

LAC Pedallers News:

May 2025

GREETINGS FROM ELIZABETH

We have received a lovely card from Elizabeth Brown wishing all members a Happy Easter. Elizabeth is a resident at St Vincents Edgecliff Aged Care Home in Sydney. In the card she describes how contented she is at the home, tending to an outside area that she refers to as "Her Garden" and enjoying daily life including tours around Sydney. She includes some photos showing herself looking very fit and healthy. The card is circulating at our rides for all to read.

TASMANIA RIDE

Nine of our members are travelling to Devonport on the ferry over the next few days to ride around northern Tasmania. We wish them good riding and good weather. One way you can follow their adventures is via Polarsteps, using the directions that I circulated last week.

MONTHLY DINNER

The next get together will be on the 20th May at the St Lords Hotel, 3 West Fyans Street Newtown. Start time is 6:30 pm. Please indicate your intention to attend with Julie Hehir, djhehir@bigpond.net.au, no later than midday Sunday 18th May.

WE NEED YOU!!!

We need more leaders for our rides!!! Andrew and I are appealing for your help in conducting our rides. Yes that is you, the one who is reading this right now and had not volunteered to lead one of our rides!! There is a core group of our members who regularly lead the rides but Andrew and I are tired of asking the same people all the time when we know there are others who could help out.

Leading a Thursday or Saturday ride is simple. You get to chose where you would like to go, maybe try out a new route or coffee shop. You book the coffee stop (if required, not all places need to be booked) tick off the names on the supplied list and keep the group together when riding. Tuesday rides are even simpler, Rob works out a riding program, (or you can suggest a route) all you have to do is maybe book the coffee stop, famialise yourself with the route and keep the group together when riding. In all cases there is always an experienced rider with you who knows the way. As you know we are a very forgiving group of riders just out for a pleasant ride so there is no pressure involved in leading.

Talk to Andrew or myself if you would like to volunteer to lead a ride, or think about saying "yes" next time you are asked.

TUESDAY RIDES

Tuesday 29th April: Barwon Heads ride. **Depart Grey Room at 9:30 am** and ride via Bellarine Rail Trail to Leopold shopping centre for coffee. After coffee ride via Curlewis Rd, Wallington Rd –Ocean Grove Rd to Ocean Grove and onto Barwon Heads for lunch. Return via 13th Beach Rd, Blackrock Rd, Staceys Rd and Lake Rd to Warralily Rd and home. A medium ride of approx 60km.

Leader: Jim Carman 0400 844 767

Shorter ride: Leopold for coffee and return.

Tuesday 6th May: Drysdale ride. Depart Grey Room at 9:30 am and ride via River track, Swanston Street to Showgrounds and along the Queenscliff rail trail to the Curlewis Driving Range for coffee. After coffee ride around Drysdale via ring road to Clifton Springs Rd and Beacon Point. Then via Edgewater Dve, Coronae Dr, Country Club Dv to The Dell. Return to Drysdale for lunch at football ground. Return to Geelong via trail or Grubb Rd and Swan Bay Rd. Easy ride of 55 – 60 km on road or trail.

Leader: Peter Rogers

0433 982 840

Shorter ride: ride to Driving Range for coffee and return

Tuesday 13th May: Werribee South, Wyndham Harbour, Point Cook ride

Depart Arndell Park Community Centre carpark, Hoppers Crossing at 9.30am. Ride via the Werribee River Trail and other ups and downs to K Road and Wyndham Cache for coffee. Then continue on K Road, Diggers Road and Duncans Road to Wyndham Harbour for lunch. Then on various roads to Point Cook and return to Werribee via Federation trail. Easy ride of about 50km.

Directions to starting point.: Exit M1 Freeway at Forsyth Rd, to Federation Bvd.

Leader: David Jolly

0428 838 350

Alternate ride; start at the Grey Room for a spontaneous ride.

Tuesday 20th May: Breamlea ride. Depart Grey Room at 9:30 am and ride bike tracks to Torquay Rd and Warralily Blvd to Warralily shopping centre for coffee. After coffee ride to Breamlea for lunch via Lake Rd, Staceys Rd, Blackrock Rd, and along bike track. After lunch return to Geelong via Blackrock Rd and the Surf Coast Highway. A medium ride of about 60 km.

Leader: Geoff James

0427 442 753

Shorter ride, Cockatoo for coffee and return.

Tuesday 27th May: Geelong ride. Depart Grey Room at 9.30am. Ride via bike paths along the river to East Geelong and back along the Bellarine bike track to the Esplanade and Rippleside for coffee. Thence to the Grammar School Lagoon rest area and back around the Ring Road bike track to the water lily patch on the Barwon River for lunch. Short ride of about 45km.

Leader: Mickey Huson

0429 365 046

Shorter ride: Rippleside for coffee and ride back to lily patch on river (approx. 30km)

Tuesday 3rd June: Avalon ride. Depart Rippleside at 9.30 am. Ride via Hovell's Creek path to Lara for coffee. After coffee ride Avalon Road to Avalon Beach. Then retrace ride path back towards Lara and take Dandos Rd, Pousties Rd, Beach Rd to Old Melbourne Rd back to Lara for lunch. Home via Hovells Creek track. Medium ride of about 65 km.

Leader: Kim Shimmin

0497 840 547

Alternate rides: start at the Grey Room at 9.30 am for a spontaneous ride OR start at Rippleside and ride to Lara for coffee.

THURSDAY RIDES

Leave from the Grey Room at 9:30 am.

Leaders:

Date	Leader
1st May	Peter Rogers
8th May	George Koltay
15th May	Geoff James
22nd May	Tony Minchin
29th May	David Purnell
5th June	Geoff Van Halen
12th June	Andrew Broadfoot

SATURDAY RIDES

Leave from the Grey Room at 9:30 am.

Leaders: Peter Spurr & others organized on the day.

Happy Pedalling

Rob Ballard/Andrew Broadfoot

0412 308 166/0429 436 249

ELECTRIC BIKE FOR SALE

Julie Hehir has a friend with an electric bike for sale. It is a Kalkhoff K21 Endeavour, 4 years old but with very little use. In great condition. Battery range in Eco mode is approx 100 Km.

If interested call Barb on 0421 952 301.

