



January 2009

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Bicycle Wagga Wagga
PO Box 5789
Wagga Wagga 2650

www.bww.org.au

Next Planning Meeting

Where **24 Roosevelt Ave, Tolland**

Time **7.30 pm**

When **Wednesday 14 January, 2009**

All members and any prospective Members are invited to attend
Any questions or further information required?
Contact **Graeme Buchan 69226806**

President's Ponders

I take this opportunity to wish all our members a healthy, happy and prosperous year in 2009.

The later part of 2008 saw a number of very successful and enjoyable cycling events, the highlight for me personally was the Christmas Ride (see separate report) thanks to all who attended and assisted with the organization of the our rides and social events. I am pleased to say the Ovens venue has been booked once again for our 2009 Christmas weekend.

BWW was invited to host a workshop in November, on the "New NSW Statewide Bike Plan" funded by the Premiers Department and conducted by Bicycle NSW, this statewide series of workshops have the potential to shape the future of cycling in NSW. The workshop covered every aspect of cycling from training of "kids on bikes through to racing". Attendees came from the Riverina region and encompassed most aspects of the cycling world, it was very pleasing to have an input from Wagga Wagga City Council staff and our "cycling councillor" Ray Goodlass.

Paul Gordon-Smith presented an excellent summation of cycling needs for our city which set the guidelines for the workshop; our thanks go out to Paul for his considerable works associated with this project.

Wagga Wagga City Council team is currently working on the new Cycleway Plan for our city and we are

looking forward to the plan release later in the year.

All our regular rides are being well attended, I encourage members and friends to support these rides, especially the Sunday ride at our new 9.00am start time throughout summer. Invite your friends and neighbors along to our regular rides, especially those with new "Christmas" bikes.

Did you know over 1.4 million bikes were sold in Australia last year? That is 38% more bikes than cars!!! So lets get them out and use them.

Geoff Marks has a fantastic new Ride Calendar coming out with our special events for the year, including several weekends of cycle touring, ask for a copy or check it out at www.bww.org.au

Graeme Buchan
President

PS. It would be really great if you could renew your membership NOW!!!

Membership Renewal

Members are reminded that 2009 Memberships are now due. Memberships have been kept at \$10 per family, \$5 per adult and \$1 per child*. Members will be kept up to date 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. Please forward the completed form to the Club's PO Box 5789.

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

**A NEW MEMBER'S PERSPECTIVE
by Brad Sellwood**

Hello and Happy New Year for 2009 from myself and Joanne (AKA the Stalker). As a new member to the Bicycle Wagga Wagga Club, I have been asked to write a small article on my experience so far with the club.

For those of you wondering who I am, if you haven't already guessed my name is Brad Sellwood. I'm 41, married, work at the RAAF Base, have two children, two grandchildren and three dogs. Our posting will see us here till the end of 2010, so it was time I got back into riding once again. As we all know, once you start riding around town it doesn't take long to find out where everyone congregates and before you know it you find yourself in amongst the crowd and being apart the cycling community.

Apart from the rides around Gregadoo loop I have enjoyed the Pleasant Hills ride which had too many hills for my liking but the company and the scenery was most enjoyable. The sleeping out the back of the pub in my tent with roaming sheep makes for memories not easily forgotten. Then a short ride into Henty for a quick game of bowl, the whole event went off without any problems and may I thank Geoff and Jan for putting on a support vehicle and food for the journey.

Then there was the end of year ride in Myrtleford which was the first time for many things, first don't forget to pack your shoes as it makes riding a little hard without them. Secondly saw Joanne and I make our first trip into Melbourne and I can hear everyone say 'what' but yes it was

our first time in Melbourne and we have made a decision that we will see more of this country whilst we are here. Third my wife participated in the event as the support vehicle for those who didn't take on Mt Buffalo. This is where she received her alias as the Stalker and a tremendous job she did not leaving anyone behind making sure everyone got home safe and finishing off with some shopping at the Red Stag. What can I say but more unforgettable memories.

With only a few club rides under my belt I look forward to many more. I'm still getting to know other members of the club so if I haven't met you yet I look forward to seeing you on the road or at the café for a coffee. For those of you that are first time visitors to the Riverina area I can only give praise to the members of the Bicycles Wagga Wagga club and encourage all to come down and enjoy the friendly atmosphere.

On that note everyone take care enjoy the New Year. *Be Safe, Be Smart, Be Seen.*

Rider in Profile



Chris Bailey

Tell us about yourself:

Married to Roberta, we have 4 children – Rohan aged 20, Imogen 17, Thomasin 15 and Genevieve 11. Work as an eye surgeon and have lived in Wagga Wagga for 15 years.

Favorite food; pasta of course. Home made curries and Smoked salmon and capers.

Favorite music; anything but country and Western or gangsta rap.

What type of bike(s) to you ride?

Giant TCR C1. My wife bought me a SMP seat ...Yes it does make a difference.

How did you get into bike riding?

Roberta blew me off the road once.....

Do you ride for fun?

No way.... Cycling is a serious business for any self respecting MAMIL(Middle Aged Man In Lycra)

How often do you ride?

Maybe a couple of times a week but Never as often as I'd like

Did you ride as a child?

To school on a Malvern Star 3 – speed. Nothing too serious.

What's your favourite place to ride?

The other side of the last hill and anywhere where all road users look out for each other.

What is the achievement you are most proud of both on and off your bike?

Going Around the Bay in a Day with my 20 year old son. I am very proud of all of my children who are growing up very nicely into young adults.

What other leisure activities do you enjoy doing?

How much time do you think I have? Canyoning, learning how to play the cello (sadly very slowly), red wine training, seeing my family occasionally.

What are your future riding plans?

To still be standing/riding (however briefly) after the Alpine Classic.

RIDE REPORTS

WINGELLO STATE FOREST MOUNTAIN BIKE PARK

- submitted by David Glastonbury

I recently had the opportunity to visit the Wingello State Forest Mountain Bike Park which has been developed in the Southern Highlands of NSW close to the village of Wingello, just off the Marulan- Bundanoon Road.

The Mountain Bike Park forms a part of the course used for the annual 'Highland Fling', event that takes place in November each year attracting some 1500 riders. This year it was the event chosen for the Australian Marathon Mountain Bike Championships.

The Wingello MTB Park consists of three colour coded marked trails, all beginning and ending at a track head with parking, water, toilets and camping. A network of purpose built single track has been constructed to compliment the forest tracks and roads generally traversing attractive native forest terrain.

During my visit I completed the Red Trail, a superb loop of 25km which takes in most of the purpose built single track as well as providing a journey through some beautiful native forest and tracks lined with flowering native shrubs and ancient ferns. This track contains narrow twisting single track, rocky fire trail, some smooth fire trail and some steep ups and downs. As their publicity states "remember the pushbike can always be pushed!"

I actually found most of the single track quite manageable and a most enjoyable and unique riding experience. The only sections I walked were generally on some of the formed fire trails where for short distances the grade was just too steep, but then the downhill's were long and spectacular!

This is a wonderful cycling facility, not too far distant from Wagga Wagga and certainly accessible for a weekend visit. There are plenty of marked trails for a two day visit.

There are trails suited to less fit and less experienced riders as well!

Keep it in mind as I plan to perhaps organise a BWW visit in the new year, either camping or staying in accommodation in Bundanoon. What about booking out the excellent Bundanoon YHA for a weekend? If interested and would like further information let me know.

ESCAPE TO MYRTLEFORD

On the last weekend in November BWW organised another few days of cycling fun in the Ovens Valley. 49 riders; being BWW members, family and friends from Albury and Sydney based themselves at the Valley Homestead resort; an excellent cyclist friendly venue.



Young Guns ready to ride (Hilton, Eamon, Judy, Aiden and Ross)

Each day there were three organised rides of varying length and degree of difficulty catering for riders, from beginners to the more experienced. Most riders managed to stay dry, some by dodging the showers while others needed their wet weather clothing at times. Over the weekend; mountains were climbed, rail trails ridden, shops explored and coffee drunk, all with no major problems. But one cyclist did managed four punctures for the weekend.



Rail trail near Ovens

Friday night we dined in at the resort, on a fabulous carb loaded meal prepared by fellow club members which propel us up the mountains and various trails the next day.

Following our various rides on Saturday the group returned to the Valley Homestead to relax and enjoy great surroundings, good company, food and refreshments and of course re-live the day's adventures. After the Sunday ride, next years ride routes were eagerly discussed over lunch at the Oven's Hotel prior to our drive home. Much fun was had by all

- Janet Hume

BAY IN A DAY RIDE

Bicycle Wagga Wagga was well represented in the 2008 annual Bicycle Victoria Around the Bay in a Day cycle ride in Melbourne on 19 October. As you can imagine, it was impossible to run into many of our mates during the day with 16,000 other riders. There were a few bottlenecks and a bit of congestion, plenty of punctures and a few scrapes, but the flow of bikes went surprisingly smoothly. Even the ferry crossing at Sorrento went relatively quickly and we didn't freeze! This was helped by the excellent lunch and drinks provided while waiting.



Carol, Iain and Lisa finishing

Temperatures and riding conditions probably couldn't have be better, with a maximum of around 18 degrees, cloudy conditions alleviating sunburn and most riders had at least some good tail winds. Those who went clockwise right round experienced some pretty good tail winds from Geelong

onwards and speeds of 35 kph or more were easily attainable.

The dark horse of the day was Peter Sweeney. After the ride, he has become our latest legend. Don't know what he's been eating, nor his secret training program, maybe drugs or banned substances, or even his mental aptitude - but he just powered home during the last 100km, and Peter Butler and I just could not keep up. He dragged cyclists half his age along. But remember Peter, you now have a reputation to maintain!

And Peter Butler went for a spectacular tumble just before the ferry ride at Sorrento. We were peddling smoothly within a group of 20 or so cyclists when a car in front decided to turn left causing the front riders to break. It was raining lightly at the time and the rider beside me clipped the wheel in front and went over. Peter B was directly behind and went for a 360 with bike shooting in one direction and himself in another. Coming up from the nature strip, dazed and shaken, pride dented, he soon realise how lucky he was with only minor scratches and an intact bike. But the guy in front was less fortunate, his bike unrideable and forced to retire. An hour later

And I got off to a shaky start (despite my usual detailed attention to preparation and organisation) with a puncture along Old Sydney Road at 5am just after leaving Kate's (daughter) flat in a flurry to meet Peter B at 5.15am - didn't even care about the rumbles, swearing, cursing and panic at that early hour ! Being a bit dark to see properly, I whacked another tube in



as quickly as possible. Three punctures late (sh..#*@!!) and with a gash now evident in the tyre, I reinvested in a new tyre and tube at a bike shop taking advantage of many similar misfortunates along the way. Down time about 1 1/2 hours.....

Everyone I spoke to were elated to have participated in this ride and thrilled with their sense of achievement. This was the longest distance many had cycled. Well done to all!!

The following locals took part in the ride, but there could have been more: Bill Esler, Ron Adison, Margo McFadden, Peter Makin, Graham Levett, Peter Butler, Peter Sweeney, Lisa Glastonbury, Carol Raadgever, Belinda Cheney, Gary Cheney, Andrew Smith, Janet Hume, Iain Hume, Chris Bailey, Rohan Bailey, Eric Armstrong, Sue Garland and Luke Garland.

- Eric Armstrong

Sunday 18 October 2009

Put this date in your diary... and start training for the Aviva Investors Around the Bay in a Day 2009

For more photos check out www.gallery.me.com/janethume

**A GREAT RIDE AT WAGGA
by Greg Cunningham**

My partner Toni and I were very pleased that we travelled across from Canberra to Wagga to do the 100km option of this year's 'Canola Canter'. The Canter has been an objective of mine for years, after going through this area on lots of Tumut audax rides in the second half of the 90s, but another event or commitment always seemed to get in the way.

This year the 100km option gave Toni her first Audax 'Nouveau Randonneur' series and a much needed confidence boost after several months off the bike due to illness and injury. While she has ridden 200km three times before in

non-Audax events, she easily forgets these achievements.

We were very impressed with the scene at the start and with the organisational efforts of Ray Stenhouse and his team to cope with the large number of riders – 35 riders for the 100, added to a further 30 evenly divided between the 50 and 150 km options at different start times. Numbers we can only dream of in Canberra!

After riding out through North Wagga we settled in a few bike lengths behind a friendly group of 8 riders who were constantly chatting away while doing a revolving paceline at a relaxed pace. All but one of them were women (and the other a friendly bloke from Junee), and as the ride went on they collected stragglers from faster groups. It was obvious that there was a great camaraderie amongst this group from previous Bicycle Wagga Wagga touring and Audax rides, and along the way were learnt lots about those other rides.

The roads on this ride were more like very wide bike paths – we saw very little traffic as we meandered through the lovely undulating countryside. Unfortunately the canola had flowered early this year (apparently due to the unusually warm spring), so we missed what must be a gorgeous sight of endless yellow fields.

We chatted with various members of the group at ad hoc stops along the way, including at the top of a few hills, and again at the first checkpoint at Marrar while enjoying the cakes, sweets, etc, provided. After regathering with the group after the fast section to Coolamon, we rode with them to the other supported checkpoint at Millwood (more cakes and sweets!) and onto the finish at Wagga Beach, following which we enjoyed a great lunch with the group at the nearby Romanos pub.

All in all, a very worthwhile drive to do a great ride in the countryside surrounding Wagga.

The Aussies vs. the Kiwis cycle challenge

By Jenny Macpherson, Around the Bay Ride Coordinator

In an effort to learn more about mass participation bike rides, Around the Bay Development Director, Michael Rose and myself, recently visited The Wattyl Lake Taupo Cycle Challenge in New Zealand (middle of North Island). For the last 32 years, Taupo has hosted the 160km bike ride around Lake Taupo, now attracting over 10,000 local and international riders.

A record 248 Aussies headed over this year to participate, including Keith Lawrence, Richard Harding and Rod Killick. All of who have completed the Around the Bay ride previously and were relieved to have "ticked this ride off the bucket list!" comments Keith (see photo below proudly wearing our event jersey).

On Friday 28 November the cycling festival began with the opening of the Taupo Sports and Lifestyle Expo. Riders and visitors wandered through 20 various exhibits ranging from sports fuel, clothing, equipment, and cycling events. This was also the day 18 Maxi Enduro riders started their four lap circuit of the Lake, totalling 640km(!)



Fancy a ski afterwards at Mt. Ruapehu

Riders woke up to perfect riding conditions the next day. It was sunny, 25 degrees and very little wind. However, 46 Enduro riders saw the sun rise out on the road, having set out to complete two laps of the lake starting at 1.30am (!) Including Andrew Rubins and Hans

Dusink from Melbourne, also previous participants of Around the Bay, who are now two thirds of the way through completing the Tri Nations series1.

Michael was given official starting duties at 7am for the 192 riders completing the combo ride of mountain biking 20km off-road and 156km on the road, either as a solo rider or in teams of 2 - 5. New for this year for the pure off-road adventure riders, was the 75km mountain bike challenge in which 226 riders completed.

To help get a rider's perspective of the event, I entered the 160km solo ride along with 4738 others. For those not up to completing the picturesque and undulating course solo, 1502 teams of 2, 3 or 4 riders completed the distance as a relay. Can you imagine the logistics involved with transporting 4186 riders and bikes to the relay change over locations at 40km intervals around the lake? Quite an impressive feat, with purpose built bike racks holding hundred's of bikes being loaded by cranes onto trucks courtesy of Linfox.

Riders completed the distance between 4 and 10hrs and were entertained along the way by cheering spectators, lush green hills, grazing livestock, more hills, quiet country roads, spectacular valley views and of Lake Taupo, snow capped mountains (Mt Ruapehu), humorous signage, more hills, hundreds of helpful, smiling volunteers, riders in costumes, and did I mention only 40km of the route is flat..? No really, it's not too bad, except for Hatepe Hill, which is 20km from the finish. This 2km hill caused a lot of suffering for fatigued cyclists!

Coming into the finish was a huge buzz; the township of Taupo had been completely taken over by cyclists. Riders sprawled out in exhaustion, whilst trying to recover and celebrate their efforts in the Tongariro Domain. After a quick dip in the Lake and a chance to get cleaned up, riders headed back for

the main presentation in the hope of winning one of the many major spot prizes. One lucky 15yr old headed home with a brand new Skoda Car worth \$48,340, whilst Michael and I left Taupo with plenty of ideas to help Around the Bay in a Day become an even better event.

PS: *Local rider, Steve Lee was one of the riders to enter the Maxi Enduro. Steve completed the 640kms. in 30 hours. Well done.*

PASSING SURGEON COMES TO THE RESCUE OF CYCLIST

It's a handy reminder of the value of handlebar plugs... from
<http://www.timesonline.co.uk/tol/news/uk/article3863814.ece>

A cyclist who severed an artery when she fell off her bike was saved by a stroke of luck because one of the people who came to her assistance was a vascular surgeon.

Denise Ledger, 57, would have bled to death within three minutes had John Thompson not stemmed the blood, which was spurting across the road "like a scene from Monty Python and the Holy Grail".

Mr. Thompson, an expert in operating on veins and arteries, was able to put pressure on the femoral artery, saving Mrs. Ledger's life. He then followed her ambulance to hospital where he operated on her leg himself.

Mrs. Ledger, a retired head teacher from Exeter in Devon, was cycling with her husband Roy when her front wheel became wedged in a rut. She landed on the handlebar and impaled herself.

In a short time she had lost a quarter of the blood in her body. Normal first aid advice to put pressure on the wound would not have been enough to save her and she would have died in minutes. She said: "I saw a mass of fat come out of the wound and then saw blood and realized it was quite bad. I was pressing really hard on it to try to stop the bleeding and my

husband went to the garage to ring for an ambulance. I don't think I realized quite how serious it was."

Mr. Thompson, aged 50, said: "It really was an amazing stroke of luck for Denise that I happened to be there. The ambulance crew was also on the scene incredibly quickly. If there had been any delay in her getting treatment she would have died. The wound was as big as if she had been speared and the end of the handlebar and brake lever went right down to the femur and then slid up towards the groin and damaged the artery. "Mrs. Ledger, who is recovering at home, said yesterday: "My knight in shining armour rushed up, said he was a doctor and took over. I know I was minutes from death. I can't thank everyone enough".

UPCOMING EVENTS

2009 Audax Alpine Classic Sunday 25th January, 2009

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



This ride is held in the height of summer when maximum temperatures of 30-40 degrees Celsius are common. The heat combined with the long and at times

steep ascents makes this a physically demanding and strenuous ride. It is the toughest non-competitive mass ride in Australia and as such is not a race. The objective is to complete the course within the maximum time limit allowed:

2009 Great Escapade 28th March – 5th April 2009

Explore Margaret River, ride along Caves Road via the Margaret River Chocolate Factory and camp by the beach in Busselton – it's all in a day's ride on the Great Escapade. Head inland through national parks and discover the quiet country roads that lead to the farming area of Donnybrook and Bridgetown. Cruise along quiet back roads and keep an eye out for local traffic – emus and kangaroos call this area home. Admire the trestle bridge stretching into Pemberton, it's time to explore Karri and wine country. Huge trees and shimmering lakes await in Diamond State Forrest, then it's through Nannup, across the Blackwood River and back to the coast to complete the loop.

There will be transport available to purchase for you and your bike to the start and from the finish from within WA and around Australia.

Go to www.greatescapade.com.au for all ride details and entry forms.

Geoff's Ganmain Getaway

Traditionally a "warm-up" ride for the Great Escapade, the "Getaway" has become a legend in its own right for those wanting to do just that. The 2009 Getaway will again take us to the Ganmain Sports Club where the Saturday Night Dinner and the Camping facilities are out of this world, and where Jan's Minestrone Soup and Geoff's Bacon and Egg Burgers are a gourmet's delight. Jan and Geoff will again be leading this supported ride, which is a weekend not to me missed, whether or not you are attending the Great Escapade. There will be a flyer out soon! **Contact Geoff Marks on 69223814.**

Young and Surrounds 9th -10th May 2009

Kerrie Burkett is keen to run a ride out of her old stomping grounds around Young. 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.

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 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 Saving and 7.30 at other times.

SUNDAY RIDES.

Moderate pace/Easy/Some traffic;
Starts: 9 am; Wagga Beach.
See Wednesday's Riverina leader (Sports Section) or www.bww.org.au
Contact Geoff Marks on 69223814

Portable packed protein power

Send your hunger packing with this 'Ride to Work' luxury packed lunch
By Tony Pollard

Here is my problem. I love riding to work. But I love food. Which means two things: I'm always hungry and I'm a little fussy.

I took my trainer's advice and made up some protein-rich sandwiches to stop the cravings but then I realized why I hated school so much: sandwiches with anything but peanut butter don't travel well. So hungry and mindful of my lunch slowly dissolving

into mush I found myself eating it a 10 am and then hoeing down on a muffin that had held more fat than Michael Moore's T-shirt at 3 pm.

And what about warm food? Why couldn't I eat something that actually felt like it had been cooked? Surely I have a few carbon credits from the ride to burn? Try toast, my wife suggested, reaching for the calculator to see if the savings would pay for a spa weekend.

My solution? Live like a king. It's not an everyday proposition but once a week I prepare a cooked breakfast and lunch that are light, hard to spoil, easy to pack, low-fat, packed with protein and taste better than anything I can buy. Try it, and if you have a better recipe for a great "Ride to Work" lunch send it to us.

Breakfast:

- Goats Cheese and herb omelette.
- 4 egg whites
- 1 tbsp chopped chives
- ½ tbsp chopped fresh parsley
- 1 tbsp chopped tarragon
- ¼ cup crumbed goat's cheese

At home: Mix the egg whites (add a yoke or two if your cholesterol is not a problem) with the herbs and pour into a non stick frypan over a medium heat. Just before it sets crumble the goat's cheese on to one half and fold over. Leave it to cook for another minute or until just brown. Place in a container but don't put the lid on for ten or fifteen minutes to cool. Refrigerate.

At work: Place on a plate and microwave on low for 20-30 second intervals until warm. A browning bag will keep the edges crisp. Tell the wife it went well with the toast.

Breakfast:

- Tuna and Mandarin wraps
- 95 g can of tuna in spring water, drained
- ½ mandarin, peeled, chopped roughly.
- 4 pitted green olives, chopped.
- 2 tsp of finely chopped red onion
- Half a red pepper, finely chopped
- 4 small flour tortillas
- 1 ½ tbsp of sweet chilli sauce, red wine vinaigrette or Japanese mayonnaise depending on your tastes.

At home: In a medium bowl combine the first five ingredients. Place in a small container. Put the dressing in a small jar or bottle.

At work: Heat the sandwich press, add the dressing to the tuna mix and spread a portion of the tuna mixture onto each tortilla to with in 2cm of the edge. Roll up, a minute in the sandwich press, and eat.

You can substitute water chestnuts (drained), corn or celery for the red onion if desired. A little iceberg lettuce gives a satisfying crunch if added just before heating.

-Australian Cyclist

Aussie Butt Cream™ – a new Wagga business launched

This is a Wagga Wagga story borne out of the drought and things that happen. The website tells the tale – but for us here – we've all been in a little trouble – downunder – if you know what we mean.

The team saw a gap in the market which emerged from long discussion and argument over many years after the weekly Wednesday, Saturday or Sunday BWW rides and among the road racers, Ironman triathletes, Audax endurance riders and lots of us wantabees centered on one's bottom!

We sought to avoid infections and abrasions and be comfortable when cycling, motor biking, horse-riding or even running. Over time we knew enough people who had the experience of surgery under a general anesthetic to take this very seriously. Countless products were tried, new formulations were contracted, before Aussie Butt Cream™ with its Australian tea tree oil giving antiseptic and aromatic qualities and natural ingredients - won the day - and we've never looked back.

Aussie Butt Cream™ gives comfort for cycling, riding and running. Our

cream aims to prevent and reduce abrasions, and prevent bacterial and fungal infections that may lead to saddles sores and more. This cream helps avoid boils, sebaceous cysts, abyssees and the like. Among the ingredients is Australian Tea Tree Oil which gives antiseptic and aromatic qualities. We believe this is the best value product of its type available.

Aussie Butt Cream™ quantity

Plenty of bang for your buck in 250gms.

Tea Tree Oil

The Latin name for tea tree is Melaleuca Alternifolia. It is known commonly as Australian tea tree or melaleuca, and is also known as narrow-leaved paperbark, narrow-leaved tea-tree, narrow-leaved ti-tree, or snow-in-summer. The oil from the tea tree is steam distilled from the leaves to make essential oil. Tea tree oil contains constituents called terpenoids, which have been found to have antiseptic and antifungal and antimicrobial activity.

Aussie Butt Cream™ contains

- Deionised water,
- Cocoa butter,
- Stearic acid,
- Glyceryl monostearate,
- Glycerine,
- Sunflower oil,
- Beeswax,
- Lanolin,
- Cetyl Stearyl alcohol,
- Dimethicone,
- Propylene Glycol,
- Tea Tree Oil,
- Triethanolamine,
- Sodium Hydroxymethylglycinate,
- Tetrasodium EDTA

Made in Australia

Petrina Quinn is the owner and operator of Aussie Butt Cream™.

pH 02 69261364 mobile 0407073334

<http://aussiebutcream.com>

Be smart, Be safe, Be Seen