



October 2009

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

Next Club Night – Club Night

Where: **Sportsman's Club Hotel**
Time **7.00 pm**
When: **Wednesday 21 October 2009**

All members and any prospective members are invited to attend
Any questions or further information required?
Contact **Eric Armstrong 69262768**

Preamble...

President Eric is presently overseas and rather than delay the distribution of this Newsletter, I have decided (audaciously, some might say) to write this column myself.

I have long held the view that rather than mundane comments about cycle safety or magpie awareness (important though these issues are), this column should present something more profound and visionary – it should be an exercise in thought provocation and mental stimulation, if you like. When it comes to actually writing the column, the task becomes more difficult than it would seem, but I am resolved to make the effort.

Currently my two chief pre-occupations are the maintenance of a healthy lifestyle and reading social science. A maxim of one of my more influential social science gurus was that a healthy lifestyle involved embracing “moderation” in all things good and “total abstinence” from all things bad. For him, “all things bad” would certainly have included alcohol, while “all things good” would have included social interaction. There would seem to be something of a paradox here, since some would say that the moderate use of alcohol promotes social interaction, so perhaps in this twenty first century we would be inclined to be more liberal in our assessment of “all things bad”.

My friend would have included bodily sustenance and regular exercise in his “all things good”, and indeed, the ancient philosophers would have included these amongst the “virtues”. Aristotle saw virtues, or desirable “traits of character”, as means poised between extremes. Bodily sustenance is thus a mean between asceticism and gluttony, while exercise may be seen as a mean between athleticism and sedentariness.

Bicycle Wagga Wagga would certainly promote moderation in bodily

sustenance and exercise, as well as in social interaction. Perhaps one of the reasons for the problems in today's society (obesity, binge drinking) is our tendency to lean towards the extremes.

The new executive and committee is fired with enthusiasm. I urge members to support our leaders to the Nth degree, ensuring that Bicycle Wagga Wagga goes from strength to strength in the years ahead.

“President's Ponderings” will return in the January Newsletter.

-Bruce Hackett

Annual Meeting 8 July 2009

The club's 12th Annual Meeting was held at the Sportsman's Club Hotel, Kincaid St Wagga Wagga, on Wednesday 8 July 2009. Outgoing President Graeme Buchan gave a report on the year's activities and a report on the club's financial position was also presented. Eric Armstrong was elected President, Kerrie Burkett has accepted the position of Secretary, while Raylee Macauley will be the new Treasurer. Other members of an enthusiastic new committee include Peter Makin (Publicity), Ray Stenhouse (Web Co-ordinator), Geoff Marks (Ride Co-ordinator), Petrina Quinn (Advocacy), David Neil, Gerard Farrell, Ross O'Shea and Elizabeth Moon.

Ride Reports June Ride 30 August 2009

Surely an 80km ride, the first time you ride your new road bike, isn't too optimistic?

We met at 10am at Wagga Beach for the Annual End of Winter Ride to Junee. Before I left home I checked I had all the essentials I had forgotten in my first ride with the club the week before. Sun cream? Check. Water? Check. When I

arrive at Wagga Beach 'Have you got a jacket?' Heather asks me. I don't. *Gosh. These cyclists really do think of everything.*

We get some instructions on the direction we will be going and about 30 of us begin to ride. It's my first time riding in a pack. 'Just keep close to the bike wheel in front of you,' I get told. *Hmmm, perhaps I should have taken out public liability insurance before I embarked on this trip.*

The first part of the trip is beautiful. Beautiful green grass and rolling hills. Until we have to ride up them of course, when the hills look less beautiful. I manage to figure out the gears on my new bike and struggle up the first incline 'I just never get better at hills,' I hear someone say as they ride past me.

Morning tea was amazing. Beautiful food provided by Jan and Geoff. *If this is how cyclists eat I'm glad I have taken the sport up.*

We take off again and I decide I'll try and clip in my shoes for the first time. 'Don't worry,' Kerrie happily informs me. 'Most people fall off about 3 times while they first get used to clipping in'. I successfully manage to clip in, waiting with anticipation to fall off, and off we ride.

This next part of the ride wasn't as easy - a head wind, I do believe the experienced folks were calling it. The wind really picks up and the wheels begin to fall off my riding, so to speak. My helmet is being pulled back, my borrowed jacked is flapping in the wind, my eyes start to water like crazy. *Phew. What an extreme sport.*

We finally turn onto another road that takes us into Junee. The wind has died down and it's a fairly good road to ride on. I take the opportunity to learn all I can about gears from Wendy.

We arrive into Junee and stop for lunch at the liquorice factory which was lovely. The girls huddle under the heater to warm up and regain feeling in our extremities. There is time for a good chat and getting to know my fellow riders and then we are off again.

I forget to put on my gloves, leaving them with Jan and Geoff who were kindly transporting all our belongings. *Oh well gloves can't really matter. My fingers start to slowly freeze and I worry they will fall off. Every single rider that comes near me says, 'Hi there, where are your gloves?'*



Riders at the Junee Liquorice Factory

The ride on the way home is much more difficult. More head wind I believe. 'Um, is it much further?' I ask. 'Wagga is just over this hill,' I get told. I now realise cyclists are eternally optimistic. It is never 'just over the hill'. I'm distracted enough thinking Wagga is 'just over the hill' to embark on a conversation with Wendy about cycle pants. 'No one here is wearing any underwear,' I get told. *My goodness, these cyclists are a liberal bunch.* I safely return to Wagga beach and return home fearing I may never be capable of getting my body out of the bath once I have climbed in.

It was such a wonderful day. Beautiful scenery, lovely kind people who won't ride off on you and are always keen for a laugh. I can't wait for the next ride and suddenly understand why this sport is addictive...

-Robyn Hakelis

A big thank you to Eric for organizing and conducting this ride, to Geoff and Jan and those others who provided morning and afternoon tea, to Robyn for her report and to Peter Makin for the photograph.

Rutherglen Winery Ride about 11-13 September 2009

What a fantastic weekend! Fabulous weather, great people and an abundance of fine food and wine!

Several riders from Wagga endured the ride from Wagga to Rutherglen on Friday to meet up with a local contingent from the Albury area and one from Ballarat. The Victoria Hotel in Rutherglen was the meeting place and mine hosts Sean and Sarah once again were fully prepared and welcomed those who were staying on site.

Saturday morning saw all riders meet at the Vic to commence a ride of 80 kms in absolutely the best riding weather. The route went through Chiltern and the Mount Pilot National Park back through to Barnawatha where an exceptional lunch was provided by Kerrie

Grosvenor. Glenn nearly did not get any lunch as he was late – getting up close and personal to a truck held him back. After lunch and a short coffee stop the group wandered back through Chiltern to Rutherglen for a short rest and refreshments and meet up with their partners.

Mid afternoon saw a convoy of cars travel around to the wineries, Campbells, Cofields and Pfeiffers were selected this year and once again the wines did not disappoint.

Back at the Vic Hotel for dinner saw the entire group meet together on the balcony for drinks and grazing platters prepared by Sean. This evening started in a relaxed atmosphere overlooking Rutherglen's main street on a very balmy evening. Main course and sweets were served downstairs in the dining room where lots of laughter and good stories were told. For some this evening turned into an early morning.



On the Victoria Hotel Balcony

Sunday morning saw the riders embark on the final day's ride of 65kms to Howlong Bakery, where goodbyes were said as some riders rode off towards their final destination of Wagga Wagga. The remaining riders rode back to Rutherglen for a well earned shower, lunch and headed towards their respective homes.

We would welcome any riders that would like to join us again next year for another weekend of riding, frivolity and maybe increase wine and food appreciation.

-Glenn Grosvenor

Thank you to Glenn for again organising and conducting this event, and also for the report and photograph.

Upcoming Rides

NSW Bike Week 27-30 Sept 2009

The new committee in conjunction with the NSW Roads and Traffic Authority and The Wagga Wagga City Council has been working very hard to organize activities to promote cycling in our

region. On Sunday 27 Sept there will be a Community Cycle Fun Day in the Wagga Beach Car Park from 1pm to 4 pm. There will be a free sausage sizzle with talks on Wagga cycle ways, novelty activities with prizes donated by Wagga Cycle Shops as well as cycling on the River Trail and on-road. Each of the cycle shops and all of the Wagga Cycle Clubs will have representatives available.

Wednesday 30 September will see the launch of the new Coffee Cruiser's Programme for beginning cyclists, those new to cycling or who wish to update their cycling skills, or those who wish to enjoy some social cycling. The first of six weekly activity days will take place on Wednesday 30 September 2009 at the Koorinal Shopping Mall on Lake Albert Road.

Members are asked to please make these activities as widely known as possible. Please note that for all these activities children under sixteen are required to be accompanied by a responsible adult.
Contact Elizabeth Moon on 0427752236

National Ride to Work Day 14 October 2009

Entering its third year nationally and aiming for a participation of 141,000 workers across Australia, Ride to Work is a behaviour change program that encourages workers to feel good and have fun by commuting to work by bike and experiencing the health, financial and environmental benefits.

Riding to work is a simple way for many Australians, younger through to older workers, to meet the recommended 30 minutes of daily moderate intensity physical activity.

For registration and advice go to www.ridetowork.com.au.

Pleasant Hills Ride Long Weekend 3-5 Oct

This year Geoff Marks will be leading his annual ride to Pleasant Hills during the October Long Weekend. A fully supported ride over the rolling undulations to the town's historic community hotel, the ride will depart from Wagga Beach at 9 am for the 80 km ride via Mangoplah and Cookardinia. On Sunday the group will cycle to Henty for some friendly instruction in Lawn Bowls by members of the Henty Bowling Club. The return journey on Monday will be via Tootle and The Rock. All the

rooms at the Pleasant Hills Community Hotel are now booked, but there are still opportunities for those willing to erect their tents in the hotel yard and avail themselves of the hotel's facilities. The quality cycling and camaraderie which this weekend offers makes camping well worthwhile.

Contact Geoff Marks on 69223814

Canola Canter Sunday 11 October 2009

Experience a springtime scenic ride exploring the countryside around Wagga. In 2008 over 60 riders successfully completed the various distances on offer.



Last year's 100km Canola Canter Team "Can Do" Finish. Lyn Wilson has provided this photograph.

This year there will be four distances on offer. The 50 km ride commences at the Wagga Beach at 8.30 am. The participants will ride out the Old Narrandera Road past Euberta to Millwood before returning along the same route to the Beach.

The 100 km ride goes to Coolamon via Marrar. From Coolamon the riders travel down the Millwood Road and return to Wagga via the Old Narrandera Road.

The 150 km ride option travels to Millwood and then retraces the outward leg back. It is the same route that the 50 km riders will use later in the morning. The riders then head to Wantabadgery and Junee before returning to Wagga via Byrnes Road, using the same 100 km loop that forms the second half of the 200 km ride.

The 200 km ride covers the same route as the 100 km event and then the riders head to Wantabadgery and Junee, returning to Wagga via Byrnes Road.

The 100km, 150km and 200km rides start at 7.30 am. Lights and reflective garments are required for the 200km ride. Entry before the day costs \$7 for Audax or Cycling Australia members and \$12 for non members. Entry on the day invokes a \$5 surcharge. Enter

online or download a form from www.bww.org.au.

Other rides in which members may be interested include Around the Bay in a Day (Oct 18, www.aroundthebay.com.au), Fitz's Challenge (Nov 1, www.ocf-fitz.com.au), the Audax Alpine Classic (24 Jan 2010) and the Fleche Opperman All Day Trial (Sat 20 Mar 2010, www.audax.org.au)
Contact Ray Stenhouse on 0418 400 455

Ovens Escapade 27-29 Nov 2009

David Glastonbury has again booked us into the Valley Homestead at Ovens (near Myrtleford) for another glorious weekend of fun and games and some sampling of the delights of the rail trails of sunny Victoria. This is being planned as a weekend of interest and appeal to all club members. Families and non cyclists are encouraged to attend. Arrangements are being made for two night's accommodation (Friday and Saturday) but those who are unable to attend on Friday may be accommodated on Saturday night only.

The Resort has a pool, spa, tennis courts and a frontage to the sealed off-road rail trail, all of which are available for guest use over the weekend. The accommodation package is for bed and breakfast with dinner on Saturday night planned as a barbeque at the resort for those attending. Arrangements will be made for dining on Friday night for those attending and also for Sunday lunch before departure. Information and a registration form will soon be available from www.bww.org.au or **contact David Glastonbury on 69262354**

Regular Rides

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

B4 BREAKFAST RIDE
Every Saturday; approx. 35 kms;
Moderate Pace/Easy/Some traffic
Starts: 7.30 am from Koorinal Mall.
Gregadoo Loop then back for Breakfast.

Note ride starts 7.00 am from January to March and 7.30 at other times.

SUNDAY RIDES

Moderate pace/Easy/Some traffic;

Starts: 2 pm; Wagga Beach.

Note ride starts 9.00 am from January to March and starts 2.00 pm at other times.

For updates see Wednesday's Leader (Sports Section) or www.bww.org.au

Contact Geoff Marks on 69223814

Brains before Beauty

By Sara Phillips

There's not much that's sexy about bike helmets, but head injuries are even less attractive. Anything that adds to style but detracts from safety is a step in the wrong direction.

There's no denying it – bikes are sexy. Just think of all those toned buttocks and shapely calves. Some even say their pulse races for a bit of lycra clothing. I've yet to meet someone, however, who says that the sight of a correctly fastened helmet affects them in the same way.

Helmets are functional, important and necessary. But sexy? Not so much.

The trouble with helmets, says Michael Peel, program director of fashion at RMIT University's School of Architecture and Design, is that many of the things that make a helmet daggy are the very things that keep your brain in one piece if you ever hit the tarmac. Combining function and form in the case of bicycle helmets is a tough ask.

In Australia, it is mandatory for bicycle helmets sold to meet the Australian and New Zealand Standard 2063. Because the tests that a helmet must pass to prove its worthiness for Australian cyclists are so rigorous, helmets that meet the criteria all tend to look rather similar. They're the safest ones on the market.

Caz Nicklin is a guru of cycle sexiness, being from ultra glamorous UK retailer Cycle Chic. She laments the necessary affront-to-style of the helmet. But she says if you're concerned about style, at the very least "get a helmet that complements the colour of your bike and your outfit".

Dave Bowen from Cheeky Transport in Sydney says he found that "people who don't like modern helmets tend to go for BMX-style helmets". Cheeky Transport

stocks the Nutcase brand of helmets for those looking for headwear pizzazz.

Peel says that although the BMX style helmets may look good, they will be very warm on a summer day. Typical sporty helmets have lots of style interrupting air vents because Styrofoam, which most helmets are made from, is a thermal insulator as well as a shock absorber.

Some estimates put the amount of heat that leaves the body via your noggin as high as 55 per cent of all heat loss.

Indeed, the Australian Standard makes it compulsory for all helmets to have some kind of ventilation system.

And if you were eyeing off the slimmed down helmet style that was worn by the Tour de France racers in July, forget about it. Peel says that ordinary helmets are bulky because they need material to absorb an impact. "It's safety. The more material there is, the more shock absorption with impact."

"It's always playing off between the size of the thing - the bulkiness – and wind resistance. Racing helmets tend to be smaller and so have less drag, but they are not as safe in a crash."

Peel also says that the typical helmet's sleek, smooth surface is not as much for sporty effect as to prevent it from catching on things during a fall. "They're shiny and smooth so if you fall off and hit the asphalt it doesn't snag. If it snags you can break your neck.

The Yakkay brand from Denmark does not receive Peel's endorsement on these grounds. This company has created covers for BMX style helmets that look like fashionable hats and is receiving rave reviews around the world. You can choose from, among others, a white, fluffy Russian- style hat, a Cuban revolutionary-style cap, or even a pink tweed trilby. Peel points out that although he likes the look, the cloth covers could snag in a fall.

Ultimately, that's the key point with helmets. They are worn as a safety device, not a fashion statement. Anything that adds to style but detracts from safety is a step in the wrong direction.

Suzanna White, spokeswoman for the NSW Roads and Traffic Authority, says: "A helmet is the most important piece of equipment for any cyclist. Comprehensive research has proved that bike helmets that are fitted and

fastened correctly can substantially reduce the risk or serious head or brain injury by up to 60 per cent."

Indeed, RMIT's Peel can relate "from first hand experience" the importance of helmets as protection rather than fashion. "I've had awesome crashes resulting in cracked helmets. If that helmet wasn't on my head, I might not be speaking to you".

Bowen from Cheeky Transport agrees. "I would be placing comfort and safety above looking cool. Looking cool is overrated.

-from Australian Cyclist.

Suggestions and contributions for this newsletter are welcomed and encouraged. Contributions should be 300 to 500 words (max.), ideally typed in Microsoft Word, and emailed to the Secretary. Handwritten contributions will also be accepted. **Next deadline 15th Dec.**

**Remember:
BE SAFE, BE SMART, BE SEEN.**