

# BRING ON THE ADVENTURE... NOT THE WEEDS

At Falls Creek the outdoors and adventure go hand-in-hand. However, we want to keep our alpine environment in great condition for future generations. The problem is that while riding in the outdoors is great fun dirt and mud can accumulate on your bike and spread weeds and pathogens throughout the alpine high plains and cause devastating alterations to our unique landscape. Mud and water can easily accumulate on your bike (especially in the hard-to-reach places) and also on your clothes, shoes, helmet, gloves and pack.

One drop of contaminated moisture from you or your bike is enough to put a pristine area at risk.

One of the major threats we face is an introduced plant called Hawkweed, which has wiped out entire tussock grasslands elsewhere in the world. It's a State Prohibited Weed and is the subject of a very expensive and detailed eradication program throughout the Bogong High Plains.

You can read the full story here.

If you stick to one area all the time then there's little risk of spreading unwanted organisms around. But if you're into long rides, or dragging your bike to different places by car, then it's crucial that you don't unwittingly carry a microscopic hitchhiker between rides.

Make sure your bike and riding gear are spotless each time you come to Falls Creek. Check, Clean and Dry your bike between rides, and if you can't be sure your gear will dry before you next use it, Disinfect as well.

Here's what to do...

1. Wash your bike using a gentle water spray and a biodegradable detergent. (Don't use high-pressure spray – it can ruin your delicate seals). Pay attention to all the nooks and crannies, including under the saddle, cable guides, wheel hubs, suspension mounts, pedal clips, brake and gear levers, water-bottle holder. Use a chain-cleaning brush to get into the spaces between the chain rings, and make sure the chain itself is clean. Don't forget your shoes, gloves, backpack, and anything else that can collect mud.
2. Ask yourself whether the bike is likely to dry out completely before your next ride. Most of the organisms we're worried about can't live without water, so the longer you give your bike to dry out the better. If you're likely to ride again before your bike can dry, spray the bike with F10, a non-toxic biodegradable veterinary disinfectant. Tackle all the little hidey-holes where water is likely to get stuck.
3. Re-lube your chain and cassette. A clean drive train repels mud and is easier to clean after a ride. Make sure your pedal threads and saddle post have a smidge of grease too.

## KEY SPOTS TO CHECK AND CLEAN

