



April 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 8 April, 2009

All members and any prospective Members are invited to attend

Any questions or further information required?

Contact **Graeme Buchan** on **6922 6806**

President’s Ponders

Autumn is just the best season for cycling in our region.

Looking back we have had some great cycling in the past couple of months, even with the really, really HOT weather of January our trial Sunday morning Rides were well attended in the summer.

The Alpine Classic had several members ride various distances, our new Hills Ride to Tumberumba was a great weekend thanks to Lindsay and Lee Wilson and we had seven teams in the Audax Fleche Opperman Ride, plus our regular weekly rides have been very well attended.

Bicycle Wagga Wagga has a number of great rides coming up for the season, with Easter Rides upon us, closely followed by Ganmain Getaway by Geoff , then Iandra Castle Ride in May with Kerrie, just before the winter arrives I encourage you to take advantage of these great rides and the fine weather.

Thanks to ALL those members who have organized or helped out with our regular and weekend rides, you are special. Check out the Ride Calendar for other Bicycle Wagga Wagga activities.

The BUG council has been going through a restructure under BNSW guidance, we will have a much stronger organization as a result of the BUG’s having more input, allowing our BNSW committee more time to concentrate on the “top end” consulting with the Government and the corporate sector.

I encourage you to not only continue membership with Bicycle Wagga Wagga but also join BNSW, you will be helping cycling statewide, receiving BNSW insurance and copies of Australian Cyclist a very worthy investment in cycling’s future.

President
Graeme Buchan

Ride Reports

A NICE SUNDAY RIDE IN THE PARK

The Alpine Classic.... one of the more difficult audax rides in Australia. Not something I've ever really aspired to. Thought I might leave that one to those with rocks in their heads.

So I accompanied Chris down to Bright for the Australia Day Weekend, planning to have a pleasant time shopping, drinking coffee, a gentle rail trail or two, wineries and music, while he and all

the others (with the head rocks) tortured themselves up and down grueling hillsides. The initial weather forecast was looking hot & horrible and I couldn't imagine anything worse.

Saturday evening prior to the event the forecast had improved and my friend with whom I had intended to ride (gently and drunkenly) had informed me that she had left the bike at home.

What was I to do? I'm not one to ride on my own, there's something odd about those who talk to themselves and why else do you cycle if not for a good chat?

There was nothing for it but to throw caution to the wind and join the others. I went for the soft option, only 70 kms up Mt Buffalo as I hadn't trained and the few rides I'd had in the school holidays were rather scattered. But... I had done a 4 km hill a couple of months ago... that wasn't too bad.

Twelve hours and a rather sleepless night after registering Sunday morning dawned, Chris woke at some ungodly hour and left with the rest of the 200km crowd. As I got dressed and breakfasted I had pause to consider what it was that I had done and wonder whether some more sleep and a late breakfast may serve me better.

No, I'd said that I'd give this a go and I was quite prepared to turn back at the bottom of the mountain if it looked too scary. What could go wrong? I knew for a fact that I could ride at 4.5 kmh uphill without falling over sideways and I just had to take my time. If I failed on the uphill part all I had to do was turn around after all.

I headed down to the start and at 8am we (me and my hardy team of red frogs) set off. The first hill

started at 10 kms out, not quite what I'd been led to believe, this however was just a taste of the real hill which started climbing at the Mt Buffalo National Park gates and continued relentlessly for 19kms. I think that saying it was hard work is somewhat superfluous, certainly not much chatting went on. I don't think that I coined the phrase "bastard hill" but it certainly came to mind.

After some hours we crested the hill (sadly many of the red frogs had to be sacrificed in the attempt) only to find that a further 5kms, some of which was even steeper, remained to be covered to the check point at Dingo Dell.

Suffice to say I made it and was not tempted by the offer of the SAG bus down the mountain. I descended successfully if a little slowly (it was probably the most scary thing I've ever done that didn't involve an actual near death experience) and made it back to Bright so far outside the time limit that it doesn't bear mentioning.



I must at this point mention the wonderful team of volunteers

manning the waterstops and checkpoints and also the high level of organisation with which the event was conducted, with well placed waterstops, plenty of food at the checkpoints, people spraying us down and cleaning our glasses, everything to make a difficult ride more bearable.

Well I've ticked that box, ridden in the Alpine Classic, don't ever have to do that one again....but maybe next time...

Congratulations to everyone who participated; Chris, Smithy, Connie, Lyn, Skeersy, Wendy, Belinda, Gary, Ray S, Erik, Chris Long, Lionel, Bob, Pete M and some others. I don't know of anyone from Wagga who didn't achieve what they set out to do.

I'd particularly like to thank Fiona Long for not taking her bike.

And yes I am feeling rather smug and I do think training might have its place in the future.

Roberta Bailey

The Hills... and more hills, and more hills... Ride!

I was asked to write a wee word or two from my perspective as the newest member of BWW on the recent Hills Ride. The only word I can use to succinctly describe the experience is.... *awesome!*

Upon rising at a time when normal people should still be snoring I cooked a big carb-loaded breakfast (as advised by an experienced rider friend), ate as much of it as I could, all the time thinking "this better be worth it!" Actually I just couldn't sleep with the anticipation of my first big ride!

I was the first person to arrive at the Tolland Hotel car park. It was still very dark so I perched on the steps of the pub and anxiously waited with George.... my beautiful, and still very new Giant!! I was pondering the goal I'd set myself – of riding to Holbrook - and was starting to wonder if I'd bitten off more than I could chew. After all I'd never ridden further than 43kms at one time and had only completed a handful of rides.

Within half an hour I was heading to Holbrook amongst a mixed bunch of riders –only 3 of us women. All I wanted to do was stay at the back of the group (the shy wee flower that I am!!) and hopefully make it to Holbrook by the time the other riders were setting off to Tumba. Surprisingly we all stayed in a pack. At one point I commented to Lyn that we'd travelled 27kms already.... Little did I realise I was reading the 'average speed' on my computer.... We'd actually travelled 50 odd kms. Duh! They do say time flies...

I was starting to struggle somewhere along the route and was thinking I needed to drop off and lose the pack. I was swiftly told by Lionel to swap sides. This repositioning made such a difference - my fatigue dissipated and soon after I heard Lyn shout "You made it!" Apparently Holbrook was just around the corner!!!! Well bugger me - I'd reached my goal and I could still feel my bum!!!

That's where the trip was brought to an abrupt halt – poor Shane had kissed the road, and the tree.... I was quite shaken by what I'd seen and simply didn't want to ride any further.

Morning tea at the Bakery provided some relief. George was swiftly placed on the trailer and there was

no convincing me to ride on – even with the amount of jostling, eh... encouragement from the others!! Those training for the Oppy returned to Wagga, the other brave souls ventured on towards Tumba. I was nicely perched with my lollies in the passenger's seat of Lindsay's support car. Sweet!

What I witnessed for the next few hours was inspirational stuff... Those so called hills are nothing less than mountains let me tell you! At one point when we'd turned another corner and were facing another climb *in the car* - I remember saying to Lindsay "If I was on my bike right now I'd cry!" But on they'd go turning those wheels and pushing hard. Hats off to the Captain (Lionel) and his Deputy (Garry) for helping the soldiers. You pair are amazing!!

Afternoon tea in Tumba was met with wild storms. "It'll pass in 15 minutes"... well that was the longest 15 minutes I've experienced Rossco!!! Two riders tried to push on through the down pour but I'm told they got picked up just before Laurel Hill.

Laurel Hill - a hot shower, cheese and wine followed by a home cooked 3-course meal (or 4 for some of us!) followed by more wine and Black Ball - a card game which I'm certain the rules were being created as we played!!! It was lots of fun anyway, and a great opportunity to get to know my fellow riders. Then I fell into bed....

On Sunday morning the air was fresh but what did I expect? We were in the hills! We had a delicious cooked breakfast along with a veritable feast of goodies including toast and home made jams, pancakes, cereals, fresh and stewed fruits. Those with insatiable appetites certainly had them

satisfied. Bikes were wiped down, chains oiled, tyres pumped, water bottles refilled, snack packs replenished, and off we went.

I knew my senses were alive from Laurel Hill to Batlow - the scenery, the mist, the undulating hills, the smells, the birds, the cool air in the dips, the warmth of the sun on the peaks, the silence.... it was beautiful. And it was easy! Wee Aedan O'Shea rode with his Dad the 20kms in to Batlow – what a fantastic effort for an 8 year old.

Thank goodness that things that go up must come down and crikey we got some speed happening on the way down into Batlow and Adelong. The Captain had shown me a position to become more aerodynamic – I needed that like a hole in the head! The maximum speed my computer recorded was 60-odd kms/hr and that was with me constantly tweaking my brakes, as my fellow riders zooomed past!!

Morning tea was at the beautiful Beauford House in Adelong. Lunch was purchased at the wee shop across the road and again, off we went. On, on to Grahamstown and Tumblong. The Captain set a cracking pace so Lyn and I opted off at Tumblong – 72kms since we left Laurel Hill – a bloomin' good effort I thought! Even the scenery from Tumblong to Wantabadgery, following alongside the Murrumbidgee was beautiful – I never even knew that road existed!

Lunch stop at Wantabadgery – if you've never been to the Wantabadgery store you've got to visit just to hear the bell!! If you get there in the right season you might even be given grapes fresh off the vine if you're lucky.

Off the remaining riders went with their final destination – now changed to Roms - in reach.

Meanwhile Lindsay (shouldn't that be James?) drove Lyn, Margo, David and I in comfort stopping occasionally to check on the guys. Next time you see Margo ask her about the photocopier lid!! It's also the first time I've ever seen a woman doing push ups on the side of the road!!

The guys had obviously done a sprint into Roms where a few ales were guzzled to moisten those parched (and not so parched) lips! They were the most well deserved drinks we all could have had. What a brilliant 2 days!! I loved every minute of the experience (minus "the crash") and I'd do it all over again.

To Lindsay and Anne – thank you for organising the trip and providing such outstanding support from the sidelines. To the Captain and Deputy – thank you for sharing your experience and knowledge with me in such a humble manner. To my fellow Hills riders – thank you for welcoming me to the group and encouraging me along the way.

Book me in for next year...

... gulp!!!

Elizabeth Moon (aka Irish Liz!) 🍀

7 Wagga Teams take on Fleche Opperman All Day Trial 2009



Wagga Teams Celebrate

Ode to Team Latte

There was movement at the station for the word had passed around

that Team Latte of Four Bears Fame had taken Oppy on –

to break the deux cent km for Fleche Oppe fame... come Sunday morn – post dawn.

There is Captain Bailey from down lagoon away – whose charmed a line-up unsurpassed

Roberta by another name – but Captain for this trial

with Coach Clement they'll crack the whip down Murray dale –

for dally not while Connie claims – oceans east and west.

Along with Kerrie of Burkett reknown – quarantined from her namesake –

his ride that is no more – as hard place he did find –

but KB holds a steady ride – and will reign in family pride.

There's Raylee now McCauley known –

whose poise and carriage rival few –

her strength will shine when lights burn dim – as darkness lies awaiting them

To bear witness to this team of latte, lyra and leggins –

is Reg of Pearce known – whose better half his Heather is – etched in Oppy Hall of Fame.

Will Reg report – tis fair to ask... of all that does unfold that night.

Into Dawn with North East Winds we wish you all the best

Butcome hope safely for a rest.



Team Latte taking the opportunity to socialise with the Shaphra Smini Mob

Congratulations to all the teams for completing the distance in time.

Fleche Eaters was selected as the best team name by the organizers. Also team We Aren't Gunna Get Angry, We Are Gunna Get Along completed the longest distance in the Victorian Opperman event.

Now for all the teams

Love Handlebars, features captain Glenn Ross, with Wade Packer, Brad Sellwood, Ron Addison, and John Kane of the Flatlands – that’s out Echuca way.

The Shaphra Smini Mob (good luck with that one!) features captain Phil Powell, with Ray Loiteron, John Fewson, Sharron McLay!!, (known as Hot chick Shaz) and Andrew Smith.

We Aren't Gunna Get Angry, We Are Gunna Get Along – features captain Ray Stenhouse, with Wendy Hodge, Gary Cheney, Belinda Cheney, and Eric Armstrong

Wobbly Cranks features captain Garry Skeers, Phillip McIntosh, Shane Buckett (bounced back from the hard place) Michael Fitzgerald, and Michael Packer

Fleche Eaters features captain Steve Lee, Rod Fisher, Michael Greenhalgh, and Col Rooney of Tumbarumba way

Wagga Cluster – features captain Michael Dunn, Peter Dixon, Greg Bugden (whose talents will be tested in Rochester at breakfast), Chris Long, and Andrew Blake (aka last ditch crammer)

and again Team Latte, as you now know - captain Roberta Bailey, Raylee Macaulay, Kerrie Burkett, Reg Pearce, and Connie Clement.

For more photos thanks to Craig Alexander visit

<http://www.flickr.com/photos/35330872@N08/sets/72157616093655952/detail/>

Rider Profile



John Fewson

Tell us about yourself?

My wife and I have six children (all over 21) and eight grandchildren. I am a motorcycle mechanic, refrigeration engineer, plant operator, come whatever. If it looked like a bit of fun, I've had a go at it. I have never been able to stay in one position for more than about 5 to 10 years because I get bored. I like music from the 60s, 70s and early 80s, not because I'm an old fart, but because that music had lyrics you can associate with. Most of the music today seems to be noise until music comes back again. Food wise, I eat a lot of fruit and vegetables, but I still like a good steak and beer (Tooheys Old).

What type of bike do you have?

I have a OCR1 Giant road bike that I upgraded to Dura Ace running gear and special wheels. I also have a giant mountain bike.

How did you get into bike riding?

My knees started giving me trouble when I was running so I went swimming, which is very good for you but I found it insanely boring. I found walking an early death, when I spotted my oldest son's mountain bike in the corner of the garage and went out for a ride and immediately

felt that this is better. So I started riding with Bicycle Wagga Wagga.

Do you ride for fun?

Yes. I started racing, but found I haven't got the time to do it.

How often do you ride?

Everyday I'm not working. About 200 to 500kms. a week. The odd times up to 700kms.

Did you ride as a child?

Yes, back when dinosaurs roamed the earth you either walked or road a 'pushy' to get anywhere.

What's your favourite place to ride?

Any good road.

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

Three Oppy's, one Port to Port and a healthy interesting life.

What other leisure activities do you enjoy doing?

Fishing, fishing, fishing and archery too.

What are your future riding plans?

Ride until I drop of the perch.

Easter Rides

10th -13th April 2009

There will be rides each day of the Easter Break.

On **Friday, 10th April** Garry and Lyn will lead an early morning ride out the Old Narrandera Road before returning to town to some hot cross buns and liquid refreshments. The ride will depart at 7.30am.

On **Saturday 11th April** the popular Ladysmith Loop will be ridden. This ride is approximately 70kms and will be led by Phil Powell. The ride departs at 9am. Enjoy morning tea at Ladysmith before heading back to town.

On **Sunday 12th April** the Shepherd Siding Saunter at 2 pm will be led by Bruce Hackett.

On **Monday 13th April**, departing at 8.30am Geoff Marks will lead a ride of approximately 65kms out to Uranquinty via Holbrook and Oxley Bridge roads.

All rides will depart from Wagga Beach.

Geoff's Ganmain Getaway 18th-19th April 2009

Fresh from leading the last of the Easter Rides Geoff Marks will run a repeat of the Ganmain Getaway. Two ride options are available this time. The shorter distance of 63km. leaves Wagga Wagga Beach at 11.00am. and cycles to Ganmain via Currawarna, to camp the night at the Sports Club. The longer ride option being 92km. departs the beach at 9.30am. travels out the Holbrook road to Uranquinty, Collinguille and joins the bunch at Currawarna for lunch. On Sunday return to Wagga via Coolamon. Highlights of the past Ganmain Getaways have been a swim in the Ganmain Pool and the bacon and egg rolls as only can be prepared by Jan and Geoff.

The support vehicle will transport your camping equipment and luggage.

Contact Geoff Marks on 69223814



landra Castle 9th -10th May 2009

For the past few years Kerrie Burkett has returned to Young and shown off the cycling delights that the area has to offer. These have always been very social occasions and this weekend promises good cycling and good socialising.

The Saturday ride is a round trip of 98km. on quiet country roads. The ride includes lunch at the historic Galong Monastery. The highlight on the Sunday ride is lunch and a tour of the amazing landra Castle. The distance is 74km. however Kerrie has planned shorter ride options for each day. Check the flyer for details.

Contact Kerrie Burkett on 02 69255337 or 0412 788154

Bike Maintenance Workshop Sunday, 26th April, 2009

Geoff has put is hand up once again the run his popular workshop. He methodically demonstrates the basic on maintaining your own bike. You may wish to bring gloves as you will get your hands dirty. But it's not all hard work, because when you pass you are rewarded with a sausage sizzle on his deck before heading off to join the 2.00pm. ride on your 'purring' bike. Call Geoff for the start time and what you will need to bring, 69 223814.

Skills Workshop Date to be advised

Iain and Ray are planning other Skills day in the next couple of months. Trying to fit one in with the Club's busy calendar has proven to be a challenge. But in the mean time, try and put into practice some of the recommendations of Graham Seers who is one of the head coaches for cycling NSW which were sent to all the kids prior to a road camp later this month.

SAFETY IS CYCLING NSW AND OUR NUMBER ONE PRIORITY SO...

Please ensure that we are aware and all take the following guidelines seriously:

Guidelines for safe bunch riding:

- 1: No more than 2 riders abreast.
- 2: Rotation of bunch will be in a clockwise fashion approximately 5 minutes on the front on each side.
- 3: Riders at the front to call and point all holes, obstacles or dangerous situations, and give adequate hand signals when turning left or right, which should continue through the bunch to the last riders.
- 4: On mountain descents give distance to the rider in front, and no racing concentrate on your style, descending and cornering skills.
- 5: If a puncture occurs all riders to move off the road to the left and assist with repair, and when ready to go ensure it is safe for the group to do so.

6: No rider to do a U turn unless officials/coaches direct you to do so in safety

7: Ensure you have adequate clothing, as temperatures may be cold when we leave on the morning rides.

8: Parents/coaches can assist with following vehicles, spares and refreshments.

9: Please make sure we all arrive back to hotel as a team or group - no cyclists to be riding alone.

Belles on Bikes

Some women undoubtedly look well in lycra, but you don't have to be a fashion model to enjoy the benefits of cycling.

Recent popular emphasis on weight control and attempts to encourage more women to take up cycling have led to the conclusion that while fear is the main barrier separating women from the benefits of cycling, many women feel nervous about riding with the guys and uncomfortable about wearing dedicated cycle clothing. But the benefits of cycling are many, and as well as burning calories, include maintaining fitness, saving money, caring for the environment, social interaction, easing commuting hassles and enjoying healthy recreational activity.

Beginner skill development groups such as BWW's Cruiser program have done much to develop women's confidence and overcome their perception that cycling is dangerous. Bicycle maintenance programs have helped women to rise above the fear of developing mechanical expertise and cycling skills as adults. While male cyclists are generally supportive, willing to teach and give "constructive criticism", if female participation is to increase, women supporting each other is an essential component.

Many new riders feel intimidated by lycra and the full competitive cycling kit, there are some good reasons to wear cycle specific clothing. Padded nicks can make a difference to your cycling comfort and there are nicks especially designed for women. Brands like Netti and Ground Effect make "shy shorts" that give you a loose outer short and a fitted inner with a pad to give some comfort without the sack-full-of-balloons

look. And while many women are averse to wearing yellow, the BWW jersey gives a group a sense of cohesiveness and security, and yellow is the colour most easily seen by the motorist.



Although the loud professional cycling colours remain popular, there are now many other more subtle designs appearing across all garment lines. Two of the latest trends from Europe are a Hawaii inspired floral pattern for men based on a 1960's look, and a "diamond collection" for women featuring dazzling diamanti motifs on the front, back and sleeves. The ultra-feminine Italian made "Ceylon Collection" includes jerseys and bottoms in beautiful pinks and mauves. In the past, larger people, and ladies in particular, were not well catered for in cycling apparel and felt left out. However the introduction of top quality jerseys and nicks to the local (Australian) market that are guaranteed to last many years of constant laundering and come in sizes right up to XXXL, has changed all this. Alongside the standard skin tight combinations many of the range now include a relaxed fit option that looks and feels more comfortable for plus size riders.

The most effective way to get anyone on a bike is personal encouragement. If you know a woman who might be interested in cycling, then help her get started. Check her bike and help her find one that fits her, take her for easy, safe rides until she feels comfortable, show her the cycle friendly ways to ride around town. Be a "bike buddy", and let's get Australian women cycling.

-www.dpi.wa.gov.au/cycling

There is a limited number of Club Jerseys for sale. Contact Lyn for details 02 69 214552 or email the secretary@bww.org

The Marketplace

As a free service to our members a page is available on the Website to advertise any cycling article that they have but no longer require. Owners may want to sell, give away or swap items with anyone who is interested however to advertise here you must be a member.

Please note that there is no involvement from BWW other than to advertise the item's availability. The responsibility to describe the item is purely with the owner and any dispute arising from any transaction conducted as a result of the use of this page is between the two parties involved.

If you have an item that you want advertised please email the [Secretary](#) with the item particulars, and your contact details.

For Sale

Diamondback Mountain Bike

Outlook DX 41cm, purchased from Kidsons Cycles approximately 3 years ago. Mid Blue in colour. For sale at \$320 negotiable.

Contact: Lesley Kennedy on 0427 706 951

Club Jersey

Women's Medium Long Sleeved Short Zipped Jersey. Make an offer.

Contact: Tania 0414713210

Regular Rides

COFFEE GRINDS

Every Wednesday; approx 2 hrs;

Moderate Pace/Easy/Some traffic;

Starts: 9 am from the Koorungal Mall off Lake Albert road. Interesting and different courses planned, offering varied terrain and scenery.

B4 BREAKFAST RIDE.

Every Saturday: approx. 35 kms;

Moderate Pace/Easy/Some traffic

Starts: 7.30 am from the Koorungal Mall. Gregadoo Loop then back for Coffee and Breakfast.

SUNDAY RIDES.

Moderate pace/Easy/Some traffic;

Starts: 2 pm; Wagga Beach. The Ride Leader escorts the group on an approx. 2 hour ride at a pace to suit the riders ability.

See Wednesday's Riverina Leader Sports Section or www.bww.org.au for any updates or changes.

Suggestions and contributions for this newsletter are welcomed and encouraged. Contributions should be around 500 words, ideally typed in Word 97-2003, and emailed to the Secretary. Handwritten contributions will also be accepted. Next Deadline 20th June.

Remember: Be safe, Be smart, Be seen