



September 2001

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# Bicycle Wagga Wagga Newsletter

## New Committee

The Annual General Meeting was held on 13 August at La Porchetta and was followed by dinner.

Graeme Buchan was returned as President as was Ray Stenhouse to the position of Secretary/Treasurer.

Greg Fell, Carol Raadgever, Gillian Helyar, Shane Halloran, Martin Zweep, Steve Brown and Nick Staines were elected to the Committee.

Generally the Committee meets on the fourth Tuesday of the month. The meetings are open to any interested member. If you would like to attend or have something that you would like to bring before the Committee please feel free to discuss the matter with a Committee member.

## Bicycle Expo

On 23<sup>rd</sup> September Bicycle Wagga Wagga will be holding a Bicycle Expo. The Expo will be held at Bolton Park Stadium from 10:00am until 2:00pm.

The purpose of the Expo is to promote cycling as a healthy, fun and sporting choice as well as transport for people of all ages and socio-economic groups. Major emphasis will be placed on the promotion of health and safety.

The date chosen is the first Sunday of Bicycle Week and it is hoped to attract existing cyclists to show them a wider view of cycling, as well as lapsed or potential cyclists.

To ensure the Expo's success it is important that two things happen. The first is that the Expo will be of little benefit unless people come to see the displays and talk with exhibitors. So, please tell people that the Expo is on

and encourage them to attend. Tell anyone that you think may have an interest in cycling to come and take a look.

The Tolland Cycle Club and the Wagga Wagga Cycle Club will be holding a criterium and roller derbies on the day. There will be a BMX display at the skate park. There will be information available about touring, mountain biking, Audax, safety, diet, injury care and prevention, the use of training equipment such as heart rate monitors as well as exhibits of various styles of bicycles and accessories.

The second thing is that volunteers are needed to undertake the many jobs that need doing before, during and after the Expo. Graeme Buchan is organising the roster and would be very appreciative of your call on 6922 6806 to advise of your availability to assist. Graeme is very aware of how valuable your time is and would be grateful for even an hour if that is all you can spare.

## Membership Renewal

That time of year has come around again and it is time to renew your membership.

Once again the fees have not changed. The fee for a Family membership is \$10, and Adult membership costs \$5 and a Child under 16 membership is \$1.

Don't forget, one of your membership benefits is a 10% discount on parts and accessories at the three Wagga Wagga specialist bike shops so your membership cost will be easily recouped with a purchase or two. This makes your membership of Bicycle Wagga Wagga very affordable.

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Please complete a membership form and forward it together with your payment to the Secretary/Treasurer at your earliest convenience.

## Regular Sunday Rides

The regular Sunday afternoon rides depart from the Wagga Wagga Beach at 2:00pm. As the weather improves it would be great to see a few more faces meeting on Sunday to get out and about. Remember to bring a few dollars so that you can have a coffee and cake afterwards.

The last Sunday of the month sees the dirt bike riders gather a bit earlier so that they can get away onto some of the less travelled tracks around the countryside. So, if you like something a bit different to the black top of the road, then this might just be up your alley.

Steve Brown is the Ride Co-ordinator and he would be pleased to know if you may be interested in leading a ride somewhere. If you have a favourite ride or two, why not share it with your friends? Let Steve know by contacting him on 6931 0280.

## City to Lake Fun Run – 9<sup>th</sup> September

The City to Lake Committee has specifically asked for our support of the wheelies section. Last year there were nearly 200 entries in the wheelies section and this year the Committee would like to attract 400 people in this section.

So, if you've not committed yourself to running or walking the distance why not break out the bike, pump up the tyres, dust off the cobwebs and cycle out to Lake Albert. For those that think that the 9km isn't far enough Gillian is organising a lap or two of the Lake.

## Bicycle New South Wales Membership

### BUG

Bicycle Wagga Wagga is a BUG, a Bicycle User Group, which is affiliated with Bicycle New South Wales. Membership of BWW does not include membership of BNSW and accordingly, not the benefits of BNSW membership.

### Benefits of BNSW Membership

One of the biggest benefits of membership is Public Liability cover. If you cause an accident with a vehicle or injure another person while cycling you may be held liable for any damage or injury. As a BNSW member you ride with the reassurance of \$20 million third party property and personal insurance cover.

Other benefits range from discounts on BNSW events such as The RTA Big Ride, legal advice and a subscription to the *Australian Cyclist* magazine.

### Where do I get a BNSW membership Form?

Just indicate on your BWW Membership Form that you need a BNSW Membership Form. The membership form details the cost involved as well as other optional benefits and services available through BNSW.

Last year many riders cycled back into La Porchetta for a quick lunch before heading down to the Beach at 2:00pm for the customary Sunday afternoon pedal.

Entry forms are available from and are to be lodged at The Sportsman's Warehouse, 34 Baylis Street, before 4:00pm on 8<sup>th</sup> September. Entry is free so why not come out and enjoy yourself?

## Bike Week – 22<sup>nd</sup>-30<sup>th</sup> September

There will be a number of rides conducted in Bicycle Week. Gillian will be leading rides on Tuesday and Thursday. Keep your eye on the regular column in *The Riverina Leader* for details.

It would be good to see as many cyclists as possible out on their bikes during Bike Week so your support of the organised rides will be appreciated. If you can't make the organised rides then try to get out at other times to increase the profile of cyclists during that Bike Week.

## The Mighty Murray – 29<sup>th</sup> September / 21<sup>st</sup> October

For some people getting out on the bike once or twice a week just doesn't seem satisfying enough.

Shayne Godde will lead you for 25 days of cycling along the Murray River from Corryong, Victoria to Goolwa, South Australia.

If you go all the way it is a grand total of nearly 1500km. Distances range from 47 to 104km per day, however most are around the 80km mark. Accommodation along the way is at pubs and caravan parks with a couple of bush camps thrown in.

The ride leaves Corryong on Saturday 29<sup>th</sup> September and will reach Goolwa on Sunday 21st October. While Shayne is riding all the way, as are some of her companions, some are only doing a day or two here and there. If you wish to join Shayne for part, or all, of her ride she can be contacted on (02) 6036 5251 for more details.

## June Ride – 30<sup>th</sup> September

On the last day of Bicycle Week the annual June ride will be held. The ride will be fully supported and will leave Wagga Beach at 10:00am to arrive at June Railway Station for lunch around midday. The riders will cycle over rolling hills as they pass through Overdale on their way to June.

On the way home it will be straight along the railway line through Harefield and Bomen. For more details and to book a place on the ride contact Greg Fell on (02) 6922 3474 ah.

## Canberra 24hr Mountain Bike Race – 13<sup>th</sup>/14<sup>th</sup> October

This is a 24-hour mountain bike challenge in the Stromlo Forest in Canberra. Shane Halloran is looking for interested riders and support crew. Riders can form teams so you are not required to ride the full 24 hours but instead take turns in doing laps of a set course. For further contact Shane Halloran on (02) 6926 1162.

## A Cross Border Raid, Rutherglen – 13<sup>th</sup> October

This is an Audax event, with three routes available on the day. Distances are 100, 200 and 300km. The rides begin at Rutherglen and are described by the organiser as being gentle, undulating rides in classic cycling country. As the ride name indicates, the ride starts in Victoria, and crosses the border.

If you're interested in participating then please contact Graham Brown at Corowa on (02) 6033 2668 for further details.

## Canola Canter – 14<sup>th</sup> October

The Canola Canter will again be run as an Audax event, with three routes available on the day. Distances will be 50, 100 and 200km.

The maximum allowed times for Audax distances are based on maintaining a minimum average speed of 15 km/h. The 50km riders have 3hrs and 20min, the 100km riders 6hrs and 40min and the 200km riders 13hrs 20min to complete the distance.

An entry form is enclosed with the newsletter. Early registration is encouraged and there is a significant discount for entering early rather than on the day. For further details contact Ray Stenhouse on (02) 6921 4552 ah.

## 2001 Around the Bay in a Day – 21<sup>st</sup> October

This is a Bicycle Victoria ride that attracts thousands of cyclists each year. The ride commences at 5:30am at JL Murphy Reserve in Port Melbourne and involves cycling 210 km around Port Phillip Bay. The entry fee is \$69 with optional extras of shirts and cycling jerseys. The entry fee includes a ferry trip across the heads to enable you to complete your trip around the bay. Entries close on 12<sup>th</sup> October. Contact Ray Stenhouse on (02) 6921 4552 for other details or an entry form.

## Tumut Plains Flat Fifty – 28<sup>th</sup> October

Scott and Tania Doyle will be running this very flat easy ride out from Tumut and back. This is an Audax ride on the road and is supported which means Scott and Tania will look after you with some nice treats. Contact the Doyles on (02) 6947 4691 or mobile 0418 118 807.

## Mountain Bike Gold Rush – 4<sup>th</sup> November

This is a cross-country race or fun ride depending on what you want to do. There are two categories, the 'Fun Class' for those that are content to enjoy the ride at their own pace, and the 'Race' class that has prize money.

The ride starts at Beechworth and follows the Rail Trail; some quiet dirt back roads in the bush, some single track and bush tracks into the mining town of Eldorado. The ride distance is around 35km and while there are some gradual uphill sections the ride begins at an altitude of 550 metres and finishes at 250 metres.

The Fun Class begins at 10:00am and the Race Class at 11:00am. Fun riders have to pay \$10. Race riders have to pay \$20 and be members of the MTBA or pay an extra \$10 for a day membership.

Martin Zweep is the man to contact if you want further details. Martin can be telephoned on (02) 6931 8926 ah.

## Fleche Opperman – 10<sup>th</sup> / 11<sup>th</sup> November

The Opperman is an Audax event for teams comprising 3 to 5 riders who have to cover at least 360 km in a 24-hour period. The event is held annually as a tribute to Sir Hubert Opperman and finishes at Sir Hubert's birthplace, Rochester in Victoria.

Teams entering this year's event have to move quickly as the route plans have to be submitted to the organisers for approval no later than 14<sup>th</sup> September. Teams can enter after that date but will have to take an approved route rather than nominating their own.

The club is looking at putting together several teams and any interested riders should contact Ray Stenhouse on (02) 6921 4552 for further information.

# 2001 VicRoads Great Victorian Bike Ride – 24<sup>th</sup> November / 2<sup>nd</sup> December

The Great Victorian Bike Ride will be held from 24<sup>th</sup> November to 2<sup>nd</sup> December and is from Rutherglen to Lilydale, a distance of 563 km. The ride has stopovers in Wangaratta, Dederang, Bright, Whitfield, Mansfield, Yea and Marysville. Daily distances average out at 70 km with the shortest day being 31km and the longest 105km. Entries close on 31<sup>st</sup> October with the entry fee being \$510 for an adult. For further details and an entry form contact Bicycle Victoria on phone (03) 9328 3000.

## Glenfalloch – 1<sup>st</sup> / 2<sup>nd</sup> December

After the success of last year's ride it has been decided to return to the scene of good times for the Christmas get-together. Glenfalloch is a farm-stay located between Holbrook and Tumbarumba approximately 75km from Wagga Wagga.

Last year the fat tyred brigade took an interesting route out past Big Springs to the lunch spot near Pulletop. The skinny tyred mob went out the Mangoplath Road before meeting the others at lunch. From there they cycled past Westby to the Hume Highway before turning off to go Glenfalloch.

A great time was had by cyclists and non-cyclists alike. The pool proved popular and playing cricket was fun for participant and spectator. Some people retired early in anticipation of the return journey whereas those that were using motorised transport entertained themselves with cards and other activities into the wee hours of the morning.

You will need to bring meat for the barbie, a salad or two, your drinks and Sunday's breakfast. Shayne Godde will take care of the dessert selection and bread and milk will be supplied. Also, you will need to bring bed linen.

Last year over 40 people enjoyed themselves at Glenfalloch. So, mark down the weekend in your diary. Contact Ray Stenhouse on (02) 6921 4552 for further details. It would be appreciated if you could advise Ray if you are coming by 14<sup>th</sup> November.

## Harrietville Warmup – 25<sup>th</sup> January 2002

As a prelude to the Alpine Classic a nice gentle 50km ride out from Bright to Harrietville and then back to Bright is being organised by Audax Sydney.

For further details contact Patrick van Dyk on (02) 9546 2478.

## Audax Alpine Classic – 26<sup>th</sup> January 2002

The Audax Alpine Classic attracts hundreds of riders each year to Bright. They come in all shapes and sizes, ages and abilities to pit themselves against the clock in one of the three events on the day.

The most popular, believe it or not, is the 200km event. More than half the total entrants line up for this. The route for this challenge leaves Bright and passes over Tawonga Gap, and from there, down to Mount Beauty. The next control is at Falls Creek. The cyclists then descend to Mount Beauty and go up and over Tawonga Gap back to Bright. Just to finish off, the route then travels to the Mount Buffalo Chalet and returns to Bright.

The 130km challenge takes in the same route that the 200km riders take but

finishes when the cyclists return to Bright the first time.

The 100km route rolls out to Smoko before returning to Bright and then the cyclists head up to the Mount Buffalo Chalet before racing back down to Bright to finish.

This is an event that is exciting to be a part of no matter which distance you attempt. The challenge is in pacing yourself so that you finish within the time limit. Quite often the most successful riders at this event aren't the strong, fast riders. It is the slow, patient ones that will often conquer while the hares lie by the roadside exhausted.

For any information about the Audax Alpine Classic please contact Ray Stenhouse on (02) 6921 4552 ah.

## The 2002 RTA Big Ride – 6<sup>th</sup> / 14<sup>th</sup> April, 2002

The 2002 RTA Big Ride will be held from 6<sup>th</sup> - 14<sup>th</sup> April in northern NSW from Manilla to Walcha; a total of 580km over 9 days. For further details phone 1800 686 854 or check out Bicycle NSW's web page at [www.bicyclensw.org.au](http://www.bicyclensw.org.au). Entry forms will be available in the New Year.

Bicycle Wagga Wagga hope to run a bus to the event. The club is on the lookout for a tandem trailer with mesh sides capable of carrying 12 to 15 bicycles and luggage. We have yet to fully investigate one option. However, if that falls thorough, if you have such a trailer, or know of one that may be suitable, or are interested in booking a seat on the bus contact Ray Stenhouse on (02) 6921 4552 ah.



Safe Cycling