



GREAT VIC BIKE RIDE

GREAT OUTDOORS
GREAT MATES
GREAT VIC

THE GOOD OIL

Great Western – Sunday 6 December 2020

Today's riding: Pomonal to Great Western – 40 kilometres



TODAY'S RIDING

If we had been going for 9 days, we would have over 500 kilometres in the legs and have well and truly earned a treat from one of the region's stunning wineries before crossing the finish line of the Great Vic 2020. Alas, that will have to wait until next year, but that doesn't mean you can't still treat yourself to a spin and a sip.

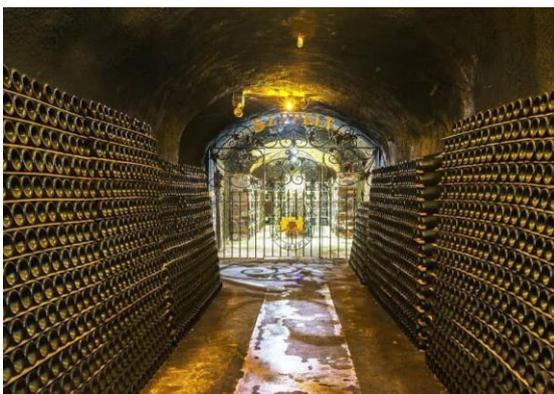
Oh, and for anyone who missed rocking out to 80s Enuff traditional final night set, [see if this Spotify playlist gets you moving](#).

WELCOME TO GREAT WESTERN – ENJOY AN OFFER FROM SEPPELT

Seppelt Wines in Great Western is looking forward to your visit in 2021 for the Great Vic Bike Ride. Seppelt Wines is the home of the longest underground cellars in Australia and we can't wait to take you underground.

Visit seppeltgreatwestern.com.au and buy any box of 6 wines, use code BICYCLE to receive 10% discount and free delivery Australia wide. (Discount valid until 31 March 2021).

Other businesses we like in Great Western include [Great Western Granary](#) and [Wanderlust Glamping](#).



SEPPELT
FOUNDED 1851



GREAT VIC BIKE RIDE

GREAT OUTDOORS
GREAT MATES
GREAT VIC

THE GOOD OIL

Great Western – Sunday 6 December 2020

Today's riding: Pomonal to Great Western – 40 kilometres

GREAT VIC BIKE RIDE 2021 – FLASH SALE!

We were shattered to miss the Great Vic Bike Ride for the first time since it all began in 1985.

To say we're excited for its return in 2021 is an understatement, and to celebrate, we are giving away a limited edition t-shirt to the first 500 people who secure a spot with a deposit for the 2021 event! Simply sign up before Friday 11 December 2020.

The 2021 Great Vic will be held from Saturday 27 November to Sunday 5 December, following the 2020 route of the Art Silos and Grampians in Western Victoria.

CLICK HERE TO SIGN UP FOR THE 2021 GREAT VIC

Things are looking good in Australia at the moment, but to give you some peace of mind we have also updated our [refund and cancellation policy](#).



IN THE NEWS

Active older adults have better physical and mental health

Older adults with higher physical activity and lower sitting time have better overall physical and mental health, according to a new study from the American Cancer Society. [Read more](#).

Down, down down. Dutch cut speed

In a move to cut road casualties amongst children, the Netherlands parliament recently voted that 30kmh will be the limit all streets in built-up areas. [Read more](#).

OUR FAVOURITE STORY

Thanks to everyone who sent in stories of their Great Vic memories to include in the Good Oil.

Our favourite was from John Verbakel who wrote about his son Damian raising funds for Diabetes Victoria.

For telling his great story, John has been awarded a ticket to the 2021 Great Vic!

You can catch up on stories in the Halls Gap and Dunkeld issues of the Good Oil.



GREAT VIC BIKE RIDE

GREAT OUTDOORS
GREAT MATES
GREAT VIC

THE GOOD OIL

Great Western – Sunday 6 December 2020

Today's riding: Pomonal to Great Western – 40 kilometres

VOLLIES GET A GREAT VIC RIDE

A group of Great Vic volunteers have been continuing their tour of the Art Silos and Western Victoria, relishing their opportunity to finally ride a Great Vic route!

They've been supported by a SAG and some Bicycle Network team members and made some new friends along the way. See what they've been up to in some photos below.





GREAT VIC BIKE RIDE

GREAT OUTDOORS
GREAT MATES
GREAT VIC

THE GOOD OIL

Great Western – Sunday 6 December 2020

Today's riding: Pomonal to Great Western – 40 kilometres

GREAT WESTERN'S GIANT GEOGRAPHY QUIZ

Answers on page 5

1. The Little Desert National Park is in which Australian state?
2. Namibia shares a border with South Africa and which three other countries?
3. What is the capital city of Alabama?
4. Alaska primarily borders which Canadian province?
5. Dakar is the capital of which country?
6. The Gallipoli Peninsula is separated to mainland Turkey by what Strait of water?
7. Lake Ohrid lies on the border of which two countries?
8. 25th April Bridge spans what river in which city?
9. What is the tallest mountain in South America?
10. What is the longest river in Asia?
11. Name the country consisting of the most islands?
12. The World's largest desert is located on what continent?
13. Name the four major islands of Japan
14. Patagonia is a geographical region shared by which two countries?
15. The Gulf of California is a body of water off which country?

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!](#)





GREAT VIC BIKE RIDE

GREAT OUTDOORS
GREAT MATES
GREAT VIC

THE GOOD OIL

Great Western – Sunday 6 December 2020

Today's riding: Pomonal to Great Western – 40 kilometres

STAY AT HOME CINEMA

See *Spot Run* (2001, Stan)

A mailman takes care of a dog that, unbeknownst to him, is an FBI drug-sniffing superdog that has escaped from the witness protection program after becoming the target of an assassination. *Starring: David Arquette, Michael Clarke Duncan, Leslie Bibb*

See *Sully* (2016, Stan)

The story of Chesley "Sully" Sullenberger, an American pilot who became a hero after landing his damaged plane on the Hudson River in order to save the flight's passengers and crew. *Starring: Tom Hanks, Aaron Eckhart, Laura Linney*

Quiz answers: 1: Victoria 2: Angola, Botswana and Zambia 3: Montgomery 4: Yukon 5: Senegal 6: Dardanelles 7: North Macedonia and Albania 8: Tagus River in Lisbon 9: Aconcagua (6,962 m) 10: Yangtze (6,300 km) 11: Sweden (267,570 islands) 12: Antarctica 13: Hokkaido, Honshu, Shikoku, Kyushu 14: Argentina and Chile 15: Mexico