



January 2005

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Ramblings from El Presidente

Welcome to the New Year. We look forward to another year of safe and enjoyable cycling.

The regular Sunday Afternoon Rides and the Coffee Grinds will be off and running again in February so get them into your routine and enjoy.

The 2005 Big Ride is from Kosciusko to Kiama and is early this year (19-27 Feb) and so we get going early with a warm up ride on 5/6 February. Book in for the Big Ride, the bus and the warm up before it's too late. Check the details in this Newsletter.

We are hoping to have a weekend ride each month again this year and I look forward to some great rides and times. Check the details for a ride to Pleasant Hills in March and the Easter Rides in the Newsletter. We need a few people to organise some of these rides so if you have a favourite ride or one you would like to do then let us know and get on the team.

The evening Club Nights will be every second month this year. You can still get together with us in the other months as we meet to do a bit of planning so the club events can happen - we need your input and help.

I look forward to seeing you at our rides and on the road in 2005.

Greg Fell

Membership Renewals

It's time again to renew your membership. The fees have not changed since BWW was formed. For the nominal fee of \$10 you get a Family membership with Adult membership costing just \$5 and a child under 16 only needs to part with \$1.

Please complete a Membership Form and forward this with your payment to
The Secretary/Treasurer
PO Box 5789
Wagga Wagga NSW 2650

BWW Jerseys

Orders will need to be placed with **Ray Stenhouse** by **11th February 2005**. The jerseys have proven to be very popular in the past with several people having sold their jerseys off their backs, unwashed and all, 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.

Please contact **Ray Stenhouse** on **02 6921 4552** as soon as possible after **24th January** if you want more information or and order form.

Bus to The RTA Big Ride

Are you are intending going to this year's RTA Big Ride? How are you going to get there and back? You may wish to use the bus being organised by Greg Fell. If so, then please advise **Greg Fell** on **6922 3474** as soon as possible.

BNSW has agreed to co-hire the bus and trailer again. This has assisted greatly in keeping the costs down.

If you intend to use the bus, or know of other people that may be interested please let Greg know. The more the merrier, and the cheaper too!

Laurel Hill

There was a multitude of cyclists at Laurel Hill early in December for BWW's final trip away for the year. A large group from Canberra's Pedal Power, as well as some people belonging to the Bike Friday Club, joined us at the Laurel Hill Forest Lodge.

More than 40 cyclists took to the road on Saturday after morning tea at the Lodge. The trip into Tumberumba was fairly fast before the cyclists had their first taste of uphill on the appropriately named Hospital Hill. Once over the top of that they descended again to arrive at Mannus Creek for lunch. Some were so keen they rode past the lunch stop but it would be inappropriate to suggest they were lost.

After lunch they made their way across to Rosewood where some people had an ice cream and others had two. The return to the Lodge from Rosewood saw the cyclist have to regain most of the altitude they had lost earlier in the day.

Owen Fitzgerald took a party of more than 10 for a mountain bike ride in his own backyard. It was almost impossible to measure the smiles on the faces of some tired but very satisfied riders at the Tumba Pub at the end of the day. Only two riders decided to test their legs with the final 17km back out to the Lodge.

On Sunday there was a very gentle ride to White Gate and back. A highlight of this ride was a visit to the Sugar Pine Plantation at Laurel Hill. This is rated as one of NSW's unknown treasures and it's easy to understand why.

David and Lisa did a great job, and our thanks go to the Glastonburys for their organisation of this fantastic weekend in the mountains.

Owen and Cathy Fitzgerald and their crew did everything possible to make the weekend successful too.

Club Nights

The next Club Night will be held on **16th February**. This is a week earlier than normal to accommodate the RTA Big Riders so there's no excuse.

Tom Dawson has accepted the invitation to be the Guest Speaker for the evening. Tom will be known to many of you as the proprietor of Morgan Street Cycles, however it will be Tom's involvement with the **Southern Sports Academy** that he will discuss.

Come along and enjoy dinner before the meeting. Even if you don't have dinner, have a coffee and cake. Your support is encouraged as Scribbles is opening at our request.

Be at **Scribbles Café** at **6:30pm** for dinner preceding the Guest Speaker's address at 7:30.

As advised in *El Presidente's Ramblings*, the Club Nights will be held every second month. 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**.

Ride Leader Training Workshop

Bicycle Wagga Wagga is a Bicycle User Group affiliated with Bicycle New South Wales. BNSW has introduced Ride Leader Accreditation was a way of improving how rides are conducted.

After much encouragement BNSW has agreed to hold one of their Workshops here in Wagga Wagga. It is scheduled for

16th April so mark this in your calendar.

Graeme Buchan is the local contact. Please contact Graeme on **02 6922 6806** to book in or obtain additional information.

Don't miss this opportunity to learn how to lead rides. Generally you would have to travel to attend to one of these workshops. Your attendance will help to show that there is life west of the Great Divide and this will possibly lead to more events being held out this way.

So book yourself in. Remember, the more leaders we have, the more rides we can do, and the more fun we can have.

New Zealand

Sitting around wondering how to escape the heat? Well, six people have joined Gordon Moore on a cycle tour in New Zealand's South Island just to do that.

They will cycle from Christchurch down to Dunedin where they are already booked into the Cadbury Chocolate factory Tour. From there they go further south to Invercargill before heading up to Te Anau and Queenstown.

At Queenstown some of the party will return home whereas the others still have several weeks ahead of them before heading homewards, or in Gordon's case, to Tasmania.

This will be the first taste of unsupported touring for some, so their horizons will certainly be shifted. There's sure to be some great stories come out of this trip.

Gordon is already thinking about where to go next year so keep an eye out for that.

Regular Sunday Afternoon Rides

These will start for 2005 on **30th January**.

As usual the rides will be held each Sunday commencing at 2pm from Wagga Beach. The route and difficulty is decided on the riders who turn up, but are generally about 1.5-2hours in duration with a coffee shop finish.

Coffee Grinds

These Wednesday morning rides have proven to be very popular. The rides will officially start again on **2nd February**.

Even if you can only make it once, or once in a while, join the regulars at **9:00am** at **4 Bears Café** at the Koorungal Mall.

The ride goes for about 2 hours and is followed by, of course, conversation, coffee and cake at the 4 Bears for those that have the time afterwards.

The 4 Bears Café have kindly donated a weekly prize to one lucky participant. As if doing the ride wasn't enjoyable enough there this added incentive too!

The regulars would be very happy to see some new faces. If you are keen to join others for a ride, on Wednesdays, please contact **David or Lisa** on **6926 2354**.

B4 Breakfast Ride

This is a new regular ride which is run on Saturday mornings. It will run through the summer with the only exceptions being the Public Holidays.

The ride starts at **7:00am** from the **4 Bears Café** in the Koorungal Mall.

It is a clockwise circuit of the Gregadoo Loop and takes about 90 minutes. This gets you back in good time to the 4 Bears Café for a light or hearty breakfast depending on how you feel.

Contact **Greg Fell** on **6922 3474** for further details.

Sunday Brunch Ride

This is another new regular ride, and it too will continue thorough without a break.

This group meets at the **Music Bowl carpark** at **7:00am**. They go for about 4 hours and you could cover up to 100km in that time.

So far they have taken trips to The Rock, Mangoplah, Coolamon, Big Springs and the Quinty Bakehouse has been a regular stop. Contact **Garry Skeers** on **0418 693 066** for further details.

Big Ride Warm Up – 5th - 6th February

The Big Ride Warm Up looks like being a 2-day event. There are a few final arrangements to be put in place.

The details are yet to be finalised but likely to be:
Start at 9.00am from Wagga
Catering going via the Old Narrandera Road the Millwood Road to Coolamon for lunch then onto Marrar for the night.
Return via Juneec and Overdale It will be about 65km on Saturday and 65-70km on Sunday.

Contact **Greg Fell** on **6922 3474** for further details.

Tumut – 13th February

This is a 200km Audax ride. The Highlands Tour is a testing ride guaranteed to have some hills. It visits Tumut, Batlow, Tumbarumba and Adelong.

Contact **Jimmy Goode** on **6947 3300** about this ride.

RTA Big Ride – 19th - 27th February

This Bicycle New South Wales annual event has been extremely popular in the past and this year should prove to be the same. The ride goes from Kosciusko to Kiama with the rest day in Queanbeyan.

Contact **BNSW** on **1800 68 68 54** for details. If you are going don't forget about the bus. See page 1 for details.

Tumbafest Rides – 26th - 27th February

If you're not going on the RTA Big Ride, then why not take a trip up to Tumbarumba to take in Tumbafest?

Tumbafest gives you an opportunity to enjoy some of the area's finest fares and the blueberry pancakes with ice cream are a highlight. It's a great weekend, live music, fine wines and you can get a bit of riding in too.

Stuart and Naomi Butler are leading rides on both days. The rides leave Creekscape at 8:30am and on Saturday it is about 30km. On Sunday the ride is about 25km. Call the Butlers on **6948 3305** for details.

Tumut – 6th March

There are 50km and 100km Audax ride being organised by **John Quinn**. The 50km is flat but the extra 50km for the 100km event is very hilly with a 1000m climb.

Contact John on **6947 2439** about these rides.

Pleasant Hills – 12th & 13th March

This is a BWW ride which sees a return to the scene of the good times. Ride out to Pleasant Hills, stay overnight and ride back to Wagga the following day.

Geoff Marks is the man to ring for further details and to book in. Geoff can be contacted on **6922 3814**.

Warby Wander – 19th & 20th March

After a very successful ride in September last year Les Sobey has brought forward the Warby Wander to March.

It is a two-day cycle tour of approximately 140km each day. It starts at Albury, traverses the wonderful Warby Ranges and you will spend the night in cabins at Wangaratta. The ride returns to Albury the next day along the Snow Road via Myrtleford and Yackandandah.

There is vehicle support to transport luggage but no sag wagon. It is aimed at the stronger, more experienced cyclist capable of maintaining an average speed of 25km/h in undulating country.

Registration and payment is to be made in full to Les by **7th February**.

Contact **Les Sobey** on **6041 5460** to find out more about this tour.

Easter Rides – 25th–28th March

Bicycle Wagga Wagga will be holding a series of rides over the Easter weekend for the third year. These rides have attracted visitors from Canberra, Sydney and Melbourne in past years. The visitors have joined the local riders and have enjoyed something a bit different to their normal fare.

This year there are five rides over the four days. You can do one, or you can do the lot. On Friday, 25th March, at 1:30pm the first ride is a 40km ride to Shepherds Siding and return. This is followed by afternoon tea. On Saturday, at 9:00am a 60km trip to Ladysmith and back will be on with morning tea/lunch at the Ladysmith Store. On Saturday night the cyclists will gather with their friends and family for dinner.

On Sunday there will be two rides on offer. At 9:00am the Downside Discovery Loop will be ridden. This is a 45km ride with a bit of dirt thrown in to make it interesting. After enjoying lunch somewhere back in town at 2:00pm there will be a 33km ride to the Wagga Wagga Winery and back.

To finish the weekend on Monday there will be a 40km loop of town beginning at 9:00am. After an early lunch the visitors can make their way back home having tasted some of the

wonderful cycling available in the Riverina.

Contact **Ben and Barb** on **02 6971 1109** for more information. Please register by **18th March** so that arrangements for lunch and dinner venues can be put in place.

Tumut – 3rd April

A 200km Audax ride called the Murrumbidgee Meander. Ride from Tumut to Wagga and then meander back along the Murrumbidgee River.

Contact **Jimmy Goode** on **6947 3300** about this ride.

Mrs Fell's ANZAC Biscuit Recipe

Most of us have enjoyed the energy boost provided by consuming one or two of Mrs Fell's wonderful ANZAC biscuits. Many people have asked for the recipe. Mrs Fell has been asked to provide the recipe however she has decreed that the ANZAC recipe is too secret. However, Mrs Fell has offered a substitute that is supposedly also loved by cyclists.

Fruit & Apple Slice
4oz melted butter
1.5 cups SR Flour
1 tsp cinnamon
1 cup sultanas
1 cup sugar
2 eggs
2 granny smith apples

Chop apples and mix well with all ingredients
Place in slice tin
Cook 1 hr at 150°C

Safe cycling!