



OCTOBER 2007

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Regular Rides

Bicycle Wagga Wagga
PO Box 5789
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www.bww.org.au

Next Club Night – PLANNING MEETING

Where: **43 Cutler Ave, Koorinal**

Time: **7.30 pm**

When: **Wednesday October 24, 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 . . .

Hasn't the year flown with the AGM been and gone and only 14 weeks until Christmas? Welcome to the new committee; Lyn Stenhouse (secretary), Graeme Buchan (ride calendar coordinator), Ray Stenhouse (webmaster), Peter Butler (advocacy), Ray Loiterton (publicity), Andrew Falconer, Jenny Powell, Eric Armstrong, and Lesley Kennedy. It's great to see new faces on the committee with members wanting to put something back into their BUG.

In July, Bicycle Wagga Wagga turned 10 years old, with Graeme Buchan and Geoff Marks cutting the cake at the AGM.

Our regular rides are being enjoyed by an increasing number of riders as the weather warms up. The only hazard most of us are now contending with are those pesky Black and White dive bombers. It has been a busy few months with all the regular rides as well as Marksy's Pleasant Hills Ride, Gordon's Long Weekend Ride, the Junee Ride, the AGM and the Rutherglen Ride. I would like to thank all those involved, for running very successful and enjoyable rides.

The Wednesday Cruisers program, organised by Lisa Glastonbury, has been a huge success with many new riders. The program is shortly to be run on a Sunday afternoon, in conjunction with the regular Sunday ride, with Graeme Buchan co-ordinating.

On the 10th November Graeme Buchan is conducting a Ride Leader's Workshop for all current and aspiring ride leaders, so if you have thought about running a ride but was unsure of what to do, come along and learn what it is all about. Contact Graeme for more information.

Enjoy your cycling and watch out for those magpies.

Your President
Peter Makin

Holiday Cycling in Canada

By Jeff Windsor

Part 1. Vancouver



We arrived in Vancouver about 3pm local time to a beautiful summer afternoon, on a clear day with a temperature of 26 degrees. After clearing customs and immigration, we took a half hour taxi ride through tree lined suburban streets with lush

manicured gardens to our hotel in Coal Bay down by the waterfront.

We settled into our accommodation and I decided to take a stroll to the water's edge. I found a walking and cycling path about 3 metres wide following the shoreline. This definitely needed more investigation! A short walk had me in front of a bakery that looked out over a marina full of sleek cruising yachts and powerful looking pleasure cruisers. This was definitely going to be the place for our breakfast.

We dined on fresh melons and blue berries followed by freshly baked baguettes topped with salmon cream cheese and the bottomless cup of brewed coffee. Canada was looking pretty good at this stage!

The girls decided to go back to the hotel to sleep off the jetlag but the beautiful scenery and seawall trail with inline skaters weaving in and out of the early morning joggers and cyclists was drawing me on to explore.

Following along the sea wall trail led me to Stanley Park, a naturally forested parkland surrounded by water on three sides, dissected by highway heading north over the Lions Gate Bridge, a sister bridge to the Golden Gate Bridge.

There were so many cyclists out by this stage I decided to join them. A bicycle and roller blade hire shop nearby had four staff on to keep up with the customers. I hired a mountain bike and helmet for \$6.00 an hour and joined in.

Stanley Park was very scenic with a long climb in the centre that leads to a lookout, and of course, the traditional ice cream parlour.

After touring the Park the trails lead me to English Bay Beach, Sunset Beach, past marinas, under Burrard St. and Granville Bridges on to BC Place, a huge stadium with casino attached. I resisted the temptation to cross the city in a bike lane to shortcut home and returned the same way via summer waterfront sights. Back to the bakery for lunch then on to our complimentary Big Bus Tour of Vancouver. An early night was on the agenda as we had a 6.00am pick up the next day to board the Rocky Mountaineer for Calgary.

Brief History of Bicycle Wagga Wagga

Bicycle Wagga Wagga was born out of a public meeting held on July 19th 1997. Wagga City Council's Bikeway's planner, the RTA and the Citizens for Cycleway's group, had encouraged this meeting. The inaugural President was Paul Johanson with a committee consisting of Gillian Helyar, Geoff Breeze, Bill Johnston, Judith Alchin, David Murray and Graeme Buchan.

Initial activities included cycling in the official opening of the Gobba Bridge on July 28, a presentation of the proposed Bikeways Plan by Wagga City Council August 18, Cycling the Karakoram Highway - a presentation by Keith & Gillian Helyar, Loop the Lake Ride on September 21, Canola Canter (by Canoe Club) October 12, and application for affiliation with Bicycle NSW as a Bicycle User Group.

The regular Sunday Ride began, and the Riverina Leader column began as the communication base for BWW and continues to provide information to our members.

The inaugural year of BWW also had a team enter the Opperman 24 hour Challenge, a full week of activities for NSW Bike Week and many meetings with Wagga City Council assisting with planning of the current Bikeways. A large contingent completed the RTA Big Ride on the Murray, which set a trend of continuing support for these annual rides.

Weekend Rides commenced with a leisurely ride to Henty and back, with over 20 riders taking part. This set the scene for numerous weekend rides over the next ten years to many destinations. Some have become annual rides; all have been very social and enjoyed immensely by the members.

Advocacy has always been a major role with Bicycle Wagga Wagga, taking many different avenues to present the cyclists viewpoints. Thanks go out to those who have taken up the cause, attending countless council meetings, promoting safe cycling with the local media and lobbying politicians.



The regular weekly rides have grown to include the Coffee Grinds on Wednesday mornings, B4 Breakfast Ride on Saturday mornings and Sunday afternoons. BWW has assisted with the formation of new cycling groups throughout the Riverina such as Coota BUG, and continues to support all forms of cycling activities throughout the city of Wagga Wagga and surrounding towns.

By Graeme Buchan

June Ride



We farewelled Winter and welcomed Spring with our annual Wagga Wagga to Junee ride, held on Sunday 26th August. Twenty-three riders, including one tandem, enjoyed a beautiful, sunny day out on the road. The main bunch had a good run over with little to no wind while the slower riders still made good time. Morning tea was a welcome sight, giving riders a chance to refuel and refill. Lunch was well enjoyed by all at The Commercial Hotel. With a tail wind for the trip home, the main bunch set a cracking pace to be home in just over an hour. I would like to thank the morning tea cooks and the on-road support personnel for their help in making this year's ride successful.

Tour de Rutherglen

Riders from Albury and Wagga met at the Victoria Hotel in Rutherglen on Friday 14th September for a weekend of riding, wining and dining.

Our 70km Saturday ride took us to historic Chiltern and the bakery for lunch before returning to Rutherglen to freshen up and then hit the wineries. Three wineries were visited and the staff at Pfeiffers looked after us very well, keeping the doors open much later than normal and why not when everyone purchased some of their fine product (some more than others of course). After a not so early night everybody was up on time and ready for a 55km trip to Howlong for morning tea at the bakery and returning to Rutherglen for lunch at yet another bakery. Our goodbyes were said and we headed home after a most enjoyable weekend in almost perfect riding weather

Upcoming Rides

Canola Canter 14 October

Once again BWW are running the Canola Canter. This year it will be held on 14 October. As in previous years there will be three events, a 50km, 100km and 200km rides, all being run under Audax Rules. This means that you have to average 15km/h to qualify. So, it's not too onerous.

The 50km ride commences at the Wagga Beach at 8:30am. The participants will ride out the Old Narrandera Road past Euberta to Millwood before returning along the same route to the Beach.

The 100km and 200km rides start at 7:30am also from the Wagga Beach. These riders ride to Marrar, Coolamon and then through Euberta before returning to the Beach. The 200km riders then journey out to Wantabadgery and then Junee before heading home to the Beach.

The cost for the ride is \$12 with members of Audax or Cycling Australia receiving a \$5 discount. **Contact Ray Stenhouse for further information on**

0418 400 455. Entry forms will be available from the bike shops or Ray. Entries will be taken on the day but incur a \$5 late fee

End of Year Ride

23-25 November

David Glastonbury has booked us into the Valley Homestead at Myrtleford for a glorious weekend of fun and games and some sampling of the delights of the rail trails of sunny Victoria. This weekend of club cycling and social activities will be held at Myrtleford/Bright based on fully catered accommodation at the **Valley Homestead Resort at Ovens** (near Myrtleford).

A programme is planned to appeal to all members of Bicycle Wagga Wagga and their families including children and non cycling family members. Guided rides will be conducted on the fantastic rail trail which passes the front entrance to the Resort with optional mountain pass road rides to appeal to more experienced cyclists.

Families may also choose 'to do their own thing' and cycle as a family group on the well graded, sealed rail trail.

This will be a weekend for the whole family where we hope other Riverina cycling groups will join us. A weekend not to be missed. Registration and payment required by November 9.

Contact David Glastonbury on 69262354 (mid October onwards).

2008 Great Escapade

29 March – 10 April 2008

The 2008 Great Escapade takes in the Blue Mountains with the options to visit Jenolan Caves, the Mudgee Region and Hunter Valley Wineries and the Dubbo Zoo. Some members of BWW are likely to be going on these rides.

There are a number of options for the Great Escapade in 2008.

1. Blue Mountains to the Hunter Valley, 729 kms. 29 March to 10 April, 2008.

2. Tablelands Way, Katoomba to Scone 499 kms. 29 March to 5 April, 2008.

3. Taste the Hunter Valley, Scone to Newcastle, 230 kms. 6 April to 10 April, 2008.

Contact Bicycle NSW on www.greatescapade.com.au

Rail Trail Report

The Daily Advertiser reports that on 6 September a group of 22 Riverina Highlands Rail Trail supporters went on a fact-finding mission to look at the Murray to the Mountains Rail Trail. The trip was organised by the Riverina Highland's Rail Trail Committee. The participants looked at part of the 98 km trail. The trail begins at Wangaratta with stops at Everton and the Gapstead Winery, which has cashed in handsomely, since the trail passes through its grounds.

The group was given the opportunity to listen to the people who were instrumental in the trail's inception in the mid to late 90s and those involved with it now, from councillors and farmers to business owners.

All had glowing reports about the trail's contribution to social growth and the local economy – with cycling one of the fastest growing tourism activities in the world.

And Gundagai Shire Council has put its support behind the development of a rail trail stretching from Coolac to Tumbalong, and featuring historical aspects of Gundagai Shire's rail history. Gundagai BUG member Leon Patterson, who put the idea to Gundagai Shire Council, expects the completion of the trail to take five years.

Railtrails Australia promotes the re-development and use of abandoned railway corridors for shared use, for the particular benefit of walkers, cyclists and horse riders. Rail trails link big and small country towns and meander through scenic countryside just as railways did in the past. As railway locomotives had difficulty climbing hills, the steepest grade of a railway is never more than 1 in 30. This means no sharp rises and no sharp bends, just sweeping curves and gentle undulations, so redeveloped railway lines make

superb pathways for walking and riding.

There are 97 rail trails open in Australia, totalling over 1500 km, with scope for several thousand more kilometres to be developed in all states.

Railtrails Australia has released the third edition of the popular "Rail Trails of Victoria and South Australia" guidebook. It has descriptions and maps of 29 rail trails across the two states including four new trails and nine extensions of previously described trails.

The book retails for \$35 and is available on line at www.railtrails.org.au or at good bike shops.

National Ride to Work Day

On 17 October, regular and first time riders from all states and territories will join the inaugural National Ride to Work Day. Government and Corporate organizations from around Australia have committed to join in the huge event with over 22,000 participants already registered.

Many of the 2500 registered workplaces will be hosting their own breakfasts and there will be more than 75 community breakfast events in CBDs and town centres.

The event has already been well supported in Victoria but in NSW the sign up rate has been phenomenal. The ABC's Adam Spencer has joined as their ambassador while the NSW Fire Brigade has also shown its considerable support with major breakfasts planned at two sites the Sydney CBD and plans for 320 sites around NSW.

Lend Lease continues its great support this year and will again host the Sydney breakfast which last year attracted over 500 cyclists. It is estimated that National Ride to Work Day will stimulate over 10,600 tonnes of greenhouse gas savings in the first three years. There is still time for those interested to get involved and help push the benefits we all know of cycling. For more info go to www.bicyclensw.org.au.

From Australian Cyclist

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.

WANTED: Baby seat that fits on the back of the bike.

Contact Michael Symth:
bemick@ozemail.com.au

Music for Pedalling?

The composer Edward Elgar was a cyclist whose energetic touring helped produce a masterpiece, wrote Roger Covell recently (SMH, 25.07.07)

It seems the renowned musician was never at ease amongst the "pomp and circumstance" to which his musical gifts won him entrance and who much preferred the countryside of his boyhood in the Welsh hills.

"Here," says Covell, "(Elgar) spent a significant part of his richest creative period, the time when he produced works that established his international fame, riding a bicycle through and around these places and thinking through the music he was composing while he pedalled.

"He was one of a very large number of creative people who were enthusiasts in the first great age of the bicycle, the period from the 1890s to the outbreak of World War I, when the motor car was not yet dominant on the roads and, for the first time in human history, men and –very notably – women found a way of significantly multiplying their rate of land travel through their own exertions. Some of Mahler's pedalling excursions have been described by his fellow rider and devoted companion Natalie Bauer-Lechner

"Elgar started riding in 1900 and within three years, as testified by his notes and diaries, he had covered more than 2000 kms on one of the heavy, gearless bikes of the time. Apart from satisfying his inexhaustible pleasure in the sight of trees and the sound and flight of birds, these journeys and the ones that

followed may have transmitted the rhythm of a touring cyclist of his day to typical passages in his music.

Jerrold Northrop Moore, the most detailed chronicler of Elgar's life, has suggested that a metronome marking frequently found in the composer's scores, setting a tempo of 72 beats to the minute, reflects the steady pedalling rate (cadence) of a cyclist who is more interested in looking around him and listening ("The trees are singing my music –or have I sung theirs?" Elgar once wrote) than in trying to set speed records.

"His 1903 Royal Sunbeam bike carried him faithfully through a further six years of intensive cycling; years in which he wrote, among many other pieces, such major works as the Introduction and Allegro for Strings, the violin concerto made famous by a line of soloists from Kreisler to Nigel Kennedy, and the big symphony in A flat major that the Wagnerian conductor Hans Richter immediately hailed as the first great symphony by an Englishman. This work, Elgar's Symphony No 1, will be performed by the Sydney Symphony under the direction of Jeffrey Tate in four Opera House performances celebrating the 150th anniversary of the composer's birth.

"Its serenely pulsing motto theme, recalled in various transformations throughout the symphony, begins the work at the tempo (crotchet = 72) that Moore points to as corresponding to Elgar's steady cycling pace. Elgar's outstanding activity on two wheels during his composition of the symphony is on record. The composer describes the effect of unusually hot weather on a cycling excursion during his work on the earlier passages of the symphony (not surprisingly, if he was wearing his usual tweed cycling suit). During his completion of the symphony's finale he spent almost as much time out on his bike as he did at his writing desk; he celebrated finishing the score with another ride.

"No wonder the statue of Elgar that stands outside Hereford Cathedral shows him not in a ceremonious attitude but as a lean cyclist leaning meditatively on his trusty two wheeler.

From "Push On" September 2007.

News from Bicycle NSW Bicycle Coalition

Four of Australia's largest cycling groups have joined forces and called on both major political parties to get behind bike riding. The newly formed coalition wants to get cycling on the agenda for the federal election. Coalition members include Bicycle Victoria, Bicycle NSW, Bicycle Queensland and Bicycle South Australia, with a combined membership of more than 60,000. The coalition wants both major parties to commit to encouraging the public to ride for their health, for transport, and for the environment. Harry Barbour of Bicycle Victoria said the organization led the way in easing traffic congestion, fighting obesity and improving workplace productivity by promoting cycling. Potential initiatives and the Charter of the Coalition are listed at www.bicyclecoalition.com.au.

Regular Rides

COFFEE GRINDS

**Every Wednesday; approx 2 hrs;
Moderate Pace/Easy/Some traffic;**
Starts: 9 am from Four Bears Café in Koorinal Mall. Interesting and different courses planned, offering different terrain and scenery.

B4 BREAKFAST RIDE.

**Every Saturday: approx. 35 kms;
Moderate Pace/Easy/Some traffic**
Starts: 7.30 am from Four Bears Café in Koorinal Mall. Gregadoo Loop then back for Breakfast. Note ride starts 7.00 am during Daylight Saving and 7.30 at other times.

SUNDAY RIDES.

**Every Sunday: 20-30 kms;
Moderate pace/Easy/Some traffic;**
Starts: 2 pm; Wagga Beach.

See Wednesday's Riverina leader (Sports Section) or www.bww.org.au

**Contact Peter Makin:
Ph 69264228.**

**Remember: BE SAFE! BE SMART!
BE SEEN!**