



January 2008

Inside this Issue

2 Escape to Myrtleford
News from BNSW

3 Ride Leader's
Workshop
Short Snippets
Upcoming Rides

4 Regular Rides
Classifieds
How to ride 100kms

Bicycle Wagga Wagga
PO Box 5789
Wagga Wagga NSW 2650
www.bww.org.au

Next Club Night – PLANNING MEETING

Where: **43 Cutler Ave, Koorungal**

Time: **7.30 pm**

When: **Wednesday January 30, 2008**

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. . .

As I look back at 2007 and the rides that the committee and members organized, everyone had an opportunity to visit and ride to and around some wonderful locations in the region. Thank you to all involved for making these rides so enjoyable. It has been a pleasure to see numbers increasing on all our rides, with new and old members improving in ability and confidence with guidance from other members. I hope this continues.

As we look into 2008, keep an eye out for the new ride calendar as there are many exciting rides scheduled for the year. If you would like to organize or have an idea for a ride come along to our next planning meeting or let Graeme know, so we can help make it happen.

To our members that have had spills recently I wish you a speedy recovery and hope to see you back on the bike soon.

With that I would like to put forward a suggestion. A small first aid kit consisting of a triangular bandage, wound dressing and gauze bandage will fit in a zip lock sandwich bag and takes up minimal room in a jersey pocket. If several people carry these then we would have enough to be able deal with any accidents that may occur.

To all the members of Bicycle Wagga Wagga, I wish you and your

family a Merry Christmas and Safe New Year.

Keep Cycling
Peter Makin

Membership Renewal

Members are reminded that 2008 Memberships are now due. Memberships have been kept at \$10 per family, \$5 per adult and \$1 per child* you can be kept up to date with the latest rides and events via email and quarterly newsletters. As well you will be entitled to a 10% discount off accessories at the three local cycle shops.

Membership forms can be downloaded from the website, or obtained from Ride Leaders.

**An on road adult rider must accompany children under the age of 16.*

This is hard work, and hard work wins it. *Vive Le Tour.*

Lance Armstrong, on winning his seventh Tour de France.

Tour de Canberra

By Keith and Gillian Helyar

The October long weekend in Canberra falls during Floriade, the tulip flower festival. It was difficult to choose rides to suit all comers, so we had a general plan and worked around who came, and the riders' desires.

For us, the Helyars, it was great to catch up with present and past Waggaites, and to see some parts of Canberra we were not familiar with. We had about 12 of us at our highest count, but seldom all at once! and our youngest was a mere 7, ably assisted in leg power by his capable dad.

The weather was fine, but generally quite windy, so we had to summons up some puff at times. Saturday morning we enjoyed a delightful ride with Pedal Power, who happened to have a great route around the new and old Parliament Houses, the back of the War Memorial, a quick detour to the Helyar house-in-construction, and ending up at Dickson for coffee. This was very convenient to have a visit to the Bicycle Museum close by before meeting others back at the Lake, where we had started our early ride. The afternoon was spent riding to the vantage point of Mt Pleasant, meandering through Duntroon back to Lake Burley Griffin, then skirting it to another coffee shop at Kingston, via the wetlands – quite a Grand Tour for those who were with us all day (65-70kms). We recharged on great Italian at Rivellos at Dickson.

Sunday we rode about 50kms to visit the Tulip Top Gardens, just off the Federal Highway. It was very relaxing listening to the jazz, surrounded by the superb flower display in this private garden, followed by a joint burst of activity against the wind – sadly for Ben, Barb and Nicholas who had set off ahead, we relaxed too long to give them help home!

Monday we visited Floriade early to beat the crowds and then circuited the rest of the Lake before visiting the National Film and Sound Archive for lunch and nostalgia. We counted about 25kms for our journey that day.

It was a very varied weekend. In future we possibly should have a more structured plan in advance, repeat the interaction with Pedal Power, do a tour of the important buildings, a tour of the Embassies, more coffee shops, plus one big

ride. As yet there are no promises for a repeat on the same date in 2008, but if desired it could be a possibility. Contact us on kghelyar@hotmail.com.



Barb took this photo at Floriade

There are 800 kms of cycle ways around the national capital, allowing the cyclist plenty of scope for exploring, while the forested parks and bush greenery amid the well-designed museums and office blocks make for scenery that is simply breathtaking. It is our hope that this will not be our last trip to Canberra, and we thank Keith and Gillian for the effort they have expended.

Escape to Myrtleford

The 2007 End of Year Rides were based in the beautiful Ovens Valley and once again ably organised and conducted by David and Lisa Glastonbury. Accommodation was at the attractive and well-equipped Valley Homestead. A total of 38 members and guests attended the Rides. A 63km ride to Lake Buffalo was arranged on Friday, with members having the opportunity of “doing their own thing” on the Murray to the Mountains rail trail, which passes through the Homestead precinct.



Janet's Picture of Riding the Rail Trails

On Saturday three different rides were arranged – a 112km “Mountain

Circuit” through Tawonga, Mount Beauty and Bright, an 86km “Valley Tour” to Bright and Harrietteville, and a “Rail Trail Ramble” of 40kms. On Sunday the weekend concluded with a ride to Beechworth and Lunch at the historic Ovens Hotel.



Lisa took this picture- Tawonga Gap

On Saturday evening there was a barbeque dinner with victuals supplied by the resort and cooked and served by BWW members. All agreed that this was a “fun way” to spend what proved to be a delightful social evening. Altogether the weekend was a happy and rewarding event only slightly marred by a fall involving two riders on the Harrietteville Road. We thank David and Lisa for the effort they have expended in organising and conducting this outing.

News from BNSW

In her report to the BNSW Annual Meeting in November President Jenny Burn focused on the work done by the Board Executive and stakeholders who had worked closely together on the development of the 2007-2010 Strategic Plan. Drawing on the knowledge and experience of subject matter experts and interstate bicycle groups, the group developed six key strategies - a “road map” for a positive future of BNSW.

The first meeting of the new BUG Advisory Council was held in October with twenty six BUGs from around NSW represented, including BWW delegate Graeme Buchan. It was clear that the main topic of concern for BUGs at the moment is insurance. All BNSW members have individual third party insurance (so they are covered if they are involved

in an accident and someone or something is hurt). BUGs agreed that it was very important that people joining rides are clearly advised that cycling is an inherently dangerous activity that requires care and common sense and that all Australian road rules should be followed.

Ride Leader's Workshop

Bicycle Wagga Wagga conducted a workshop for ride leaders and aspiring ride leaders at Bolton Park Stadium on 10 November 2007. Nine members participated in the workshop, which was ably facilitated by Graeme Buchan.

The early session was spent discussing the direction in which BNSW is headed and the role of the new Bug's Advisory Council. Duties and responsibilities of the Ride Leader were given prominence, as were the problems likely to be encountered in planning and conducting a ride. Four case studies were looked at and discussion followed about how the problems presented could have been resolved. Graeme led us on a ride during and after which members of the group were invited to comment on his leadership style.

After a delicious lunch provided by BWW, we split into four groups, each group being responsible for planning a ride. Ray and Peter then led all the participants on the ride they had planned. A debriefing concluded what had proved to be an enjoyable and informative day, and we thank Graeme for giving us the benefit of his experience and expertise.

Short Snippets

The 2007 Canola Canter attracted a record field of 80 participants, with some of the 55 one hundred kilometre riders completing their inaugural 100km ride. It was an ideal cycling day weatherwise and three riders managed to complete the 200kms in seven hours.

On 24 October one of BWW's most successful dinner meetings was held at the Wagga ARFC. About 50 members and guests attended the meeting, which was addressed by Garry Skeers and Steve Lee re their recent participation in the Paris-Brest-Paris endurance ride. Despite the harsh conditions they endured, the riders were able to complete the 1200km ride within the stipulated 90 hours, and held members spellbound with their portrayal of the challenges of the ride.

Following the success of the Wednesday Cruisers, a six weeks "Come and Try" session was conducted in conjunction with the Sunday rides. Attendances varied largely due to unfavourable weather but those who did participate accepted the challenge and it is hoped gained a passion for cycling.

A number of BWW riders completed the 2007 Round the Bay in a Day ride, including our "Oppy" girls, also Sharon and new rider Melinda, who completed her first 100kms on this ride. Five of the girls are off to Vietnam for 21 days of cycling in January, while Lyn and Shane will be making their third cycling tour of New Zealand. And three Albury riders completed the 2007 Sydney to the Gong ride. It is reported that the weather gods were kinder than last year.

This year it was decided to have a Christmas Dinner for those unable to attend the End of Year rides and for other member's enjoyment. The dinner was held at the Victoria Hotel Function Area on 12 December.

On 16 December the Combined Wagga Cyclists held a fun ride to Currawarna and Coolamon, followed by much socializing at Romano's Hotel. About 80 riders enjoyed a fun filled morning. It is hoped that this ride might become an annual event.

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

Upcoming Rides

2008 Audax Alpine Classic 27th January, 2008

Some members have already booked for this event. Five different challenges will be on offer, but it is understood the 200 km ride over Tawonga Gap to Mt Beauty and Falls Creek and return before climbing Mt Buffalo and return is already booked out. The 140 km ride entails climbing Tawonga Gap to Mt Beauty, then returning to Bright before climbing Mt Buffalo. There are also rides of 130 km, 72 km, and a 70 km ride involving one long climb up Mt Buffalo. It is still not too late to book for these rides. Go to www.audax.org.au.

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

Great Escapade Warm-Up 1st – 2nd March

The 2008 Great Escapade warm up will again take us to the Ganmain Sports Club where the Saturday Night Dinner and the camping facilities are more than adequate. Marksy's Sav and Rolls and Bacon and Egg Burgers are a mouth-watering delight. Jan and Geoff will again be leading this supported ride, which is a weekend not to be missed, whether or not you are attending the Great Escapade.

Easter Rides 21st – 24th March

There will be social rides on each of the four days of Easter. These will be finalized at the Planning Meeting on 30th January, at which members attendance and input will be welcomed.

During the past few years we have had visitors from all parts of NSW who have enjoyed the rides around Wagga and the company and look forward to returning each year.

landra Castle 10th – 11th May

Kerrie Burkett is keen to run a ride out of her old stomping grounds around Young. Based around a visit to the historic landra Castle the weekend promises to be one of good cycling, great company and wonderful food and drinks. Make certain you get your pencil out and mark the calendar now.

See the flyer at bww.org.au for further information about the ride. Visit the landra Castle Web Site for details about the place itself.

Contact **Kerrie Burkett** on **02 69255337** or **0412 788154**

Regular Rides

COFFEE GRINDS

Every Wednesday; approx 2 hrs; Moderate Pace/Easy/Some traffic;
Starts: 9 am from Four Bears Café in Koorngal 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 Koorngal Mall. Gregadoo Loop then back for Breakfast. Note ride starts 7.00 am during Daylight Savings and 7.30 at other times.

SUNDAY RIDES.

In recess until Feb 3. 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: Ph69264228

CLASSIFIEDS

WANTED: Car Bike Rack suitable to carry two bikes. Ph Gerard on 6931 7570 or 0418 422 329.

FOR SALE: New Jerseys. Attractive Sunset Colours. Short Sleeve Sunset Cycle Jersey Size M - \$35. Long sleeve Sunset Jersey Size L - \$40. Ladies Short Sleeve Sunset Cycle Jersey Size Ladies XL - \$35. Ph Petrina on 6926 1364

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 the next newsletter.

Suggestions and Contributions for BWW Newsletter are welcomed and encouraged. Contributions should be of 500 words (maximum), should be typed in Word, and emailed to the secretary. Next deadline 20th March.

How to ride 100kms

By Tanya Bosch, Level 2 Cycling Coach. To contact Tanya, email checkpoint@audax.org.au.

For many of you one hundred kilometers is a stroll in the park compared to doing twelve hundred kilometers! But there are some who are just starting with Audax and are wondering how to go about training to complete it and still feel human afterwards.

One hundred kilometers will take anytime between 3 hours to just over 6 hours to complete. So it is definitely an aerobic event where your body is running on oxygen supplied by your bloodstream to your muscles and is fueled by fat. The heart has to become more efficient with each beat, the number of capillaries has to increase, the body has to learn to burn the fat rather than glycogen (the carbohydrates stored in the muscle), and the muscles have to develop endurance to be able to contract a thousand times.

So how do you determine time in the saddle? It is called FIT. F is for frequency, which is the number of

times you train each week. This will be determined by the time you have available and the way you recover from each session. I stands for intensity. The best way to measure intensity is by heart rate, which is read by wearing a heart rate monitor. When you are building up your kilometers you are advised to stay under 75% of your maximum heart rate and when climbing hills staying under 85%. There are times in the training year when your intensity can go up but wait until you have completed 100 kilometers. T stands for total time – the total number of hours that you ride per week. This is where you should start a training program.

Decide how many hours a week you are riding now and aim to build on that. For example, you are riding consistently 5 hours a week, which includes a 2 hour long ride. Make that your Week 1 plan and then in Week 2 ride 6 hours increasing your long ride by ½ hour and your total hours by 1 hour each week. By Week 5 you could be riding a total of 9 hours with a 4 hour long ride. Some will not be able to increase this by so much so it is important that you keep a training diary to monitor how you are recovering.

Week 6 or maybe Week 4 for the very inexperienced should be an easy week in which the volume is reduced to the level of Week 1, or even below this. So when you start the next "cycle" you are ready for even more volume.

The next 'cycle' should start at a slightly higher level, for example at 6 hours. If you are doing your maths correctly you should be riding 6 hours by the end of week 17. (Maths was never my strong point, and I admit she has lost me here. I reckon it should be 12 hours.)

Audax riders should be putting more emphasis on their long ride of the week than other riders. So the total of the long ride should be a third to a half of the total number of hours for the week. Make sure you give yourself easy days or even rest days before and after your long ride.

-from www.audax.org.au