



January 2010

Inside this Issue

- 2 Canola Canter
Pleasant Hills Ride**
- 3 More Pleasant Hills
Bay in a Day Ride**
- 4 Ovens Escapade
Great Victorian Ride**
- 5 Bike Week Activity
Coffee Cruisers Diary
Get on Your Bike**
- 6 Briefs
Upcoming Rides
Regular Rides**

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

Next Club Night – Planning Meeting

Where: 42 Best St Wagga Wagga
Time 7.30 pm
When: Tuesday, 9th February 2009

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

President’s Ponders

I feel very humble after reading Bruce’s deep and meaningful preamble in the October newsletter in lieu of my absence! I think what he was trying to say was the body and soul need a good feed, exercise and a good chat, BWW of course providing the perfect venue for all three! Very wise comments!

Well, this is my first ponderings as president, with a very new, fresh, energetic and somewhat inexperienced committee. Some predicted difficult times ahead, the cynics even worse. We had lost a huge amount of experience in the outgoing committee, and to make matters more daunting, we faced the major task of organising and running this RTA sponsored “Community Cycle Fun Day” and a new “Coffee Cruisers Program” which the previous committee had “kindly” left as their legacy (not to mention the routine jobs of just keeping club rolling along!). What would any good president do? Delegate and go overseas of course, which I did. So I packed my bags and blissfully navigated my way around the US in October, while the fear-eyed, fresh-faced committee were left behind to face these demons.

But, you know, I think it worked! Elizabeth Dunlop was co-ordinator and she very capably moulded this fresh, eager, somewhat inexperienced team into a well-oiled, efficient, fighting machine. Both events were a huge success and I congratulate you all on such a wonderful effort. On my return, I faced an enthusiastic, committed and effective team running a club that wanted to go places. It is such a pleasure to work with this group who just seem to get things done in a fun, eager and efficient way. I would particularly like to thank Kerrie Burkett who does a power of work as secretary, and Ray Stenhouse for his wealth of cycling experience and eagerness to help when help is needed most - these guys just keep getting better.

Finally and certainly not least, on behalf of BWW I would like to thank Bruce for the tremendous effort he puts into producing this newsletter. Communication surely is the basis of success of any organisation, so when you next see Bruce, talk to him about the newsletter, provide feedback and suggestions, and pat him on the back (but make sure this is not while riding alongside him!).

Your new committee has organised a wonderful program of cycling and socialising for the coming year, so grab a copy of our “Calender of Events 2010”. I would encourage you all to get to know BWW members and committee, participate in our activities, get involved, have fun and get fit. Have a great Christmas and all the best for 2010.

-Eric Armstrong

PS I better not disappoint Bruce, so I will focus more on the mundane issues of “maggies and cycle safety” in our next issue. Stay tuned!

Membership Renewal

Members are reminded that 2010 memberships are now due, Memberships have been kept at \$10 per family, \$5 per adult and \$1 per child.* As a member you will be kept up to date with the latest rides and events via email and quarterly newsletters. As well you will be entitled to a 10% discount off accessories at the three local cycle shops.

This year members are invited to renew their subscriptions by electronic transfer. BWW Bank Account details are BSB 032769 Account No 133810

Membership forms can be downloaded from the website or obtained from ride leaders.

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

Ride Reports Canola Canter

About 3 months ago, I finally got around to pulling out the bike that I bought a few years back. This is it, I'm going to get fit. First goal...don't die. No heart attacks please. OK...success. As the goals passed by...5, 10, 20kms...I decided it was time to really push myself...I'm going to do a 50km ride.

Sydney Spring Cycle?...Nah, it's too far to go for a ride and I'm not fit enough yet. By early October, I'd completed 30kms in one go and knew it was time to step up...Around the Bay in a Day? It's only two weeks away...I can do that, but then again, driving in Melbourne is bad enough. Surely, there must be something closer to home....Hello Google...there's a 50km ride in Wagga...in 4 days? Must be fate.

OK, so what do I need...spare tyre, drink, energy bar, little Swiss army knife, tool kit and tyre levers. I should probably get a jersey, or at least a waterproof vest. Nah, it's been gorgeous weather all week and the weatherman says it will continue.

It's Sunday morning, I'm all sorted and then I step outside...a bit cloudy. Should I grab a something just in case it rains? Nah, it'll hold off, but it's cold, so I'll wear my trackies and pop it in my backpack later. Slow, gentle ride to the beach. Hi, I'm Chris...this is my first 50km ride...never done over 30kms before.

It's start time and Ray tells everyone that I'm a 50km virgin. Hmmph. As Ray runs everyone through the course, I decide to check my bag, and then we're off. Or everyone else is...ok, it's time to go...up the ramp and which way did he say? I wasn't listening...there's someone behind me - I'll follow him.

A shortcut to avoid the roads you say...Great, 30 seconds in and I'm cheating. No wonder I'm first to the bridge.

From here I knew the way, so I powered on. Find a rhythm and keep going that's the plan...wait, do I go under the Sturt or over it...I really should pay attention next time. Wait, follow these two...and I'm away again.

Some dude has caught up...yes, it's a hybrid...adjust the seat position? Higher? More power on the hills? Done.

The ride out was good. Not too tiring, only one hill and some nice gentle

downhill slopes. I made it to the top of Malebo Hill without stopping (must have been the new seat position) and even managed to overtake a more seasoned rider in the process. I know I was feeling good because I wasn't watching the distance, but the clock, trying to push forward to get to the check point before the 1 hour mark. Alas, it was 1hr 10min by the time I checked in - not too shabby, though and it still left me on track for a sub 2.5hr round trip.

As I waited to get my brevet stamped, I noticed I was truly the odd one out. First timer. Riding by myself. Hybrid bike. No bike shoes. No jersey. No full length skins. And then it started to rain. Very lightly, so I got going again. Stay ahead of the rain, stay ahead of the rain.

Staying ahead of the rain doesn't work when you are riding into it. As it got harder, it was soon accompanied by a strength sapping headwind. By 30km, I was watching the kilometres tick over, and it didn't help that a score of riders doing the 100km ride sped past me, easily doing double my speed despite having already done 50km more. By the time I saw Malebo Hill again, I seriously contemplated packing it in. I was cold, wet, tired and truly over it. But I didn't. I'm proud of myself for that. Not so long ago, I would have given up.

I got over the hill eventually and just tabbed on. By the time the 40km clicked over, I knew I was on the home stretch and I just managed to find a little bit more. I even got sight of the trio in front of me, and that spurred me on even more. I never caught them of course, but it didn't matter, because by the time I left the highway and was back on the local roads, nothing short of a crash was going to stop me.

I clocked in at 2hr 42mins. Not quite the 2hr 30m I had set myself, and well short of the overall 2hr goal, but I finished (in the top half of the pack). With a few congratulations from the other riders as they came, I resolved to do the same ride again next year. The benchmark is set, let's see what a year of riding and training does to my times. I'm going to attack it in 2010, and go as hard as I can.

Thanks to everyone at Bicycle Wagga Wagga for putting the ride on. For a first timer to roll up on the day and be supported and encouraged is fantastic. I'm a member now, and am looking forward to riding with you all again.

-Chris Houghton

Pleasant Hills Ride 3-5 Oct 2009

Does it appear wrong to anyone else that the word "pleasant" is used alongside the word "hills"? To me it is a contradiction in terms and the two should never appear in the same sentence. That being said, the October long weekend ride to "Pleasant Hills" was one of the most "pleasant" weekends I have experienced in a long time. Good company, good food, good fun and a lot of laughs is how I would describe my weekend.

My old mate Woppa had been at me for a long time to get myself down to Wagga. Finally the timing was right and plans were made. There were two weekends to choose from - the Pleasant Hills ride or the Canola Canter. I'd been told that the Pleasant Hills ride was a lot more social and seeing as I hadn't done much riding leading up to this I thought it probably best. The road trip down from Maitland was an adventure in itself, having never driven that far south before. So with the car all packed I headed off. I had all the essentials - lollies, coffee, bike and riding gear. OOPs, the bike had a flat tyre! (Did I mention I hadn't done much riding leading up to this?)

I arrived in Wagga at about 10:30pm and I hadn't factored in the temperature change. It can get pretty cold in Wagga eh? Woppa came to the rescue with arm warmers and to make me feel a part of the group, a Wagga jersey.

Saturday morning and we ready to set off, almost. A really BIG thank you to Ray for repairing my tyre. Woppa had described Day 1 as a fairly easy 70kms - 9:00am start with a stop for morning tea and lunch, rolling into the pub mid afternoon. Sounded good. I remember standing on Geoff and Jan's front lawn and hearing "approx 90kms"... that's ok Wop only a few kilometres out ...and a few hills ...she'd failed to mention that...and that it might rain... What had I got myself into? I was suddenly thinking "Oh my God I'm not gonna make it!"

We set off and I managed to keep up. The computer on my bike wasn't working (I mentioned I hadn't ridden much didn't I?). So I had no idea how far we'd gone or how far to go. I felt like a 5 year old kid in the back seat of the car continually asking "How much further?"

I have always tried to view things as an optimist, so when Woppa got a flat tyre I

naturally saw this as a benefit. Naturally I had to stop and help. I watched and learned ...and rested. Tyre fixed and we were off again. Those hills just seem to roll on and on and on and on ... don't they? Not huge, just consistent – somebody did say how many there were but I chose to block that out.

Right when I thought I was going to have to turn the bike upside down and wait for the courtesy car the pub came into view. What a welcome sight – now for a nice hot shower and a big feed and all would be right in my world. And they were both excellent. The accommodation was great and the meals were huge.

Dinner over and it was time for some serious card games. I hadn't played in years so it was a lot of fun trying to remember the rules – bit like riding a bike really – once you get going it all comes flooding back. I think we may have even won a hand or two.

Sunday saw a lot of rain so all plans for lawn bowls had to be cancelled. A few dedicated cyclists still rode into Henty while the rest of us continued the card games. Woppa and I decided to head off for a bit of a ride – 10.5kms around the village – we did well.

Monday arrived and it was time to head back to Wagga. Another 90kms (approx) but surprisingly I was feeling fine. It was a good ride, again lots of laughs and good conversation. Morning tea and lunch were excellent and we arrived back in Wagga early afternoon. It was time for me to shower and begin the long trek home.

I would like to say a big thank you to Woppa and Ray for inviting me down. To Geoff and Jan for organising the ride and the food – really, really good food – thank you. To Cheryl for sharing a room with me – hope I didn't snore too much. To everyone else on the ride a very big thank you for your company – I really enjoyed the whole weekend and look forward to hopefully joining you all on another sometime soon.

-Cindy Hure



Riders preparing to depart. Photo by Ray Stenhouse

More Pleasant Hills

It was early Saturday morning 3/10/09. Home alone. Glancing up at my packed bag and looking back down again at my computer screen displaying the Elders weather forecast – 90% chance of rain! Fleeting thoughts of 'What have I got myself into' and 'Is it too late to pull out' were quickly put aside to 'I've put my name down and I'm doing this ride knowing full well I will probably get saturated'.

Once arriving at the meeting point, Marks's place, and seeing the familiar faces I started feeling more relaxed, even excited about the weekend ahead. As well as the more familiar faces it was so good to see Bruce Golding and Woppa's friend Cindy from Maitland. Cindy was kind enough to share a room with me (she assured me I didn't snore once).

The trip to Pleasant Hills was fantastic – lots of chatter, comradeship, plentiful scrumptious food supplied by Geoff and Jan Marks, and after all the panic, not a drop of rain. The accommodation for our weekend was the Pleasant Hills Hotel. This is run by the small local rural community. They were very friendly and welcoming and did their best to ensure we enjoyed our stay.

Friendship, push bike riding, learning more about the people you already know, socializing, food–glorious food, the NRL footy Grand Final and beginners luck in the card game 500 – it's a great way to spend a long-weekend. This is a weekend I reflect on with very fond memories. Thank you Jan and Geoff Marks.

-Cheryl Armstrong.

Around the Bay in a Day 18 Oct 2009

Riding around the streets of Melbourne's CBD a little after 5.00 in the morning is a strange experience: apart from watching out for tramlines (and, yes, a few trams even at that time) there

are the street-sweepers with their high-pressure hoses, and numerous delivery vans parked at odd angles. Bringing a human dimension to the scene were the dishevelled suit-wearing blokes and high-heel-carrying girls staggering, tripping, stumbling home.

But although a distraction, on 18 October none of this was my concern, as I was off to join the steady stream of riders heading to Sorento, then (for many) to Queenscliff, Geelong, and back to Melbourne, on the annual Bay in a Day ride. The morning was cool, and the day comfortable throughout, with little headwind in the morning, and a most welcome gentle tailwind for the last three hours of the return journey. For the most part, people are in a good frame of mind for the Bay in a Day, and, as on past occasions, this one was a friendly social event. As I was riding on my own (the Wagga riders didn't coordinate themselves for this one) my strategy was to tack on with other riders and groups.

Throughout, I was interested in the variety of people who set out on the 210km ride: Men and women well into their 70s, as well as children and family groups, did marvellously well throughout the day; young men (and older ones) out to break the land speed record; far fewer women than men. All, whatever their pretensions, out for an enjoyable day on the pushie.

I waited only a few minutes for the ferry at Sorento, and the meal provided by the organisers was fresh and gave me a good kick along for the return trip. The only hiccup in the whole day was that a short while after Werribee there was a problem with the route signage, which resulted in hundreds of riders doing an unexpected tour of the industrial areas of Altona and other less picturesque parts of the Melbourne landscape.

Apart from the organized ride itself, one of the bonuses of going to Melbourne for The Bay is the opportunity to explore some of the great bike tracks that have been built around the city. Quite some imagination has been used in setting out the tracks, with creek banks and the areas under freeway viaducts, for example, being utilized for riders of the humble bicycle. To be able to ride from North Melbourne through to St Kilda with minimal need to go on the road makes for a great community asset that is well appreciated and used by Melbournians.

-Peter Butler

Ovens Escapade 27-29 November 2009

Bicycle Wagga Wagga held a most successful end of year cycle weekend based on picturesque Myrtleford / Bright in north-east Victoria. A total of 46 members and family participated in some fantastic cycling, great accommodation and plentiful food and wine. This was the club's third annual visit to this area.

One of the features that makes this area so appropriate for a BWW club visit is the range of graded rides available from rail trail to mountain passes. This year the TOP-GUNS enjoyed a flatter ride to Milawa / Oxley before attacking the climb into historic Beechworth for lunch. After lunch all enjoyed the exhilarating, down hill run to Myrtleford, followed by refreshments at the roadside Ovens pub.

The POP GUNS sped east along the undulating highway to Everton before climbing the uphill gradient of the rail trail spur line from Everton to Beechworth. As with the TOP-GUNS the famous Beechworth Bakery was the chosen lunch spot before both groups embarked on the rapid downhill to Myrtleford. The off-road rail trail from Myrtleford to Bright and return was chosen by the CRUISER group who didn't miss out on the delights of the berry farm en route.

Friday afternoon rides were also enjoyed by many of the group with the hill climbers having the experience of scaling Mt Buffalo, perhaps in preparation for the Alpine Classic. The POP-GUNS, without warning also had a bit of hill climbing on the Happy Valley circuit to Myrtleford.

Accommodation for the group was again at Valley Homestead at Ovens. What a great venue for a group such as ours; all to ourselves, no other occupants, relaxed atmosphere, full use of resort facilities, use of kitchen for self catering and with front gate proximity to the rail trail!

Our ladies did a great job catering for Friday evening meal for 40 members. Thank you from the entire group! This was so successful that we are now considering doing our own catering for both Friday and Saturday evening next year. What other accommodation establishment would offer the full use of their commercial kitchen to guests?

What a fantastic region for cycling! One would not miss observing the large number of cyclists using the rail trail and local roads. Every car in Bright seemed to be equipped with cycles for the whole family.

Having experienced these rides in the green foothills of the Victorian high country, one can't help making comparison with the similar attraction of our Tumut, Batlow and Tumbarumba region and the great visitor potential of the proposed Wagga to Tumbarumba rail trail.

Detractors of our Wagga Tumbarumba rail trail comment that the Wagga to Tumbarumba trail does not offer the attractions of the Murray to Mountains Rail Trail. There is no doubt that our region *does* offer landscape, vegetation and mountain views the equal of the Victorian rail trail. Food, refreshment, craft outlets, visitor attractions and suitable accommodation would invariably follow.

What a great difference an active rail trail would make to Ladysmith, Tarcutta, Humula, Rosewood and Tumbarumba!

The area visited in north-east Victoria offered considerable attractions for our group other than cycling. Some of our members enjoyed a game of golf at Bright and there has even been a suggestion that David may next year organise a game of Croquet! Wineries were visited, coffee shops enjoyed, Beechworth explored and berries, cherries and preserves purchased.

This was a great weekend, enjoyed by everyone and it certainly has been a pleasure to be involved with the organisation of this club event.

-David and Lisa Glastonbury

A big thank you again to David and Lisa for organising and conducting this event. David and Lisa have been running the BWW Christmas Rides for at least for nine years, each year with increased enjoyment and support from the members.

Great Victorian Bike Ride 28 Nov- 6 Dec

If you have never done one of these rides, then you really should just for the sheer experience. Imagine around 5000 cyclists riding 1-2 abreast (sometimes 6!) cycling along a 560km journey for 8 days! How would (could!) you feed them nutritious, clean, hot food each

day, camp them, provide toilets and showers, entertainment, supervise daily cycling routes with support, ensure they don't tangle with each other or with motorists on the road, provide medical support, police backup, communication, a means of transporting their luggage and sometimes provide a shoulder to cry on!

The standard of cyclists on these rides varies enormously - from almost complete inexperience where bikes are pulled off cobwebs the night before to highly fit and seasoned participants. And it can rain, sending armies of people scattering into shelters that often don't exist. "Please, let my tent and clothes remain dry!" Windy days are the pits! The resources, expertise, coordination and labour required to run this efficiently and effectively are enormous. And these camps move to new sites on a daily basis, involving some 50 semi-trailers and hordes of workers, and what's more, these camps are open by midday.

Send them off from Portland via the Great Ocean Road, cycle around 560 km, finish up in Geelong 9 days later - then you have the 2010 Great Victorian Bike Ride!

People ask me how I enjoyed the ride; I pause, knowing a one-liner is just far too inadequate to give this justice. "It varied from absolutely fantastic to absolutely horrible"! That's sounds a bit strong I know, but when you are miserable, cold and wet through, your tent seeps and your sleeping bag and clothes begin to take on water, are you having a good time? You question your sanity having paid good money and part of your annual leave to do this. Cyclists are definitely a unique mob! But I guess its like golf, it's the one good hole that brings you back. And the absolute purists might say there is no such thing as bad weather, rather just bad clothing. Well bully for them!

Then the sun comes out. Clothes dry. The cycling now metamorphosises into something fantastic. The highlight - The Great Ocean Road from Apollo Bay to Anglesea, closed to traffic, spectacular ocean and cliff views and cycling like no where else - truly a once-in-a-lifetime experience. I also loved the day in the Otway Ranges and up Laver's Hill. This involved a climb of 500 metres but the eucalyptus forests and the views were stunning.

The Vic Police were just fantastic, some even participating in the whole ride.

Don't you just love it when a police car screams by, lights flashing, only to find around the corner a disgruntled, impatient motorist pulled over for cowardly passing you too close and at break-neck speed. Yum...



Dave Mundy, Eric Armstrong, Scott Bennett, Ken Armstrong, Tim Swan and David Swan (seated)
Photo by Eric Armstrong

I was fortunate to have my brother Ken accompany me on this whole trip, especially since our riding abilities and preparations were similar, even though my organisation skills were far superior! Four other Wagga cyclists participated with us, including Dave Mundy, Tim Swan, David Swan (a father son team) and Scotty Bennett.

-Eric Armstrong

Bike Week Activity Day 27 Sept 2009

The Community Cycle Fun Day was held on Sunday 27 September at the Wagga Beach. It was an extremely cold and blustery day, just like being back in Ireland! We suspect the poor weather kept many people indoors however those who braved the conditions seemed to enjoy the event.

Marksy did a sterling job as MC for the day. Chefs Ross and David kicked off with a sausage sizzle sponsored by Wagga Wagga City Council. Mayor Pascoe graced us with his presence and offered a few words of support.



Raylee Macaulay and Mayor Kerrie Pascoe at the Community Bicycle Fun Day. Photo by Janet Hume.

Council officers Jarrod Bryant and Steve Ross spoke briefly on the City's Bikeways and Road Rules. A slow bike race was convened by Loito and Phil, there was a quiz, a roller derby demonstration by Wagga Wagga

Cycling Club, MTB (Mountain Bike) Wagga held a wheelie competition, Margo and Ron displayed their tagalong and chariot, whilst Ray and Wendy gave us a tandem demonstration. Information was available from the McDonalds Classic Racing Team, Morgan Street Cycles, and MTB Wagga. Kidson's Cycles, Morgan Street Cycles and Wagga Cycle Centre kindly donated a range of prizes for the day's events.

Peter finished the day off with an on-road ride whilst MTB Wagga took another group along the riverside track. It was great to see a few new faces participate in these rides.

A very sincere thank you is extended to everyone who contributed to the planning and execution of the event, and to those who braved the weather and participated in the day! See you there next year!

-Elizabeth Dunlop

While the success of the day was a credit to the enthusiasm of the committee and a demonstration of what can be achieved by a group of diversely talented people working together, it would be remiss of me not to record a special note of appreciation to Elizabeth and Kerrie.

Coffee Cruiser's Diary 30 Sept – 4 Nov 2009

The six week 'Coffee Cruisers' program kicked off on Wednesday 30th October as part of 'Bike Week'. The gorgeous spring weather saw nine cruisers register at Koorringal Mall.

Each ride leader focused on a relevant topic: safe riding practice, use of gears, cycle clothing with emphasis on safety, BWW club activities and quick release hubs. The Cruisers also benefited from hearing a representative from the Wagga Wagga City Council and Rob Housden from Morgan Street Cycles as guest speakers.



Coffee Cruisers and others in Koorringal Mall

Unfortunately numbers dropped from the original nine to five, this was in large part due to the very cold or wet weather. But the remaining five continued to have ample enthusiasm and benefited each week as they were supported by BWW 'Buddies'.

Positive feedback from the Cruisers continued till the end of the program, they were very appreciative for the support and knowledge shared by the club. Many thanks go to the leaders and buddies: Wendy Hodge, Ross O'Shea, Kerrie Burkett, Lisa and David Glastonbury, Bruce Hackett, Connie Clement, Roberta Bailey, Ros Tilden, Belinda Cheney, Janette Hume, Sue Garlan, Melinda Barrie, Marg Loiterton, Jenny Powell, David Neil, Glen and Fiona Ross, Eric and Cheryl Armstrong, Petrina Quinn, Ray Stenhouse and anyone else I forgot to mention.

The Cruisers are continuing to be supported and have an aim to complete the 'Gregadoo Loop' by Christmas. I have no doubt they will achieve their goal and beyond! Thanks also go to Lisa and David Glastonbury, for their support in setting up the overall plan for the program.

-Kerrie Burkett

Get on Your Bike

In the words of Freddy Mercury, "I love to ride my bicycle I love to ride my bike" that's pretty much what I had been doing, alone, for the last two years. My trusty mountain bike had taken me all around the Lake Albert cycle way, Rawlings Park, Lake Albert to the CBD and several points in between.

I had read the Bicycle Wagga Wagga column in *The Leader* many times in the last couple of years and agonized as to whether I was competent enough to join the Wednesday morning ride. The decision to join was made a couple of months ago when I passed the Bicycle Wagga Wagga group along Koorringal Road. A u-turn in Vincent Road and off I went to Koorringal Mall. This decision most fortunately coincided with a six week "Introduction to Cycling".

I was terrified of running out of puff on the way from Lake Albert on that first Wednesday morning and arrived at the mall almost half an hour early. Apprehension quickly turned into horror when TV cameras and reporters were spotted, lurking among the lycra clad cyclists. The attention of the novice cyclists was however, quickly diverted

away from any impending embarrassment 'a-la-electronic-media' and steered (no pun intended) towards the 'mysteries' of road cycling.

First there was the mystery of the 'correct attire'. How refreshing to discover that the majority of the group were clad in shiny lycra duds and an assortment of fluorescent shirts for a very practical reason. Comfort and visibility was the aim of the exercise and the choice of clothing had nothing to do with trying to imitate leftovers from a carnival or indeed, attempting to 'frighten small children or make horses bolt'!! Then there was the mystery of the 'donning of the helmet'. Place, straighten and tighten said sartorially splendid headwear, we were instructed. No, it was not to be dangled from the handlebars while riding and most certainly not pushed rakishly to the back of the head. With this sound advice given, the novice riders were starting to feel a small frisson of excitement as the group prepared to leave the mall.

Before mounting our bicycles and heading out with our 'buddies' there was the final mystery of 'riding in a group'. 'Car front', 'car back', 'car left', 'car right', 'clear', 'slowing', 'stopping', 'hole', 'glass' and 'gravel' became a constant and comforting chant on our first outing. The novice riders returned to the mall on that first morning glowing with perspiration and pride. Six week on and thanks to the patience and perseverance of our 'buddies', those remaining novice cyclists had been successfully integrated into the BWW group.

Apart from a ballet class, it's the most fun you can have while dressed in lycra and to quote Freddy Mercury once again, "Get on your bike and ride" is the way to go.

-Annette Brown

A big thank you to Kerrie and Annette for their articles. The Coffee Cruiser's Programme has been a satisfying exercise for all of those involved and a welcome boost for the profile of BWW. We hope that the new riders will become active cyclists and look forward to welcoming them to future BWW outings.

Briefs

Petrina Quinn reports that of the 69 riders (including 12 from Wagga) who started the Audax 1200km Sydney-Melbourne Ride on 29 Nov, only 17 riders (including 4 from Wagga) completed the ride within the stipulated time. BWW offers its congratulations to those who finished and its commiserations to those who did not.

With the unusually high November temperatures and the likelihood of more to come, some members have been concerned about heat exhaustion. The NSW Dept of Health has issued guidelines for maintaining health during extreme heat. Go to www.emergency.health.nsw.gov.au.

For those planning to visit Falls Creek for Christmas, there is information and pricing regarding accommodation there.

Also on 28 Feb "Amy's Ride Albury" will be conducted, to raise funds for the Amy Gillett Foundation. There are 40km and 130km rides. If interested contact BWW Secretary.

There was a big turnout at the club dinner on 21 Oct to hear Tim and Erin Doyle give a presentation on their 5 week tour of Europe. Tim was especially privileged to travel in one of the cars following a Tour de France competitor during the individual time trial. Erin's presentation using photographs and movies made many in the room envious of the Doyle's experience.

South Australian Greens MP Mark Parnell wants changes to local laws that allow people to kill attacking magpies. The 1972 National Parks and Wildlife Act makes it lawful for any-one to kill a magpie that has attacked a person, making the birds and certain poisonous reptiles the only native animals that may be killed without a permit. Mr Parnell says that this is an inappropriate approach to take in the 21st century, and that removal of nuisance magpies should be left up to wildlife authorities.

Upcoming Rides

The Hills Ride 13-14 March 2010

Lee and Lindsay Wilson are planning a repeat of their ride through Holbrook and Tumbarumba to Laurel Hill, returning next day via Batlow, Adelong and Wantabadgery. Riders will stay overnight at the Laurel Hill Mountain retreat. A fully supported ride on which

riders will need to take sleeping bags and personal requisites. There will be a flyer out soon. **Contact Lindsay Wilson on 69262333.**

Easter Rides 2 – 5 April 2010

There will be social rides on each of the four days of Easter. These will be finalised at the planning meeting on 9th February, at which member's attendance and input will be welcomed.

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

Regular Rides

COFFEE GRINDS

Every Wednesday; approx 2 hrs; Moderate Pace/Easy/Some traffic;
Starts: 9 am from Koorringal 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 Koorringal Mall. Gregadoo Loop then back for Breakfast. Note ride starts 7.00 am during summer and 7.30 at other times.

SUNDAY RIDES.

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

A big thank you to those who have contributed to this newsletter. Suggestions and contributions for the April Newsletter are welcomed and encouraged. Contributions should be 300- 400 words (max), ideally typed in word 97-03 and emailed to the secretary. Handwritten contributions will also be accepted. **Next deadline 15th March.**

Remember: Be safe, Be Smart, Be Seen.