



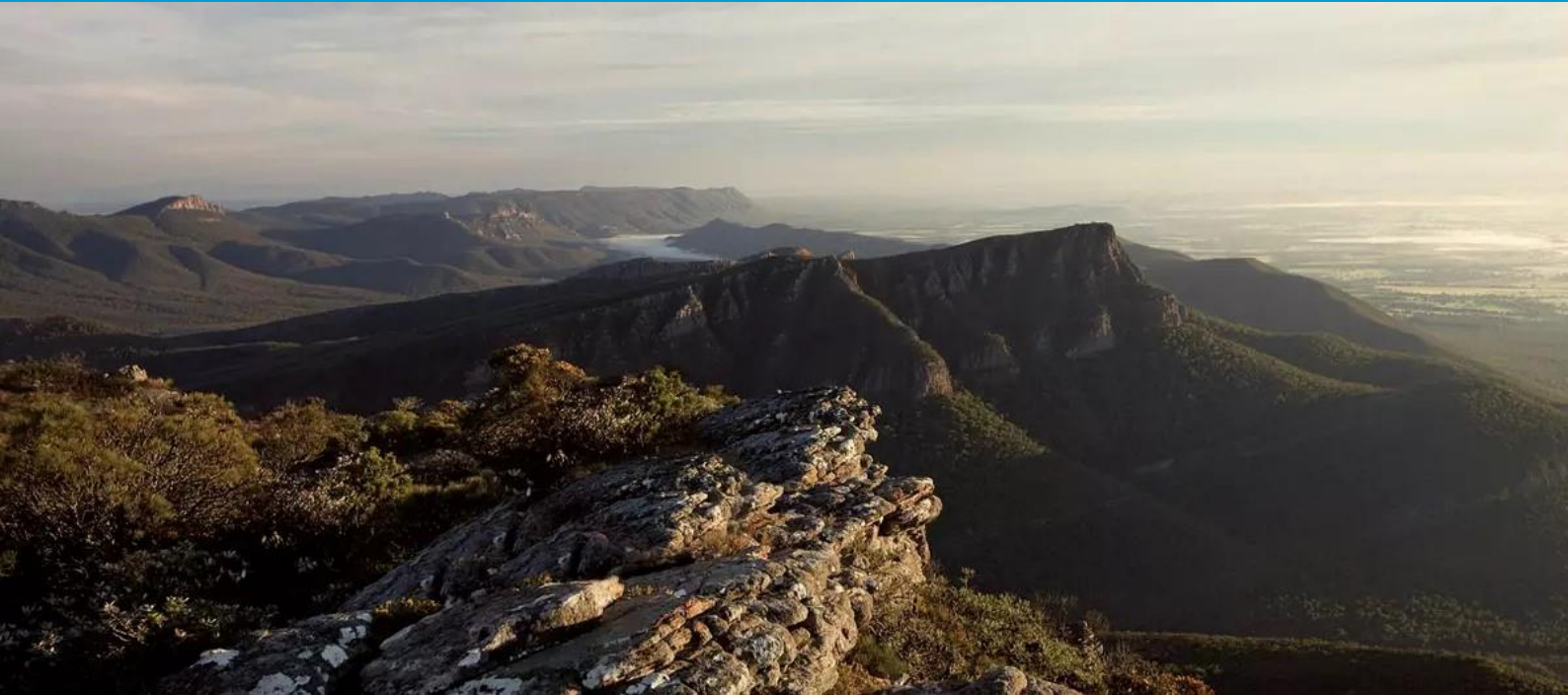
GREAT VIC BIKE RIDE

GREAT OUTDOORS
GREAT MATES
GREAT VIC

THE GOOD OIL

Halls Gap – Wednesday 2 December 2020

Today's riding: Horsham to Halls Gap – 78 kilometres



TODAY'S RIDING

After riding 250 kilometres in the first few days, it's time to step up the climbing. Today's ride into the Grampians National Park and Halls Gap will test the low gears on your bike, including [a stretch from Zumsteins to Reids turnoff](#).

See if you can find a similar climb in your local area and have a crack – if you find it a bit tiring that's ok, tomorrow is our rest day!

[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.](#)

WELCOME TO HALLS GAP

The towns and villages in the Northern Grampians are among some of the prettiest, each with their own unique attractions and atmosphere. Nestled in the heart of the Grampians National Park, Halls Gap is a picturesque small village and is renowned for spectacular hiking, stunning views and inquisitive wildlife.

St Arnaud, settled in 1855, is a former gold mining town with a rich heritage and is now the start of Victoria's famous Silo Art Trail. The township of Stawell plays host to the annual Stawell Gift, Australia's richest foot race first run in 1878.

Whichever way you choose to explore the north, there's no shortage of great places to stay, eat and enjoy yourself.

DID YOU KNOW?

The Great Vic has visited Halls Gap four times in previous years! The first visit was in 1987 when the ride started in Halls Gap. The rest day was held there in 2002 and again in 2008. Our most recent visit to Halls Gap was in 2016 when the ride started there before heading on to Mortlake and the Great Ocean Road.

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VOLUNTEERS TAKE A TRIP

Some of our volunteers put in so much work at the Great Vic that they don't always get to explore the towns we stay in. This year has finally given them an opportunity, with a small group taking a trip to Rainbow to check out the town and ride to Brim!



IN THE NEWS

Petrol and diesel car ban for UK

The internal combustion engine is going the way of the dodo, with the UK joining California in making plans for a phase out. [Read more.](#)

A look at the Victorian budget

Wetsuits were required to get to the bottom of the Victorian 2020/21 budget, but details emerged about both new and delayed projects. [Read more.](#)

THE WEDNESDAY QUIZ

Answers on page 3

1. Eliud Kipchoge holds fame in which sport event?
2. Who currently tops the Forbes rich list?
3. Where were the 1956 Olympic Equestrian events held?
4. Which nation recently announced they will remove the Queen as their Head of State?
5. Barbados was a 1985 hit for which band?
6. In what country would you admire the magnificent Angel Falls?
7. Who kicked three goals in the 2019 AFL Grand Final?



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RIDER STORIES

We asked some Great Vic riders to tell us some of their favourite memories. Here is the first selection.

A change in the seasons

One of many memorable moments was 2004 huddled under a tree at Lavers Hill to avoid freezing rain, trying to eat lunch while putting on a brave face to encourage my 15 year old son and his friend to get back on the bikes. They did a fantastic job over the hills to Apollo Bay. A few hours later the sun came out and we were playing on the beach!

Daryl Adams

On one wheel – riding the Great Vic on a unicycle

Catherine's single wheeled Great Vic ride was a great attraction, with lots of riders slowing down to chat while she was in action. Now two years on, it's on Facebook memories and brings us back together, back to happy times in every kind of weather. The camaraderie we shared was the highlight of the ride. Can't wait for the next in person event, with friends on every side. Go Great Vic and thanks for the Good Oil.

Monica Nitz

Meeting to married

By far, meeting my husband on the ride at the age of 16 years old has to be my favourite memory. We went as school kids riding in 2001, both enjoying the love of riding. We later began volunteering, which became a passion from 2004. We married in 2014. The Great Vic has been such an integral part of our lives, the friendships we have made and the sites we have seen are memories we hold deeply. Thanks Bicycle Network for all the memories.

Jess White

A SPECIAL ANNOUNCEMENT

Bicycle Network will be making a special Great Vic announcement on its Facebook page at 5:00pm today, Wednesday 2 December.

Follow us on Facebook and tune it at 5:00pm to find hear what we have to say.



DID YOU KNOW?

The Great Vic route from Rainbow to Great Western includes 532km of riding, with the biggest single day of riding a 109km trip from Brim to Horsham.

The shortest day of riding is the final stretch from Pomonal to Great Western, a nice 40km trip after a big nine days.

The longest ever Great Vic was 652kms in 2019.

Quiz answers: 1: Marathon (holds an unofficial world record time of 1:59:40) 2: Jeff Bezos 3: Stockholm, Sweden 4: Barbados 5: Models 6: Venezuela 7: GWS Giants



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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.

Happy Feet (2006, Stan)

Into the world of the Emperor Penguins, who find their soul mates through song, a penguin is born who cannot sing. But he can tap dance something fierce! *Starring: Elijah Wood, Brittany Murphy, Hugh Jackman*

First Man (2018, Netflix)

A look at the life of the astronaut, Neil Armstrong, and the legendary space mission that led him to become the first man to walk on the Moon on July 20, 1969. *Starring: Ryan Gosling, Claire Foy, Jason Clarke*

EAST GIPPSLAND SOCIAL RIDES

Join Bicycle Network this summer to help stimulate local communities along the beautiful East Gippsland rail trail. Enjoy a coffee and cake on us, pedal worry-free knowing our WARBYs have your back and take in some of the beautiful riding the area has to offer.

We are hosting three separate rides over three weekends at Bruthen West, Bruthen East and Nowa Nowa East. Turn the social rides into a weekend (or more!) away in a great pocket of Victoria.

Read more and register now – the rides are free!



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VOLUNTEER PROFILE – MICHAEL SYMONS

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

A friend of mine, Darby O'Toole, got in touch in 1999. He was looking for a driver and asked if I still had my heavy licence. I decided to join and drove the shower and luggage truck (which in those days were combined).

Tell us a bit about your role on the route services team

Over the years I've been involved with several different teams – the SAG team (including one year as a team leader), signs, rubbish collection and now route services. On the route services team, we depart the campsite early, before the riders, and set up the water tanks at the rest areas along the route. We wait until the last rider, pack up, return to camp and wait for the next day.

What is your favourite thing about volunteering?

Meeting friends from past rides, both volunteers and riders. The rides take you to many great locations and includes campsites in small towns where you wouldn't normally stop. Every day is an adventure and no day is the same!

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

There are many, many moments to remember – some are good, some are not so good. Back in the early 2000's we went for a flight along the Great Ocean Road on a Tiger Moth. We took off at Apollo Bay and ended in Port Campbell.

We seem to get a lot of big storms in Gippsland – one year while on the SAG team we hit a storm in the middle of a forest and had to drive 30 students to the hospital. Then a couple of years ago we got flooded out.

The most rewarding thing was the year the Great Vic gave away bicycles – there were 7,000 riders and I was so pleased with the way that we as the SAG team handled it.

What advice would you give to someone thinking about volunteering?

Volunteering on rides can take you out of your comfort zone and into a new life of continuous movement and changing. You must be willing to think and plan ahead. All roles are important, and all roles must be done. Volunteers inspire riders by being happy, smiling a lot, laughing out loud and being helpful.

Some things to think about as a volunteer are to be self-reliant and plan ahead, so as to meet the tasks as they arrive as well as things like when to shower, when to eat, and when to rest.

As a volunteer, you will make friends that will last over the years!



Great Vic volunteer Michael Symons.