



October 2004

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## Club Nights

Where: **Scribbles Cafe, in Fitzmaurice Street.**

Time: **6:30pm for the optional dinner**  
**7:30pm for the meeting and Guest Speaker's address**

When:	Guest Speaker:	Topic:
Tuesday, October 26 <sup>th</sup>	Paul Gordon-Smith	Rail Trails
Tuesday, November 23 <sup>rd</sup>	Geoff Marks	Preparing for the RTA Big Ride

Come along and enjoy dinner before the meeting. Scribbles have an array of food that will satisfy all but the most fussiest of eaters. Even if you don't have dinner, have a coffee and cake. Your support is encouraged as Scribbles is opening at our request.

All members and any prospective members are invited to attend. If you want to hear or deliver an address on a particular topic contact **Greg Fell** on **6922 3474**.

## Be Safe! Be Smart! Be Seen!

The visibility campaign has been conducted again as reported in the last newsletter.

The most significant change this year was that it had two phases with the second phase encouraging cyclists to visit their local bike shop in Wagga to collect a reflective slap-band.

Over 200 slap-bands left the shops in the hands of cyclists. There have been several reports of cyclists using the slap-bands in various manners to increase their low-light visibility.

One gentleman was seen in Fitzmaurice Street using a slap-band to prevent his trouser leg being caught in the chain ring. Another was seen in Docker Street with a slap-band attached to his backpack.

It is good that some people have heeded the message - making yourself that little bit more conspicuous increases your safety level. If you missed out, call **Ray Stenhouse** on **6921 4552** to see if there are any left.

**Be Safe! Be Smart! Be Seen!**

## Bike Week

This year's Bike Week has come and gone. The RTA conducts Bike Week annually endeavouring to increase public awareness of cycling as a viable alternative for short trips in particular. The RTA also is targeting specific groups trying to increase the participation level of women and mature people particularly.

Rather than run special Bike Week activities this year the focus was given to encouraging people to attend the regular rides on Wednesday mornings and Sunday afternoons. These rides provide a good opportunity for people to get out and get some good, old-fashioned exercise in the great outdoors.

The RTA funded press and radio advertising. In addition to this paid promotions there were feature articles in both *The Daily Advertiser* and *The Riverina Leader*. The radio advertising was supplemented by interviews on 2WG and the ABC. In fact, the ABC interview was completed roadside on the Coffee Grinds.

Hopefully we will start seeing a few new faces at the regular rides as a result of this exposure.

## Jersey Orders

With availability down to 1 small women's jersey and strong enquiry another jersey order will be placed. Netti have a minimum order requirement of 25 in each style so the variety of styles may be limited.

When the jersey was last produced it was very difficult to get the women's jersey up to the minimum order number.

Unfortunately, unless there is a demand for the women's jersey, this will not be available. Sorry ladies, it looks like you will have to make do with a men's jersey.

The styles on offer, should there be sufficient numbers, are:  
 Women's short sleeve, 25cm zip  
 Women's long sleeve, 25cm zip  
 Men's short sleeve, 25cm zip  
 Men's long sleeve, 25cm zip  
 Men's long sleeve, full zip.

The short sleeve jersey will cost \$85.00. The long sleeve jersey with the 25cm zip is \$100.00 and the full zip version is \$105.00.

Orders will need to be placed by **11<sup>th</sup> February 2005**. The jerseys have proven to be very popular with several people having sold their jerseys off their backs at a profit. Get one for yourself and another as an investment. Please complete an **order form** and forward this with your **payment** to:

**Bicycle Wagga Wagga**  
**PO Box 5789**  
**Wagga Wagga NSW 2650.**

In the past the sizings have been small. Please consult the size chart to select the appropriate size.

If you have any questions please contact **Ray Stenhouse** on **02 6921 4552**.

## Regular Rides

The Coffee Grinders meet at **9:00am on Wednesdays** at the **4 Bears Café** in the Koorringal Mall. These are 30 to 40km rides on sealed roads on Wagga's outskirts and take about 2 hours. Contact **David and Lisa** on **6926 2354** if you want to know more about these rides.

The **Sunday Rides** begin at **2:00pm** at the **Wagga Beach**. Contact **Greg Fell** on **6922 3474** for further details.

If you're interested in being a Ride Leader on Sunday, or have a great idea for a weekend ride, then contact **Graeme Buchan** on **6922 6806**. For insurance reasons you should be a BNSW member.

## A Ride in the Park

### 14<sup>th</sup> November

Gordon Moore is not long back from reconnoitring a ride from Rules Point to Blue Water Hole via Hainsworth Hut and Blue Water Hole Saddle. The return is via Coolamine Homestead.

This ride is on trails in the Kosciusko National Park which are open only to cyclists, horse riders and bushwalkers. In the interests of ensuring that nobody gets lost, or injured whilst alone, the participants will ride together as a group.

This is a ride for the fat tyred brigade. It is about 50km and this could take up to 5 hours. You will need to take your tucker. All the details are available from Gordon.

You must register for this adventure in the high country by phoning **Gordon** on **02 6921 4444** or **0428 694 335**.

## Escape to Laurel Hill

### 4<sup>th</sup> - 5<sup>th</sup> December

This will be the last hurrah for 2004. Gather at the Laurel Hill Forest Lodge for a weekend of riding and socialising.

David Glastonbury has been busy getting the finer details right for the weekend. There will be road and off-road rides available each day.

A group from Canberra's Pedal Power will also be visiting the lodge and joining the rides. This will give us a great opportunity to widen our circle of cycling friends as well as enjoying the great cycling available in the area.

David has negotiated a deal that includes accommodation, dinner, breakfast as well as morning and afternoon teas.

So, make certain that you're there. Cancel those other parties or any weddings that clash so that you don't miss this weekend.

Contact **David** on **02 6926 2354** to register your interest, or to ask any questions you may have.

Some diehards will ride to and from Laurel Hill. However, not all people are blessed with the time, and/or energy to do this. If there is sufficient interest a bus and trailer will be hired to save everyone having to take their vehicles.

If you are interested in sharing the cost of a **bus and trailer** then please contact **Ray Stenhouse** on **02 6921 4552** by **19<sup>th</sup> November** so that the decision to take the bus can be made in plenty of time.

## Help! Wheel Race 18<sup>th</sup> - 19<sup>th</sup> December

The Wagga Wagga Cycling Club will be holding their annual Wheel Race Carnival in December.

The amount of work that goes on behind the scenes to ensure the success of this carnival is phenomenal. In past years several BWW members have volunteered their assistance on one or both of the days.

Neil Pinto would be very happy to hear from anyone that may be able to lend a hand this year. You will not be worked that hard, and will get the opportunity to see a lot of the cycling action.

Neil can be contacted on **6926 6877**.

## Ski a XC Ski Trail

The weather gods had smiled on those people that took the challenge to test their cross-county skiing skills. A perfect day on the snow near Cabramurra made this trip extremely pleasant.

## Junee Ride

From one outing where the weather was perfect to one where the weather wasn't as wonderful as it could have been. The day before was glorious, if not a little hot. At least the rain held off until the group had got across the Wiradjuri Bridge.

Despite the weather the bunch of eager cyclists pointed their front wheels towards Junee. Some of the Junee riders had ridden across to ride back with them, and had the better part of the day for their cycling activities.

The outbound route went via Overdale with a stop for morning tea just short of Overdale itself.

Upon arrival at Junee the local cyclists went home, showered and then graced us with their presence at the hotel for lunch. The other soggy cyclists descended upon the pub where various pieces of cycling apparel were strewn over heaters in an attempt to dry these out for the return journey.

Despite the urging of some generous locals to take a car and trailer back the hardy souls readied themselves for the return. Some discovered that their clothing had suffered heat damage but at least the gear was dry. The return journey was made along the Bomen Road with the weather still trying to spoil the day's activities. May be next year it will be dry.

## Warby Wander

Les Sobey treated over twenty cyclists to a wonderful weekend's touring of Victoria's North East. The weather was absolutely fabulous. The bunch rode as one down through Barnawartha to Chiltern where the bakery provided the morning coffee and snacks. From there they rode through to Wangaratta

where lunch was enjoyed at the Scribblers Café.

After lunch the challenges were laid down as the cyclists headed out for a loop of the Warby Ranges. Firstly there was the climb past Ryan's lookout, and then there was the return over Taminick Gap. From there the caravan park was the next place on the list where Les had the group accommodated in four cabins.

An opportunity to discuss the day's cycling over some nibbles and drinks was taken before the showers refreshed some weary limbs. Dinner at the Sydney Hotel was delightful, and plentiful as well.

With some riders still watching the football on television others decided to return to camp for an early night. Unfortunately the track used to get down town wasn't as obvious on the return with the result that the Warby Wander turned into the Wangaratta Wander. Eventually the group had to admit they were lost and returned from whence they came.

The following day, after a hearty breakfast the cyclists headed out the Moyhu Road until they found the Snow Road to Myrtleford. With a stop by the creek for



Les Sobey with the 2004 Warby Wanderers

morning tea, and arriving in Myrtleford earlier than expected, the decision to have a second morning tea at Myrtleford was made. To build up an appetite for lunch at Yackandandah most of the cyclists rode over Tunnel Gap while those that were already hungry enough made straight for the bakery.

The bakery delights in this area are many and it is a cyclist's duty to try something at each so lunch was consumed with gusto. One of our number had the shape of his wheels rearranged by a friendly pensioner on a motorised scooter and this was the only real mishap for the weekend.

With a few running repairs the bunch rode on. The last leg into Albury was uneventful and everyone arrived safe and sound at their destination.

Les has decided to bring the Warby Wander forward next year to March. So you will only have to wait 6 months before it's on again. Contact Les Sobey on telephone 02 6041 5460 or e-mail [lesobey@tpg.com.au](mailto:lesobey@tpg.com.au) if you'd like some more details as the event draws closer.

## Canola Canter

A perfect day saw 45 cyclists front at Wagga Beach for the Canola Canter. At 7:30am 31 riders mounted their bikes and pushed off for Marrar. They were followed by another two about 15 minutes later that arrived to be surprised to find the 7:30 start meant a 7:30 start.

Using safety in numbers the cyclists were not bothered by the magpies near the Palm and Pawn as they stayed safely in the nest

as the colourful procession rode by. Once onto the Coolamon Road the first of the inclines separated the group as people settled into cruise mode.

Joanne Cheshire once again made the trip into Marrar township to make certain the cyclists didn't starve or run out of water along the way. With brevets validated and a determination to get further down the track the cyclists headed to Coolamon.

This year saw a couple of riders miscue their turns at Coolamon and these ended up riding a lot further than they had planned. Well, next year they will know better we hope.

The Millwood control was provisioned, ready for the hungry hordes, and was staffed by Jan Marks and Ann Harvey. To make life interesting they waited until the control was inundated with livestock before setting up. There was no chance of getting lonely out there this year.

From Millwood it was a bit of a push into a light headwind back to town to finish at the Beach.

The 200km riders had a break, and restocked the energy levels for the journey out past Oura to Wantabadgery. The water provided by Jane and Roger Waters at Wantabadgery has special restorative powers according to one rider attempting his first 200km ride.

June was next on the horizon where Carole Windsor was waiting to ensure the cyclists were on track. Some didn't make it past the Locomotive Hotel without stopping but it was only a short stop and it was a hot day.

Past Harefield along the Bomen Road and back to the Beach concluded the ride. By now the magpies on Hampden Avenue were back to their best as a lone cyclist discovered.

The 50km riders, 12 in total, headed off at 8:30am. Their route took them out the North Wagga towards the CSU before getting onto the Old Narrandera Road. They followed this out past Euberta to Millwood where they had to thread their way through the travelling stock to get to the Millwood control.

After relieving Jan and Ann of some edibles they returned the way they came to the Wagga Beach. Again they had to negotiate through the livestock with at least one rider wishing he wasn't wearing a red jersey.

As always these events rely on the willingness of many people that volunteer their time. Leila Fell and Lyn Stenhouse spent hours of their Sunday at the Beach. Joanne Cheshire went out of her way to man the Marrar control, as did Jan Marks and Ann Harvey the Millwood one. Jan and Roger Waters once again looked after the riders at Wantabadgery and Carole Windsor did a great job at June. Without these people this event would not have been as enjoyable for the riders and we are extremely grateful for their efforts.

Next year it will be on again. There's plenty of time to train up for the next challenge, be that going further, going faster, or just sticking to the route.

**Safe cycling!**