



GMBC SURF COAST TRAIL GROUP NEWSLETTER – MARCH 2014

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For those new to the group...

Welcome! The GMBC Surf Coast Trail Group is a collection of passionate local trail riders and runners who have recently come together to promote trail use in the Anglesea / Eumeralla area. We are a subcommittee of Geelong Mountain Bike Club inc. (GMBC). Our goals are to act as a trail advocacy and maintenance group and to liaise with the various land managers in order to retain a varied and interesting trail network in the area. When and where permission is granted, we will endeavor to keep the network well maintained and sustainable for the enjoyment and safety of users. We will favourably promote MTB riding and trail running as healthy, environmentally responsible pastimes enjoyed by many in our region and that they carry significant local economic benefits.

GMBC Surf Coast Trail Group Update

We are excited to announce that after significant discussions, we will now be operating as a subcommittee of Geelong Mountain Bike Club and formally known as the GMBC Surf Coast Trail Group. We believe that this will be beneficial for both parties and will allow us to much better achieve our goals. As outlined in the January newsletter, this has several advantages for us and we look forward to plenty of exciting progress in the near future.

Parks Victoria Trail Audit Update

The last submission of the audit, the cultural assessment, has been submitted to Parks Vic. The next step is for everything to be assessed and a decision made by Parks Vic. We are liaising closely with them in this process but there are no firm timelines at present for when the outcome will be determined.

Scout Camp Trail Update

We are excited to announce that our formal proposal to undertake further work in the scout camp has been approved by scouts. We are now in the process of planning our initial works. Once that's complete and is approved by scouts, we'll get to work. Keep an eye out on Facebook for updates & pics as the work begins!

Committee Member Profile – Craig “Fav” Favaloro



Age: 46

Married

Lives: Jan Juc

Self employed. Lic. Builder - underpinning (sub-floor)

I grew up in Geelong, but my love affair started with the Surfcoast when I was introduced to surfing in March 1977 at the tender age of 10. Since that day my life revolved around the coast and how I could spend more time immersed in it. My dream of moving to the coast was not to come true until 1992, when I moved to Jan Juc with my girlfriend, now wife, Kelly. We both love everything the Surfcoast has to offer and are happy raising our two teenage daughters here.

Like most kids I grew up riding my bike. My first bike I really remember was a red ,three speed Malvern Star Dragster. Kids must have been different back then, because I remember disappearing all day. It was so much fun hanging out with mates and opened up a world of adventures. My main sport was swimming so everything else took a back seat to training and competition. Although I have always had a bike of some description it has really only been the past three or four years that I would call myself a rider. I dabbled with riding different styles but it was always a secondary thing. I had a brief stint as a junior in 1982 where I did a season racing with Geelong road racing to help me keep fit. I had some crazy BMX mates at school that I envied as well, I dreamed of joining thier racing ranks, although a few sessions at the track leaning out of a side-hack soon sorted that out.

My introduction to mountain biking came in 1994 when I purchased a shiny blue Graecross mountain bike. It had 18 gears, no suspension, and I thought it was the bomb. I had a group of mates, all surfers, who we're looking for something to do when there was no surf. We had no skills, but fuelled by testosterone and adrenaline set out to find suitable terrain in bush around Anglesea.

For one reason or another I moved away from riding for many years. When I was re-introduced to mountain biking I could not believe how far bike technology and trail development had come. Our family now owns multiple mountain and road bikes. We love riding with our mates for fun and to keep fit. We do the odd competition, but to be honest it is the ability to share the experience with people of all ages and abilities that I really love. Last year I completed the AMBIA mountain bike instructors course with MTBSkills in Forrest, so that I could help pass on some of the skills needed to safely enjoy the sport of mountain biking. I also joined Surf Coast Trail Group last year as I believe that it is important to advocate for safe, sustainable trail development and maintenance for current and future users. I feel very lucky to have met so many amazing people through mountain biking and I want to ensure that our trails are still available for my children and future generations to enjoy.



Trail Karma! Help required Sun March 30

We have the opportunity to raise a heap of cash for the trail fund if we can supply 14 marshals at the XTRERRA Great Ocean Road event (off road triathlon & trail running) based in Anglesea on Sun March 30. 7 shifts start at 6.30am and 7 shifts at 8am. They are a mix of 3 or 4 hrs in duration. There should be a great atmosphere and you can feel proud that you're putting something back into the trails that we all love to ride. Please contact Brett Coleman surfcoastrailgroup@gmail.com if you can assist by Mon March 24.

Snake Bite Management



PRESSURE IMMOBILISATION - If you remember anything, remember the goal is to minimize the spread of venom from the site into the nearby lymphatics (tiny little tubes) that will take the venom to the bloodstream. Thus:

1. keep the bite site very still
2. bandage at least 5-10cm above & below the site to squash the lymphatics closed.

FORMALITIES:

If you get bitten, you'll never regret carrying a mobile phone, wide bandage & having someone with you!

Do:

- Call 000 for ambulance if bite suspected (you may NOT see puncture marks)
- Apply wide bandage directly over bite and wrap tightly 5-10cm above & below the bite site. If no bandage, tear clothes to achieve the same.
- Totally immobilize bitten area using splints for limbs
- If further bandages available, ideal is to wrap from hand / foot to groin or armpit.

NB – elasticised bandages are preferred over crepe that may prove to be useless. Setopress bandages are fantastic (<http://bsar.org/setopress>), are designed specifically for snake bites and can be washed and reused. If you find it too large, cut it in half.

Do Not:

- Wash or scrub the bite site (hospital will want to swab for correct anti-venom).
- Suck out the bite site
- Use a tourniquet
- Try to catch or kill the snake (you'll likely get bitten!)

If you're not in a position to do all of the above, use these principles and do what you can.

Further information is on the Australian Resuscitation Council website [here](#).

MTB vs High Voltage Powerline (Part 2)



For those who read Part 1 of committee member Brett Coleman's story in the January Newsletter, the 2nd half is [HERE](#). Part 1 can also be found on the links at the end. Brett's working overtime on his track karma and is volunteering nearly the whole weekend at the XTERRA!

What you can do to help keep our trail network open?

Please help us to extend our voice!

- Like our [Facebook Page](#).
- Get friends to sign up to our monthly email update database [here](#).
- Forward this newsletter to interested friends.

Next Issue

We expect the next issue will be out in May. If there are significant updates, we'll aim for earlier.

If you have any enquiries please email us.

We would love to hear from you so please shoot through any feedback or questions to surfcoastrailgroup@gmail.com and we'll get back to you as soon as possible.

Happy riding, stay safe and we'll see you on the trails

Surfcoast Trail Group

Newsletter Archive

[November 2013](#)

[January 2014](#)

Links

[MTB vs High Voltage Power Line \(Part 1\)](#)