



April 2008

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

Next Club Night – Dinner

Where **Victoria Hotel**

Time **7.00pm**

When **Wednesday 23 April 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...

With the warmer than average weather, it has been great to see the numbers on the rides increase as well as riders' abilities and confidence. The Getaway to Ganmain, ride was enjoyed by 38 riders. Thank you again Geoff and Jan for such a fantastic weekend away. The Easter rides had great numbers and everyone had a good time. Thank you to the committee members, ride leaders and support people that helped out with the Easter rides, without you they would not have been such a success.

Keep an eye and ear out for the upcoming landra Castle ride and Pleasant Hills weekend. To the members that are attending the Great Escapade, I wish you safe travel and cycling and await your reports and stories from the ride. For the members partaking in The Fleche Opperman All Day Trial, good luck with training and the ride and I hope to catch up with you in Rochester.

Lately I have received some comments from members of the public and council staff that they have seen BWW jersey in groups of riders riding three wide and taking up whole lanes or stopping on crests of hills three, four or more wide and having the potential to cause or become involved in a major collision. I'm just as guilty as the next person but could I please ask you to take more care when out

Let us set a great example, the BWW jersey is very noticeable.



Photo taken at the crest of Malebo Hill.

With the days now getting shorter have a look at your lights and make sure they are working and replace the batteries if needed. Also consider your clothing choice, bright light colours stand out better. Till next time enjoy your cycling and keep those pedals turning.

Regards from your President
Peter Makin

Ride Reports

A tale from the 2008 Audax Alpine Classic
-by Petrina Quinn

I'd previously shied away from the Audax Alpine Classic held in late January and run since 1986. Usually we're interstate on the annual family sojourn to Tasmania. That was my claim. Quietly though I felt the heat and the hills would do me in and I'd come scampering back to the Land of Many Crows defeated by this Audax. Audax is a Latin word meaning audacious or courageous. In 1897 a group of Italian cyclists rode 200 km between sunrise and sunset, and became known as "les Audacieux". Today Audax rides are regarded as non-competitive long

distance rides, called "randonnees". The challenge of Audax, they say, is not in racing, but in riding at your own pace to finish within the time limit.

For many Wagga cyclists the Alpine Classic is among those events etched into the annual calendar, partly because it's geographically accessible, only being two to three hours drive south, the town is welcoming, the Ovens River affords a cooling retreat adjacent to the Alpine Classic action and the town is tourist oriented with good food and wine and explorations to be had by non-rider family and friends. After all one can't expect the support team to wait around for hours hoping for a brief glimpse as you pass through to the next checkpoint!

The Alpine Classic takes you through the north-west alpine country – thus it's name. Apparently it is not uncommon for conditions at Falls Creek and Mt Buffalo to be freezing while the valleys welter in stifling heat. The challenge is in the terrain and climatic conditions as much as the distance. I calculated about 4,000 metres of vertical climb! And I hate hills! Controls (checkpoints) are at Bright, Tawonga, Falls Creek, Bright, Mt Buffalo and Bright with the time allowed at 13hours 30 mins.

The Audax organization website catering for endurance riders, has all the tips on preparation, and gear to bring on the ride. I took the minimum, and a whole lot less than many I observed, but enough to be self-sufficient – 2 bidons, 3 tubes and tools, gels for between checkpoints, arm warmers, vest, head warmer and anti-inflammatory tabs just in case. I'd pre-hydrated, carbed, and magnesiated in the days prior.

It was an eerie beginning for 6.20am starters on the 200km course. The half-light hid a few tales it was clear. The flashing lights and fluorescence and the buzz of voices exuded a magic and anticipation. There was

a choice of 200, 140, 130, 72 and 70km depending on your own personal goals, all with different start times. Wagga legend Ray Stenhouse volunteered as an event Official and he offered words of encouragement at the start line-up. My mates were strategically positioned at the front of the 200km 6.20am start bunch, Andrew Blake, Mike Dunn, Gary Skeers, Steve Lee, Lionel Harmer, Mike Fitzgerald, Dan Ugden, Adrian Hamilton, Sorcha Flett, and Andrew Smith, to name some. I too was in that bunch but towards the back, electing for a gentler rollout without pressure. The atmosphere reflected the origins of AUDAX with a French inspired festival, the Bonjour Bright adding a cultural element to the physical one before us.



Tension apparent at the 200km 6.20am start at Bright

Temperatures were in the mid thirties, but strangely the cloud cover kept the road temperatures a little down and a breeze here and there softened the harsh sun. 2006 I believe was a terrible scorcher, and in 2003 the event was abandoned as bushfires roared. For 2008, I was able to keep myself hydrated – but only just. The usual springs off the hill-sides were either absent or a trickle. Temperatures in the forties would have devastated the field, as they did in 2006.

Leaving Bright (300m) in the valley floor you cycle to German Town and start climbing towards Tawonga Gap. I'd heard unhappy tales about the ascent of Tawonga Gap at 885m. When I got there I asked Blakey, who was just about to leave, how much further and he shocked me by saying I was already there! The excitement and action around had occupied my mind and before I knew it I was over and down the first

descent. Andrew Blake was to be a feature of my day, departing checkpoints just as I was arriving and giving many of us a deal of entertainment as he did so. But that's for another tale.

Descending Tawonga Gap I was unexpectedly petrified. I had feared the ascents, and never gave the descents a thought. What a mistake. I lost my nerve, and never relaxed on the bends, never took a line, burnt the brake pads and heated the wheels. Mt Beauty was a quick respite before I regrouped to tackle the long climb to Falls Creek (1560m).

But just as the ascent of Tawonga Gap was exciting, so to Falls Creek, as I occupied my mind by counting the gun riders descending, amazed at their speed and agility. I couldn't wait to spot a Wagga rider. Then they came; first to catch my eye was Steve Lee, then Dan Uden then Sorcha Flett. They seemed to melt. Sorcha was gaining on a few, right down on her bars and pedalling with fury, her wild long hair streaming behind. We clearly had Wagga into that riders in the top 30! They screamed, I screamed, our voices echoed through the valley below. My mind games were working and before I knew it I was at Falls Creek! To exchange words with – yes – Blakely again – and Andrew Smith – as they roared off back down to Mt Beauty, and the re-climb of Tawonga Gap, before the descent to Bright for lunch.

At Falls Creek I grabbed a sun lounge and dreamed of Paris Brest Paris Audax ride. Some day, some how, maybe. Twenty minutes later I was back in the saddle, terrified again for the descent to Mt Beauty, up the Gap and to a great lunch in Bright. This was enjoyed with Michael Dunn, but we nearly relaxed too much, before committing to the last and most mentally demanding leg, the ascent of Mt Buffalo (1330m).



Final stretch before the assault of Mt Buffalo, leaving Bright

After Bright you first travel along the valley to Porepunkah before winding through stunning mountain ash country to Mt Buffalo (1330m). I was determined not to smash myself and enjoy what I could of these mountains... if that could be possible. Indeed I was able to keep reserves high enough, and cramps at bay long enough, to do just that. Mt Buffalo – is gorgeous. The climb though claimed a few with cramps and dehydration. Again – yes there was Blakey descending this time at incredible speeds. He'd now gained an hour. Better move it I thought to take the pressure off the looming cut-off time. The chalet checkpoint was abuzz with a sense of achievement and brimming with drinks and cakes and snacks. But I was soon ready to head for Bright via one last terrifying descent.

At Bright I fell into the waiting arms of my loved one - Gosh I can't wait till next year!

Further Links

- <http://audax.org.au>
- www.visitalpinevictoria.com.au
- www.brightvictoria.com.au

Geoff's Ganmain Getaway

A huge thank-you to Jan and Geoff for a fantastic Ganmain Getaway weekend, you excelled yourselves yet again. Nearly forty riders ranging in age from 12 to 72 left Wagga Wagga Beach at 11am and arrived at Currawarna by 1pm to be greeted by a lunch of soup, fresh bread rolls,

sandwiches, home made sausage rolls, cakes and slices, iced water, tea and coffee. Things were off to a good start. The beautiful lunch had certainly made the morning slug out over Malebo hill well worthwhile. With the field of riders well spread out within minutes of departing Currawarna the 30km afternoon ride was both enjoyable thanks to the mild weather conditions and rather interesting due to the abundance of Hairy Panic grass which could be seen caught up in trees and fences. The sight of large willy willies full of Hairy Panic dancing along the road was entertaining to watch and, for some of us, quite an experience to ride through. The lead riders made Ganmain in under the hour with the tail-enders some 30 minutes behind. At the Golf Club afternoon intake of cheese and bickies was washed down with your choice of liquid refreshment as people prepared to set up camp for the night. As most contemplated the task ahead with tents, ropes and pegs, a group of the ladies took the opportunity to remount their bikes for a leisurely tour of the Ganmain village. They returned with enthusiastic reports of gardens, pubs, shops, interesting old houses and interesting new houses made out of hay bales. Some had to return to Wagga early, but the 24 of us who stayed enjoyed a meal and social evening at the golf club. It was a real pleasure to enjoy good food and beverage at yesterday type prices, and hospitality often only found in small country towns. The 20 die-hards who had pitched tents rolled out the camp mattresses and hit the sack around 11pm. Varied quantities and quality of sleep were reported next morning thanks to the wind which sprang up in the wee hours. Mostly blurry faces greeted the breakfast table but everyone gave a big thumbs up to the juice, cereal, fruit, tea, coffee, toast and Geoff's legendary bacon and egg rolls. Camp was packed up and we were back on the road by about 9.30am. A cross head wind made for a tough little work out to Coolamon but the trip back to Old Narranderra Rd along Millwood Rd was much better. A full spread morning tea was

enjoyed at that point with home made goodies before a leisurely paced roll back over Malebo Hill and home. A safe and successful weekend, and a personal best for many riders as regards time and distance on the bike. Well done. The trip was incident free except for one small, very slow speed spill for Brendan (embarrassment factor bigger than the damage value), a couple of punctures for Belinda (courtesy of the same prickly), and one very loud blow-out on John's back tyre. Again, thanks heaps to everyone who supported the ride.

-Ray Loiterton

New Member's Comment

We recently rode in the "Beat the Heat" cycle at Laurel Hill, which was actually our first group ride. Having had a very enjoyable 4 days of riding the hills (mostly down) we were keen to keep our new sport together going. The Ganmain ride certainly met our expectations providing 2 days of good riding on quiet roads, great company and support. The hospitality was fantastic and to be honest we probably needed another day's riding to break even on the calorie count.

Given the great experience on both the Laurel Hill and Ganmain rides we are looking forward to further weekends riding with the club and doing courses we wouldn't contemplate by ourselves.

-Gary Cheney

Easter Rides

The 2008 BWW Easter Rides were blessed with ideal cycling weather, with cooler days and only a slight north-easterly breeze. Saturday's event saw 28 riders turn out for the ride around the Ladysmith loop, including a number of new riders. Peter Makin led the ride to the Ladysmith Store where a sumptuous feast of delicious sandwiches and mouth watering cream cakes had been arranged, and where a new coffee machine

had been installed especially for this event. All riders arrived safely back at the beach and all agreed that this had been a most enjoyable outing.



Saturday's Ride assembled at the Beach.

Monday's ride was a 40 km meander through Bomen and Estella from which the 12 riders returned over the Gobba Bridge. This was Peter Butler's first as Ride Leader, ably supported by wife Lyn and son Stephen, who are shortly to tour Europe with the Australian Youth Orchestra. It was good to see Tanya Brown back in town and still keen to ride the bike.



Monday's Ride assembled at the Beach

Apart from a couple of punctures, the weekend was incident free and provided some enjoyable cycling and stimulating social activity for those who participated.

Easter Sunday's 100km ride kicked off at Wagga beach right on 8am, and the fact we had 8 ladies and 10 men ready and willing and on time, gave indications for a good ride. The weather was cool heading for 25 degrees maximum, and the breeze from the northeast was picking up. We headed out of town via Moorong St., Dobney Ave by-pass and the Olympic Way The group spread out in front of a cross tail-wind and after a short time regrouped at Uranquinty. Turning west onto Uranquinty Cross Rd, we

rode past the new gas-fired power station and headed to The Rock. This was the fastest and most exciting leg of the journey with the strong tail wind helping the lead riders hum along at 40kph plus with little effort. South along Collingullie Rd was more of an effort with a buffeting cross-wind slowing things down and causing a staggered arrival at The Rock for morning tea. Many thanks to President Pete for providing the support vehicle and setting up the eats and seats. A sneaky last minute puncture for Claire caused a short departure delay from The Rock for half the group but fortunately the wind had dropped off by then so the 18kms along Lodge Rd was not as difficult as had been expected and only a few spots of rain found us. It was a short stop for water top-up and a bite more to eat at Mangoplah before heading back to Wagga via the Mangoplah Rd. The head wind we had been dreading stayed down so the leg home, was easy paced and a pleasant end to a good morning's ride. This was a first time ride for most of the group over this particular route, and despite the wind and a shower of rain close to home, it was still very enjoyable. Thumbs up to David and Garry on a personal best 100km milestone. Keep it up. Coffee eats and a chat at Scribbles closed out the day's activities. Again, thank you and well done to everyone who rode.

-Ray Loiterton

Upcoming Rides

Fleche Opperman 26 April 2008

The Opperman All Day Trial is an annual event held by Audax Australia. The Oppy is an event for teams of three to five cyclists and is held over 24 hours. The course and distance are chosen by each team and must be at least 360km long and finish in Rochester (Victoria).

The Fleche Opperman All Day Trial event is modelled on the Fleche Velocio event, held every year in France and begun by the Patron

Saint of Cyclists, Velocio. In 2008 there will again be five teams from Wagga participating in this event.



Previous years' Oppy Team

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**

Club Polo Shirts

The supplier of the Club's Polo Shirts is now Creative Embroidery and Work Wear located in Thompson Street. The shirt is of a good quality and has the Club's Logo embroidered on the front. For visibility, yellow and white are the colours available. The cost per shirt is \$28.50, which includes the logo. To get a good fit is recommended that you go the shop and try a shirt on to check your size before ordering. Hats and caps are also available at a cost of \$13.00 each; however there is a minimum order. If you would like a hat or cap, let our Secretary know. The Club shirt is a great addition to the wardrobe for those Club occasions off the bike or for those who are not comfortable wearing a tighter fitting lycra jersey whilst riding.

BE SAFE! BE SMART! BE SEEN!

CLASSIFIEDS

For Sale: Assos Bib Knicks Series T (new in box). Size XL. RRP \$149.99 – sale price \$50.00. Contact Ray Stenhouse – mobile 0418 400 455.

Wanted – Child’s Tag – Along for attaching to bike seatpost. Contact Lisa Glastonbury – phone 02 69262354.

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.

Regular Rides

COFFEE GRINDS

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

SUNDAY RIDES.

Moderate pace/Easy/Some traffic; Starts: 2 pm; Wagga Beach. See Wednesday’s Riverina leader (Sports Section) or www.bww.org.au

For more information

Contact Peter Makin: Ph69264228 and check the Leader on Wednesday for up-to-date ride information.

Suggestions and Contributions for BWW Newsletter are welcomed and encouraged. Contributions should be around 500 words, should be typed in Word, and emailed to the secretary. Next deadline 20th June.