

# Phillip Island Bicycle User Group

## Rider Information

**\*\* Ride start times may vary during summer months (December to February). Always check the start times on the ride calendar.**

All Island Rides start and finish at A MAZE'N THINGS car park, Phillip Island Road. The rides start at 10.00am and, depending on the number of riders, will either be ridden in one or two groups. Each group will have a ride leader and a tail rider for safety. Normally one group will be a faster group and this ride might be a little different from the designated ride. Both rides will meet at the same location for coffee. One group will average about 15 to 20 kms and the other 22 to 25 kms. This caters for riders of different abilities and levels of fitness. There is an Island Ride every Wednesday and every second Sunday with a coffee stop on each ride. This is normally toward the end of the ride. After coffee we either ride back to A MAZE'N THINGS or make our own way home.

Every alternate Sunday we have an Off Island Ride. These rides are normally of a longer distance and take in areas like the Bass Hills, Corinella, Wonthaggi and Inverloch or occasionally Melbourne and other places. The rides start and finish at a nominated location and start at 9.30am. For some of the harder and longer rides an alternative ride may also be arranged. There is a coffee/lunch stop on these rides. Normally the group rides together for the entire ride.

Upcoming rides can be found on the Ride Calendar. The calendar lists abbreviated versions of the rides. The full ride descriptions can be found under *On and Off Island Rides* on the BUG web page. This provides a detailed description of each ride and has been designed not only to assist members of the Bicycle User Group but also cyclists visiting the area.

While riding on the road common sense should be used in relation to riding single file and two abreast. Riders should be mindful of the type of roads they are riding on at any given location and extend the same courtesy to drivers as we expect them to give us.

All riders with the BUG must provide their own roadworthy bike and properly-fitting helmet, although some bikes may be available on a temporary-loan basis. We recommend that riders carry their own spare tube, pump and water bottle. The BUG expects all riders to ride safely. We recommend that riders be members of *Bicycle Network* for the benefits it offers, including rider insurance.

### **Multi Day and additional Rides**

**The Phillip Island BUG has at least one multi day ride each year, usually organized for March or April. All BUG members are invited to attend these rides.**

**Also, many BUG members ride in events such as the Great Victorian Bike Ride, Ride for Sight, Around the Bay, Bass Coast Challenge, etc.**