**

Neil Baird-Watson did more than just ride the Great Vic in 2019 – he captured the whole journey in a daily diary and took photos of some of his favourite scenes from each day.

His diary was published on the Bicycle Network website for people to relive the longest ever Great Vic ride, from Robe in South Australia to Torquay via Mount Gambier, Port Fairy and the Great Ocean Road.

[Read Neil's 2019 Great Vic diary here.](#)



*A room with a view: Neil's Portland campsite at the 2019 Great Vic.*