



JULY 2007

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www.bww.org.au

Next Club Night – Club Night *‘Christmas in July’*

Where: **Koorringal Hotel**

Time: **6.30pm**

When: **Wednesday 25 July 2007**

All members and any prospective members are invited to attend.

Any questions or further information required?
Contact **Peter Makin** on **6926 4228**.

Pete’s Ponderings....

It has been a very busy last few months of riding, with Wagga Wagga well represented at the Fleche Opperman All Day Trial.

Congratulations to all the riders on finishing. Marksy’s Pleasant Hills ride was a great success with high numbers and a fantastic weekend of riding and socialising.

Gordon’s long weekend ride around the Riverina was enjoyed by all who went along for three days of cycling, socialising and fine Riverina food.

It was great to attend the opening of the final stage of the Lake Albert Walkway/ Cycle path, and with it fully sealed all the way around it is a pleasure to ride on.

With the cold weather and short days upon us now don’t forget to wear appropriate clothing for the ride and check your lights.

It has been great this year to have so many of the club members being ride leaders, just a reminder that if you cannot attend the ride you are scheduled to run, can you arrange with someone else to swap.

Till next time, enjoy the winter months keep warm, safe and keep those pedals turning.

Regards from your President
Peter Makin

AGM - 22 August 2007

The Annual General Meeting will be held on Wednesday 22 August dinner at 6.30, meeting at 7.30pm – venue – to be advised.

All positions are up for grabs. You can nominate prior to the meeting or on the night.

We encourage all members to think about coming on board in some way whether on the executive committee or as a committee member.

The time spent working for the club is minimal compared to the satisfaction you get from helping fellow cyclists. BWW is a great organisation with members that support the committee well.

UPCOMING RIDES / EVENTS:

Coffee Cruisers

On Wednesday mornings an additional ride has commenced.

This ride is for an initial six week period to encourage those riders who may not feel they can do the Grinders distance but would also like to learn more about riding.

Lisa Glastonbury has taken on the task as ride leader and on their first outing had 8 new people join the group.

Riders will also learn about general bike maintenance and be assisted with any concerns the riders may have whilst riding.

If you know of anyone that may benefit from this group give them Lisa's number **6926 2354** or **0413 556 415**. Seeing the smiling faces and hearing the enthusiastic chatting after the first ride, this group is sure to grow.

Diabetes Ride Across Oz Social Bike Rides & River Walks – Sunday 5 August

Two riders Avril Fahey and Angele Gray have embarked on a 4000km, 41-day bike ride from Perth to Adelaide to raise awareness about living with the world's fastest growing chronic disease.

Bicycle Wagga in conjunction with the Wagga Roo Orienteers and Mountain Bike Wagga will be taking part in the family fun day to be held in Wagga. Social Rides and River Walks have been arranged on the day.

The fun will take place from 11am – 2pm at the Wagga Beach. Turn up and take part in the planned events. BBQ and drinks will be for sale courtesy of the South Wagga Lions Club.

This is a great opportunity for families and other interested members of the community to have fun being active.

Free giveaways will be on offer. Check out the website to follow the girl's progress across the continent: www.diabetesrideacrossoz.com.

Meet the Riders - Monday 6 August

Come and be inspired by hearing how a person with Type 1 Diabetes managed to ride 4000km from Perth to Melbourne in 41 days to raise awareness about living with the world's fastest growing chronic disease.

Avril Fahey and Angele Grey will be at the Wagga RSL Club Mirage Room at 7pm. There will be raffles, free giveaways, lucky door prizes and a silent auction on the night. Bring the family along and support diabetes Australia.

Junee Jaunt with the President – Sunday 27 August

Do you enjoy a day's cycling through rolling countryside? Good company and conversation..... Then this is the event for you!

Break out of winter on a bicycle with the President.

Depart Wagga Beach at 10.00am making our way to Junee via Overdale. Enjoy refreshments along the way whilst taking in the vista.

Lunch will be at one of the many hotels on offer in Junee then make the leisurely trek home via Bomen.

Mark it in your calendar!

RIDE REPORTS – Pleasant Hills with Marksy – 12-13 May

Early last month some 17 riders from Wagga and Parkes ventured out west to the small town of Pleasant Hills.

We rode to Mango stopping at the shop for a quick break before proceeding to Yerong Creek for a well deserved lunch.

Once again the chef excelled in providing soup, hot dogs and tea or coffee with slices and cookies to go.

The evening stopover at the pub proved quite entertaining to one and all but I think they will have a lot more red wine next time we visit. Party animal for the evening goes to Bruce G or Ann H as the jury is still out on that verdict.

The return trip was through French Park to Tootool where we stopped for morning tea. The best thing for the weekend was no mishaps with the bikes and only one puncture.

Everyone voted to do the ride again next year.

My thanks to everyone for your help in making the weekend a pleasant outing to Pleasant Hills.

Gordon's Long Weekend Tour 9-11 June

The June Long Weekend ride proved to be three days of glorious weekend riding. A total of 19 riders and one non-rider participated including seven visitors from Dubbo BUG.

We rode off from the Wagga Visitors Centre at 9am and struck out for Mango where the local store

served a more than adequate morning tea.

Many riders, particularly the Dubbo contingent, supplemented this with more refreshments, mostly of the liquid kind at the historical Morven Hotel.

Accommodation on the Saturday evening was at the historical Culcairn Hotel with a sumptuous dinner in the hotel's dining room, or more correctly, in an adjoining room, as the dining room was rocking and chock full due to a 90th birthday party.

The first 38km on Sunday was virtually dead flat to Walbundrie, literally down the Billabong Creek the whole way. After lunch at Walbundrie Football Ground the terrain of gentle undulations proved challenging to dead cycling legs due to the flat nature of the morning ride.

We duly arrived at Lockhart where we occupied the whole six rooms on offer at the Commercial Hotel plus four rooms at the Lockhart Motel. Dinner at the RSL was heartily enjoyed by all, and the Chinese cooks rose brilliantly to our hunger demands.

Monday saw us arriving back in Wagga Wagga shortly after noon after morning tea stops at Tootool and Uranquinty. In summation, the weekend was incident free, I don't think there was even a puncture, although Marksy managed to break a spoke. Despite everywhere else in the state being wet, the weather stayed kind to our riders.



Morning Tea at Tootool

Our First Oppy

*Kerry, Lisa, Mandy, Sue
Team KLMS*



It was 8.45am Sunday 29 April. The band was playing, the crowd was clapping, the Oppy statue was in sight. We were having fun!! YEEHAH! We made it....all 367km of the Fleche Opperman All Day Trial. All our planning, training and teamwork had paid off.

It all started over too many glasses of red wine. Someone came up with the bright idea that we could form a Ladies Team to ride the Opperman. That was in March 2006. So the planning began, the early morning training rides commenced and the idea became a reality. We were really going to do this.

Three of us began training in earnest with the Canola Canter 100km Audax ride in October. We struggled against a strong headwind most of the way and soon realised that we had a lot of training ahead of us in order to ride 360km.

Soon after, we recruited our final team member...and then there were four of us. Our first team decisions tackled the important issues of what we were going to wear, what we were going to eat and with what alcoholic beverages we were going to celebrate.

This all required several team meetings, which usually revolved around eating, drinking and getting to know each other.

Our training program had to fit in with work and family commitments as well as avoiding the Wagga Wagga summer heat. We were regularly riding twice mid-week before work and then both Saturday and Sunday.

Beginning with a base of around 140km a week we gradually increased over time until we were consistently riding 400-450km a week in the final weeks.

Included in our training regime were several long rides of 160km, 180km, 2x150km and night riding.

Bakeries featured prominently in all our rides – in fact we usually chose the destination according to the quality of the coffee, tarts and scrolls. The Uranquinty Bakery receives by far our highest recommendation!

The final test of our stamina, support crew, lights and equipment was to be a 200km ride on Good Friday, four weeks prior to the big event. As everyone else was relaxing on this Public Holiday we were gearing up to leave at midday and ride late into the night.

We all made it, our lights held up, our thermal gear kept us warm, our support crew excelled themselves and we worked out that chamois cream is good stuff and that fruitcake, fried rice and minestrone were good cycling tucker.

Having conquered 200km we were pretty confident that we could go the distance in a month's time. We had decided to taper during the last week to conserve our energy, however Wagga Wagga was hit with drought breaking rains on the Friday night. The skies opened, the thunder rolled and down the rain came. So much for energy conservation ... none of us slept a wink for two nights!

And then the big day arrived. We carefully checked off all our gear as

we packed it into the Café de Wheels (support car). Soluble Panadol, chamois cream, fruitcake, plastic skin and sparkling Shiraz were all stowed in first as high priorities.

Nine am rolled on and we were away.

Around the first corner someone asked “Are we having fun yet?” This was to become a theme throughout, and something by which we could all measure how the rest of the team were travelling according to their answers. At this early stage, thankfully we were all having fun.

We had scheduled our breaks for every 60–75km at Henty, Howlong, Yarrowonga, Katamatite, Congupna (overnight break) and Girgarre. We rode all day according to our planned, realistic schedule, eating every hour and stopping for about 15 mins at our planned rest stops. At these stops we ate bakery scrolls, soup, sandwiches, fried rice, jelly snakes, jelly beans and managed to demolish 3 fruitcakes. Fortunately the rain and even the headwind held off all day.

We made Yarrowonga for dinner just on dark and hadn’t managed to tog up in our thermals and raingear when a downpour hit us. Cold and shivering, all we could think about was how sore our thighs were. Thank goodness for soluble Panadol!

Our last leg into Congupna was a ripper. Perhaps it was the thought of pizza, hot showers and Sparkling Shiraz that spurred us on. Despite the rain, we ploughed through the last 75 km at an amazing rate and arrived elated at Congupna well ahead of our planned schedule. We were definitely having fun by now!

We had averaged 25km/h to here and all hit the sack for a few hours sleep feeling a bit weary but confident. There wasn’t much sleep

to be had by any of us but at least we had 6 hours off the bikes and a chance to replenish our energy stores.

We were up and away again at 4.30am but managed to get lost in Shepparton, which put us behind schedule. The morning was bleak – misting rain, low cloud and a head wind. I’m not sure if anyone answered when the question ‘Are we having fun?’ was put.

Being behind schedule we had to cut short our last rest break at Girgarre. No time for coffee. Team nerves were beginning to show. It was to be heads down for the last 20km with fingers crossed that none of us had a puncture.

We were struggling with the wind but rode in tight team formation to protect anyone who was feeling weary, with the stronger riders taking longer turns at the front. It was our teamwork that paid off in the end as we closed in on the outskirts of Rochester.

Finally we rode together into Rochester and across the finish line. We all felt an enormous sense of achievement, not only individually, but for all of us, for our team. We had done it together...literally. For the whole 367km none of us had been more than half a metre away from the other three team members!

For us though, the whole Oppy experience wasn’t just about the final ride. It was about teamwork, preparation, making new friends and enjoying the feeling of losing those extra kilos and getting fit. In fact we all agree that the preparation six months leading up to it was just as much fun and probably just as satisfying as the event itself.

At least some of us will be back again for another go at the Oppy, because for our first go at the event, we definitely had fun!

Regular Rides – Social

Coffee Grinds – Wednesdays leaving the 4 Bears at 9am. Distance – Various routes, 40-50km

B4 Breakfast Ride – Saturdays leaving the 4 Bears at 7.30am. Distance – Gregadoo Loop 35km

Sunday Rides – Sundays leaving the Wagga Beach at 2pm. Distance - Various routes 30-40km

CLASSIFIEDS

Advertise the cycling items that you no longer need and would like to find a home for. Drop an email to secretary@bww.org.au and it will be included in next newsletter.

FOR SALE – 20” ‘Viga’ childrens mountain bike - \$40 – good condition with owner’s handbook and original tyres.

Ph: Kevin Thorman – 6043 1385

WANTED: Indoor Trainer preferably fluid type but will look at any Ph: Brett Campbell 69265891 or 0438 829974

NEW BOAT RAMP PLANS

In regards to the new boat ramp to be installed downstream of the Wagga Beach.

Submissions have been invited concerning the Environmental Impact Statement for the development. Please take a minute to view the documents on display at the Chambers.

Make our voice heard re the impact it will have on the cycle/walking track as the EIS doesn’t appear to address this issue.

Remember –

‘BE SAFE! BE SMART! BE SEEN