

# LITTLE VIC

# THE GOOD OIL

ISSUE 2

FRIDAY 1 APRIL 2022: DUNKELD - DAY 2

Tomorrow's riding: Dunkeld to Halls Gap (via Promonal) - 110km



## THE SOUTHERN GATEWAY TO THE GRAMPIANS

You know you are at the southern tip of the Grampian Ranges when you see the two rugged peaks of Mt Abrupt (825 m) and Mt Sturgeon (448 m) rising dramatically from the surrounding plains. These two rocky outcrops were both named by Major Mitchell who was the first European in the area, and it is at their footholds that you will find the historic rural town of Dunkeld.

Originally named Mount Sturgeon by the early settlers, many of whom were Scottish, the town was renamed Dunkeld (after a small Scottish town) and its importance lies in access to some of the major attractions in the Grampians.

Today, Dunkeld famously boasts one of the country's top-rated restaurants, the Royal Mail Hotel, attracting foodies from around the country and the world to the small town of less than 700 people. So, thanks to all of you lot, this weekend we've tripled the population with hungry, thirsty bike riders. Make sure you check out all this quaint township has to offer.

MAJOR PARTNER



PARTNER



HOSTS



## TODAY'S MENU

### Tonight

#### DINNER

**STANDARD:** Butter chicken curry with coconut rice and Italian salad

**VEGETARIAN:** Chickpea curry with coconut rice and Italian salad

**GLUTEN FREE:** Butter chicken curry with coconut rice and Italian salad

**GLUTEN FREE VEGETARIAN:**

Chickpea curry with coconut rice and Italian salad

**GLUTEN FREE VEGAN:** Chickpea curry with coconut rice and Italian salad

**VEGAN:** Chickpea curry with coconut rice and Italian salad

#### DESSERT

**STANDARD:** Cheesecake in a waffle cone

**VEGETARIAN:** Cheesecake in a waffle cone

**GLUTEN FREE:** GF cheesecake

**GLUTEN FREE VEGETARIAN:** GF cheesecake

**GLUTEN FREE VEGAN:** Vegan cheesecake

**VEGAN:** Vegan cheesecake

### Tomorrow

#### BREAKFAST

Porridge, muesli, Nutri Grain, Weetbix, GF cereal, GF muesli, fruit salad, yoghurt, sliced bread, tea, coffee, juice, milk & fresh fruit.

#### SNACK

Chocolate muffin (GF and vegan options available)

#### LUNCH

**STANDARD:** Lamb, mint jelly and cheese roll

**VEGETARIAN:** Pesto and feta roll

**GLUTEN FREE:** Lamb, chutney and cheese roll

**GLUTEN FREE VEGETARIAN:** Salad and tomato relish roll

**GLUTEN FREE VEGAN:** Salad and tomato relish roll

**VEGAN:** Salad and tomato relish roll

## TODAY'S CAMP



## WHAT'S ON ENTERTAINMENT

### Tonight

#### Main stage entertainment

From 7:30pm – The U2 Show

#### Outdoor cinema

From 7.30pm – The Imitation Game

### Tomorrow

#### Main stage entertainment

3:30pm – 6:00pm – Caravan Sounds

From 6.30pm – Talent show

**Don't forget to enter at The Hub!**

From 7:30pm – 80's Enuff

#### Outdoor cinema

From 5pm – Space Jam

From 7.30pm – Gone Girl

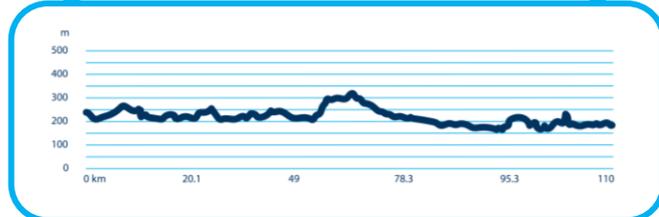


## TOMORROW'S RIDE

Today's riding will follow quiet country roads alongside the eastern edge of the Grampians. While you'll clock up a cracking 110km, the terrain is mainly rolling hills with an accumulated 370m elevation gain by the time you arrive back where it all began – Halls Gap!

### Pomonal Estate Winery

For those looking for a pit stop, Pomonal Estate Winery is the best place to enjoy a selection of wines, ciders and craft beer, with stunning views of the Grampians. We can't stay the night at Pomonal, so be sure to take your time to explore – it's a picturesque village famous for native flowers, orchids and rolling green hills.



## TOMORROW'S WEATHER

**MIN: 9° MAX: 20°**

Sunny, partly cloudy in the morning, with a high of 20 (similar to today). Very high UV index of 6.5 at 1pm (wear sunscreen).

## TOMORROW'S TOWN

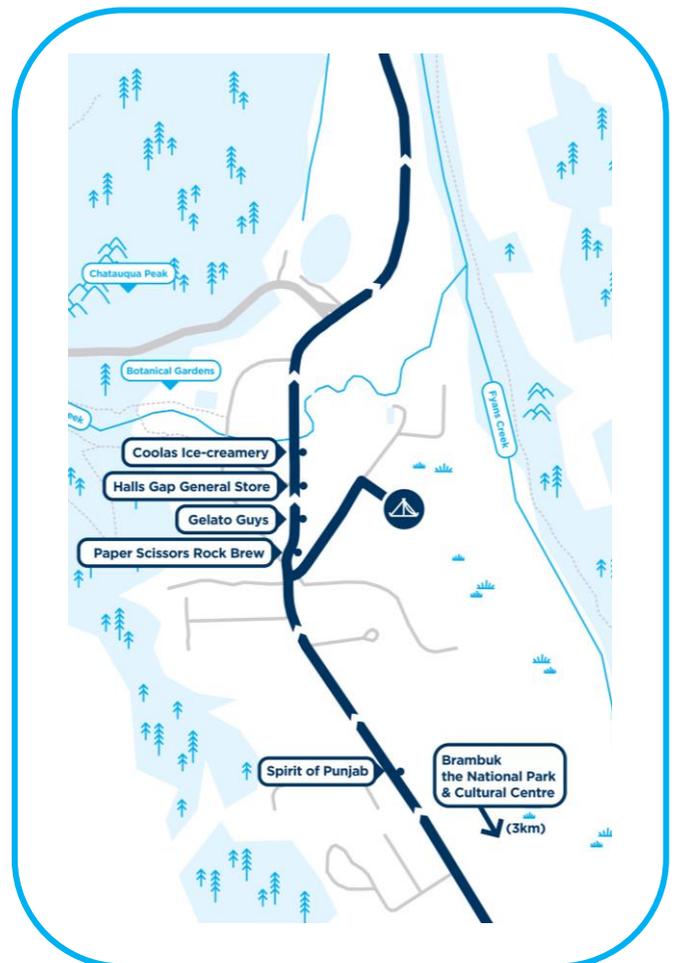
We know you've been there before, but here are a couple of highlights you may have missed!

### Brambuk: The National Park and Cultural Centre

About a 3km pedal from our campsite in Halls Gap, the award-winning building hosts Australia's longest running indigenous cultural centre, and provides an opportunity for you to connect and learn more about what Gariwerd (Grampians) means to the local Jadawadjali and Djab Wurrung people.

### Paper Scissors Rock

This independent craft brewery located in the centre of Halls Gap is a favourite spot for locals and visitors to enjoy delicious craft beers, great pub-style food and regular live music.



## WARBY TIPS – BIKE SET UP

Adjusting your bike seat to the correct height can help prevent knee or back pain. When you have your foot on the pedal, at the lowest point, then there should still be a slight bend in your knee.

# THE DAILY EXTRA

## CALLING ALL TALENTED PEOPLE!

If you have a talent, or even half talent, we want to see it! The talent show will take place on the main stage in the great big catering marquee from 6.30 – 7.30pm tomorrow evening. Make sure you sign up for the Little Vic Talent Show at The Hub (the big blue container) before then.

***P.S – You don't have to be super talented to participated! It's just a bit of fun (I will be doing a handstand and challenge anyone to beat me).***

## A 32-year riding streak...and counting!

By Chris Karelas

Today I was pleased to meet Graham Leary, 77, who will be riding the Great Vic Bike Ride (GVBR) for the 32<sup>nd</sup> time in a row!

Having done every single GVBR since 1989, and after a two-year involuntary rest break due to lockdowns, he is pleased to be back on the pedals for Little Vic this year, albeit it being only a 'little' event.

Not only did Graham complete every bike ride in the last 31 years, he also did a bit of long distance riding around Queensland with distances of around 600-650km in his spare time.

When asked what was most memorable or noteworthy about all this riding experience, he mentioned that he was part of the one and only GVBR event that actually began in NSW. Participants had the option to start their trek in the Blue Mountains six days earlier as opposed to the official start point in Holbrook. In total, 1000 participants opted to take part in the 'warm up' cycle prior to the official beginning.

Casting his mind back to 1994, the GVBR's 10<sup>th</sup> anniversary event, Graham recalls the 18-hour bus ride from Melbourne to Blue Mountains National Park, and beginning the ride at 2pm on what happened to be one of the warmest days had in the last six months. Adding a few hills into the mix, it was quite a tough and toasty start. The 1000 alpine enthusiasts then met up with the other 3000 GVBR riders in Holbrook to start the official route. A newsworthy endeavour for sure, and we wish you well with many more Great Vic events to come! We will see you at GVBR 2022 in November this year, for ride

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## NEWS FROM THE OUTSIDE WORLD

### Woman from Georgia Charged with Faking a Pregnancy

In an attempt to get seven weeks paid leave from her job as director of external affairs at the Georgia Vocational Rehabilitation Agency, Robin Folsom wore a baby bump to work to deceive her work colleagues. It did not go to plan though, after they realized that something was suss. Being her second attempt at a pseudo-birth, she could be spending up to 25 years in prison and pay up to \$103,000 in fines. Not a cheap endeavor, Robin!

### Brain Freeze on a Whole New Level

A Californian man has lost part of his skull after consuming too many energy drinks. With dreaded longer work hours and commuting, Austin took to energy drinks to keep him going. Cause unknown at the time, he suffered a brain hemorrhage and coma as a result, followed by unexpected strokes, seizures and swelling of the brain. This took a toll on Austin's health, leaving him with the frontal portion of his skull having to be removed. Toxicology reports reveal that the only probable cause was the caffeine-laced fizzy beverages he indulged in on the hour. Ouch!

## CROSSY'S CORNER

This very small section of the Good Oil is dedicated to everyone's favourite Bicycle Network squad member, Richard Cross, notorious for his insufferable dad jokes. We apologise in advance!

### Food for thought, by Crossy:

*Isn't a hen looking at a lettuce leaf just a chicken Caesar salad?*

*Some guy spilt a glass of milk on me and didn't apologise. I thought how dairy...*

*If you didn't hear the rumour about butter, I'm not going to spread it.*

*A cheese factory exploded in France, there was Da Brie everywhere.*

*I never buy shredded cheese, because doing it yourself is grate.*



## DUNKELD FACTS!

- A resident from Dunkeld held the previous world record for the most consecutive skips of a stone on water (75) – broken in 2013 (88).
- In January 1944, fires destroyed one-third of Dunkeld's houses and only the Royal Mail Hotel remains from the five original establishments.
- The 2017 Dunkeld Cup – a prized annual horse race – was won by part-time hobby trainer and PE teacher, Geoff Withers. Fittingly, the horse's name was 'Unrealistic'.



## SPECIAL SHOUT OUT!

Big shout out to the flamboyant (or flam'girl'ant) flamingo crew for their bright jerseys and personalities, not to mention their impeccable manners!

