



July 2005

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Bicycle Wagga Wagga  
PO Box 5789  
Wagga Wagga NSW 2650  
[www.bww.org.au](http://www.bww.org.au)

## Annual General Meeting

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

Time: **6:30pm for the optional dinner  
7:30pm for the meeting**

When: **Tuesday 9<sup>th</sup> August, 2005**

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. Any questions or further information required? Contact **Greg Fell** on **6922 3474**.

## Ramblings from El Presidente

The drought continues to afflict our farmers but for cyclists the dry and mild autumn has been a pleasure. The rides in Albury and Culcairn have been enjoyed by many. The ride to Culcairn has also benefited the farmers with the rain it brought! Our regular rides are being enjoyed by many riders and new members are a regular event. The ride leader's workshop in April was a great day and we got to know Alex Unwin a lot more - and look! Now he is the BNSW CEO!

This is the last newsletter of my second year as your President and so I need to reflect a little. The last year has been a busy one with many rides for people to enjoy. The dedicated work of those who organise the rides is appreciated by all and especially by me. The organisation has been left to a fairly small team this year and my thanks go to the "committee" of Ray Stenhouse, Adam Michalowski and Graeme Buchan, and to those others who have helped on particular rides.

Sadly this newsletter also marks the leaving of Ben Turner, Barb Hemmingway and Nicholas. They

are moving to Wollongong due to changes in Ben's work and we are sad to see them go. Their contribution to BWW over the years has been greatly appreciated as well as their good company and friendship. We wish them well and hope to keep in touch in future.

Our AGM will be in August and it would be good to have some more people taking on the roles needed to keep our club and its ride programme running. If more help then the load for each is smaller. If you enjoy the rides then think about whether you can help a little on the organising side as well.

Don't miss the Club Night in August. Our special guest is Cassie Lowe. Make sure you're there.

The winter is still a good time for riding and preparing for the spring so keep out there! We are combining with Pedal Power of Canberra for a Christmas in July weekend in Young, a weekend in Rutherglen is on the go and we will break into spring with our traditional expedition to Junee (maybe we can bring some more rain again!).

I look forward to seeing you on the road or in the coffee shoppe.

*Greg Fell*

## Coffee with Cassie

### 23<sup>rd</sup> August

Cassie Lowe has accepted BWW's invitation to be our Club Night speaker in August. The Club Night will be held separately from the Annual General Meeting. The date for the **Club Night** is **Tuesday 23<sup>rd</sup> August**.

So, who is Cassie? Cassie Lowe is one of Australia's unsung sporting identities. Cassie's cycling achievements are many but possibly the most significant are her first placed women in RAAM, not once but twice.

What's RAAM? RAAM is the **R**ace **A**cross **A**merica. This is an ultra-endurance cycling event that sees participants ride from the west coast of the USA to the east coast. The event has been described as the hardest race in the world.

Cassie will talk about her experiences. In addition to RAAM Cassie has participated in many events, some as qualifiers for RAAM, that are testing to say the least, so she is sure to have some very interesting stories to tell.

In August 1999 Cassie participated in Paris-Brest-Paris, an event known to locals Peter Dixon and Keith and Gillian Helyar. Cassie was the first unsupported Australian (second overall Australian) covering the 1255 km in 60 hours.

A few months later Cassie completed the Furnace Creek 508, a RAAM qualifier, in California covering 508 miles (817.5km) with 35,000 feet (10,670m) of climbing. She was the first woman coming fifth overall out of 45 solo cyclists in just over 35 hours. It was at this event that Cassie first met Steve Born. More about Steve later.

The highlight of the year 2000 was achieving first placed woman in the Race Across America and seventh overall placing. Cassie cycled 2,975

miles (4788km) with 101,000 feet (30,785m) of climbing in 10 days, 3 hours, 9 minutes. This equates to an average speed from start to finish of 19.69km/h.

In 2001 Cassie defended her title in RAAM. The event covered 2,983.2 miles (4801km) with 99,610 feet (30,360m) of climbing. Cassie completed this in 10 days, 7 hours, 42 minutes. This equates to an average speed from start to finish of 19.38km/h.

To put RAAM into perspective, the Audax Opperman All Day Trail, an event in which some of our members have participated, covers a minimum of 360km in 24 hours. This is an average of 15km/h. Cassie has not only averaged higher than this she has done it for over ten consecutive days.

Seeing it's Tour de France season let's compare this too. This year the Tour covers 3,584km. The event is over 21 days, two being rest days. Other than during the individual time trials the participants can enjoy the protection of drafting in the peleton.

In addition, the riders enjoy the trappings of a professional cycle racing team. The Tour Director, Jean-Marie Leblanc, stated "And we assure you that conditions for the riders in terms of recuperation and comfort will be treated with the greatest consideration, as we know only too well that the quality of the competition depends upon this". No such luxuries are provided in RAAM.

This is not denigrating the abilities of the Tour cyclists, they are indeed outstanding athletes. The purpose of comparing the two events is to demonstrate how great Cassie's achievements are.

In 2002, Cassie was the only woman invited to the Race Across the Alps (RATA) in Austria. RATA is a very difficult race of 530kms with 12,600m of climbing over the longest and steepest passes through

Austria, Italy and Switzerland. RATA has a 32 hour time limit and in spite of riding through two fierce electrical storms Cassie managed to complete the race in 30:15:14, coming 26th overall, the only woman against 45 men.

In June last year Cassie finished a challenging 538 mile route through the Cascades across Oregon! She was the first and only woman to finish and took 4th place overall with a time of 36 hours, 50 mins.

Cassie is now engaged to Steve Born, her RAAM Support Crew Chief. Steve is Cassie's nutritional advisor who put her on the path to posting her best performances throughout her ultra racing career.

Steve is a senior technical advisor for the endurance sports supplement company "E-Caps and Hammer Nutrition" in the US. He performs many clinics across the US at every discipline of endurance sports.

Steve will accompany Cassie to Wagga Wagga and this provides a unique opportunity for him to talk about Cassie's fuelling plan and why it was a success. Also, Steve will simplify some of the concepts we've all been confused and bombarded with at times regarding proper fuelling before, during and after exercise.

Cassie alone should attract the interest of many of our members plus quite a few racing cyclists and triathletes. With the bonus of having Steve Born along the appeal will be even greater.

Cassie and Steve will deliver their discussions at the **Riverine Club** in Sturt Street. Be seated for a **7:30pm** start.

To ensure that there are enough chairs, coffee and cake, although cake may be off everyone's diet after Steve's talk, it is essential that you book your place with **Ray Stenhouse** on **02 6921 4552**. Your booking must be made by **16<sup>th</sup> August**.

## Wagga Bidgee River Trail Presentation 21<sup>st</sup> July

An exciting concept for Wagga Wagga is to be outlined at a Public Meeting. The Wagga Bidgee River Trail is an achievable, community-based plan aimed at reconnecting our city with the Murrumbidgee River.

You are invited to the meeting to learn how the Wagga Bidgee River Trail concept proposes to restore and manage the Murrumbidgee River corridor as a major city asset. This is an integrated approach which includes cycleways.

The Project Team includes BWW members Paul Gordon-Smith, Lisa Glastonbury, David Glastonbury, and Petrina Quinn. The other Team member is Councillor Jan Hay.

The Public meeting will be held at the **Civic Centre Council Committee Room** on **21<sup>st</sup> July**. It will run for about an hour starting at **7:30pm**.

Please advise **Paul Gordon-Smith** by **18<sup>th</sup> July** that you will be there. Contact Paul as follows:  
Mobile: **0417 631 122**  
After Hours: **02 6921 6151**

## Christmas In July 22<sup>nd</sup> / 23<sup>rd</sup> / 24<sup>th</sup> July

Following on from the success of the Laurel Hill excursion last December with Canberra's Pedal Power we have been invited to join them in Young.

You will need to register using Pedal Power's ride registration form. Registrations are required by **14<sup>th</sup> July**.

Please contact **Graeme Buchan** on **02 6922 6806** for further details.

## Rutherglen 13<sup>th</sup> / 14<sup>th</sup> August

Glenn Grosvenor and Kim McGregor have organised a weekend of rides based in Rutherglen.

On Saturday morning there's a trip out to All Saints Winery. There are a couple of options so everyone should be happy.

Saturday night you will stay at the Victoria Hotel.

On Sunday there's a 40km trip to the Chiltern Bakery for morning tea and then back to Rutherglen's famous Parker's Bakery for lunch.

Please contact **Glenn** on **0401 361 007** or **Kim** on **0412 713 614** for further details. You must book in by **14<sup>th</sup> July**.

## Junee Ride 28<sup>th</sup> August

This annual ride is being organised by Greg Fell. The outbound route goes via Overdale and is approximately 44km. The return journey is shorter by about 6km along the Bomen Road.

Please contact **Greg** on **02 6922 3474** for further details.

## City to Lake 11<sup>th</sup> September

The Wheelies Section allows people on bikes to participate in this event. This gives those cyclists whose bikes have been lying idle in the shed the opportunity to wipe off the cobwebs, dust off the saddle, pump some air into the tyres, and get the legs moving as a warm up for Bike Week.

It's not a race, just a relaxed ride out to the Lake. So go on, get the bike out. You do have to register and registrations close at 4:00pm on the day before. Entries can be made at

**The Sportsman's Warehouse** in Baylis Street.

If you're not riding, running or walking then Greg Fell has a job for you. BWW members have assisted at the finish of the City to Lake. If you are able to assist please contact **Greg** on **02 6922 3474**.

## Dartmouth for Dinner 18<sup>th</sup> / 19<sup>th</sup> September

This two-day tour starts at Albury, and meanders up the Murray and Mitta valleys.

Vehicle support is provided to transport luggage but there is no sag wagon. It can be seriously hilly but Les has some easier options. You should be capable of maintaining an average speed of 25km/h.

This year Les is trying something different and has invited rider's partners and families.

For detailed information and an entry form contact **Les Sobey** on telephone **02 6041 5460** or e-mail [lesobey@tpg.com.au](mailto:lesobey@tpg.com.au). Entries close on **8<sup>th</sup> August**.

## Bike Week 17<sup>th</sup> – 25<sup>th</sup> September

This year's Bike Week activities are yet to be finalised. As always there will be some extra cycling activities added to our regular weekly ones. Keep your eye on the regular column in *The Leader* and on the website for further details as we get closer to the date.

A Bike Registration Day in conjunction with the Police is one of the events being put together. A Bicycle Registration Form is available already. Contact **Ray Stenhouse** on **02 6921 4552** ah if you would like to get your hands on a copy.

## Canola Canter 9<sup>th</sup> October

BWW's annual Audax event, the Canola Canter will offer three routes on the day. Distances will be 50, 100 and 200km.

The challenge of Audax is not in racing, but in riding at your own pace to finish within the time limit. Audax participants often work together by riding in groups.

You will be provided with a route map and a "Brevet" card, which is stamped at checkpoints.

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

The 50km route will head out along the Old Narrandera Road past Euberta to Millwood before returning to the Wagga Beach. The 100km ride will do a circuit which includes Millwood, Coolamon and Marrar and then back to Wagga. The 200km route will include the 100km circuit followed by another circuit out to Wantabadgery, Junee and back to Wagga.

For further details contact **Ray Stenhouse** on **02 6921 4552** ah.

## Regular Rides

The Coffee Grinders meet at 9:00am on Wednesdays at the Four Bears Café in the Koorinal Mall.

The B4 Breakfast mob meets at the Koorinal Mall for a 7:30am departure on Saturday mornings. Breakfast afterwards always tastes better in the knowledge that you have earned it.

The Sunday Rides begin at 2:00pm at the Wagga Beach.

Contact **Greg Fell** on **02 6922 3474** for further details.

## ANZAC in Albury

The Anzac weekend was a perfect weekend for riding in Albury. The weather cooperated and a smallish troop joined with Albury riders to explore new territory. Eight riders from BWW joined the locals for a series of rides based from the Lake Hume Tourist Park.

Saturday was a gentle introduction with a circuit through Talgarno and Bethanga. The Bethanga Bridge was a legal challenge but no painting work was in progress so we were able to cross. Talgarno hill was challenging for those from the flat country but after a refreshment at the Bethanga Pub all were able to continue. The dinner at the Resort that night was enjoyed by all.

Sunday saw us over Bethanga Bridge again and heading up Kurrajong Hill to Bethanga (where do all these hills come from?). This was an even more challenging hill but very satisfying to get to the top. Some riders lost their way in Bethanga and saw some extra gravel instead of another hill (were they lost or cunning?) but all came together again for the planned gravel section. Morning tea was a treat thanks to the cooking of some of the locals. Lunch in Tallangatta followed a ride on a section of the new rail trail and was very welcome. The ride for home took us over the wall of the Hume Dam and was quite spectacular to complete our 85km. The night's BBQ saw us all getting involved and finished up a fine affair.

The Albury locals turned out in mighty numbers for the Monday ride across the Murray and through Wodonga to Albury. This may prove to be the beginning of many combined rides.

Our thanks must go to Denise and Kevin Thorman and Kim McGregor for all the organising and to all the Albury riders who helped to make it a great weekend.

## Weekend in Culcairn

Graeme Buchan organised a fantastic weekend at Culcairn over the June Long Weekend.

On Saturday morning it was raining, just as it was seven years ago when we rode to Culcairn. However, despite having reputations with some people of being the Wagga Wagga Wet Weather Wusses, an eager group gathered at the Hammond Avenue rendezvous. Perhaps there were some that were hoping for a lift but as we had visitors from the mountains we just had to get out there.

Geoff Marks was off to a brilliant start with a flat tyre before getting on the bike. Heather Pearce didn't want Geoff feeling lonely so she got a puncture as soon as she started.

While it was raining at least it wasn't too cold especially after the legs and heart started pumping. Also there was a nice North Easterly breeze pushing us southward. Our thoughts turned momentarily to our friends that would be pushing into the wind as they made their way north from Albury.

With the wet weather there was little inclination to stop along the way to Mangoplah to enjoy any of the scenery. The riders descended Mango Shop where the pumpkin soup was voted the most popular item on the menu. As they came into the shop to pick up their papers the local farmers thanked us for bringing the rain. The floor was very wet when the riders departed however the owners declined Graeme's offer to mop up.

As the rain continued to fall steadily there still wasn't much incentive to stop along the way so the riders all headed for Cookardinia where they took the turnoff to Morven and then headed for the hot showers at the Culcairn Hotel.

Having arrived a bit earlier than expected the riders busied

themselves trying to dry their gear while awaiting the arrival of our friends from Albury. The pub was quite cosy and some ventured out to take a look at Culcairn's streetscape.

Eventually the Albury mob arrived looking very pleased to be there. They certainly had the worst of it with the wind and quite probably the rain too. "No matter" said Duncan, "it will only make us stronger" but you could tell that he was hoping that the wind direction wouldn't change until after he had ridden home.

The dinner at the Hotel was very enjoyable with some of our Henty friends coming along to catch up. Afterwards some enjoyed cards in the lounge room upstairs and others gathered in small discussion groups while Denise Thorman created a diversion by entertaining the locals. It wasn't too late a night as a pleasant weariness descended upon the group.

Sunday saw some of the Albury people head home. Perhaps they didn't want to risk the wind direction changing. Perhaps they had things to do at home. The rest of us headed to Holbrook. To make it interesting for some of the stronger riders they had the option of going a bit further by retracing their route to Cookardina before hightailing it into the Bakery. The others just took the direct route straight across to the town of the submarine.

With morning tea at the Bakery, lunch at the Submarine Café, a visit to the Lolly Shop, and the other shops too, it was a good distraction. The Round Hill Hotel at Morven also was a good distraction on the return journey.

Sunday evening was spent eating at the Hotel and enjoying each others company. Some of the Albury crew wanted to pay us because of the entertainment value but we said it was all free.

On Monday the Wagga crew were up early raring to go. The Albury lot



Now, which ones are mine? Drying the shoes on Saturday night.



High and dry and headed for Holbrook.

lounge around a bit longer having a shorter trip ahead of them and with a tailwind too. The headwind on the return home to Wagga Wagga made cycling a little less pleasant than it could have been but at least the rain wasn't falling.

We stopped at the old Crestview School for a little break before gathering again at the Mango Shop for lunch. No soup this time, much to the disappointment of some, however the toasted sandwiches tasted pretty good. The Glastonburys were there too, having

been on a reconnoitre for a proposed Bike Friday trip next year.

From Mangoplah it was a test to see if we could get home without getting wet. The last riders rode in with just the last few minutes of their ride dampened.

The coffee, hot chocolate and biscuits at the Wagga Catering Service went down well. As the riders sat around reflecting on the great weekend they expressed their thanks to the Ride Leader, Graeme Buchan.

**Safe cycling!**