



**July 2010**

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Bicycle Wagga Wagga  
PO Box 5789  
Wagga Wagga NSW 2650

[www.bww.org.au](http://www.bww.org.au)

*Next Meeting:* **Planning Meeting**

*Where:* **42 Best Street, Wagga Wagga.**

*When:* **Tuesday, 13<sup>th</sup> July, 2010**

*Time* **7.30 pm**

All members and any prospective members are invited to attend.  
Any questions or further information required?  
Contact **Eric Armstrong 6926 2768**

## President's Ponderings

This past quarter has surely been a busy one for BWW!

Firstly, a sub-committee consisting of Ray Stenhouse, David Neil, Shane Burkett and myself was formed to draft a Constitution to enable Incorporation of our Club. This is certainly a huge leap forward for BWW - these rules will guide the Club and new Committees for many years to come. All members of BWW are encouraged to become familiar with this process and to comment on the draft as soon as it becomes available.

Besides providing a set of rules, Incorporation has the significant advantage of shielding individuals from liability as they now fall under the legal umbrella of an incorporated body. This will provide protection to individuals, particularly Committee members and our Ride Leaders who are so essential for the effective and efficient operation of our club.

We plan to give notice of a Special General Meeting to all members in the very near future where the Constitution will be presented, discussed, modified and adopted, allowing it to be submitted to the NSW Department of Fair Trading. This process should be completed by September. At this meeting and in future Newsletters, the implications of the most significant rules and guidelines will be presented and summarised into plain English. In particular the classification of members has been reviewed to allow identification of ordinary members and temporary members, providing protection for one and all.

Secondly, BWW has submitted an application to RTA to support running a program of activities during 2010 Bike Week - Saturday 18 September to Sunday 26 September. This will follow a format similar to the highly successful event we ran in 2009. Stay tuned as we have not yet received word from the RTA.

Other significant and highly successful activities held over the past quarter include our Club Dinner night at Petrina Quinn's on 27 April where Andrew Blake gave a lively step-by-step account of his agonising but memorable ride from Sydney to Melbourne late last year.

Also many people enjoyed the beautiful weather and scenery of the Young ride on 1-2 May, thanks to Kerrie and Shane Burkett.

And a very few privileged members enjoyed the rides around Lake Macquarie organised by Graeme and Jane Buchan on 12-14 June.

A very big thanks to all these ride leaders and presenters.

Keep abreast of all our activities by consulting our "Calendar of Events 2010". There are a few reminders - don't forget the "End of Winter Ride" to Junee on 29 August and the "Overnight ride to Ariah Park" on 11/12 September.

Bye for now, happy and safe cycling over these coming winter months.

*-Eric Armstrong*

## Annual General Meeting

The Club's 13<sup>th</sup> Annual General Meeting has been postponed to a date to be fixed due to the process of incorporation being undertaken by the Committee. Members will be notified by email of the details.

## Ride Reports

### Murray to Metung 19<sup>th</sup> - 25<sup>th</sup> March 2010

Lisa and David Glastonbury were fortunate to be able to join with 35 other enthusiastic riders from Albury on the 21st Albury Cycle Tour. These annual cycle tours have been organised by the legendary Peter Harper from Albury and over the years have covered Tasmania, most of Victoria and southern NSW.

This seven day supported cycle tour took us from Albury over the spectacular Great Dividing Range, across the Victorian Alps and high plains, to the quiet and exclusive village of Metung on the Gippsland Lakes.

We cycled over and back across the "rooftop" of Australia visiting such iconic Australian alpine sites as Mitta Mitta, Mt. Beauty, Falls Creek, the Bogong High Plains, Omeo, Bruthen, Gippsland Lakes, Dargo and Hotham Heights.



*This photograph of Lisa was taken on a mountain pass through the native forests just north of Bruthen in Gippsland near a location called Walsh Cutting.*

During the six days of cycling we cycled over 600 km and conquered some mighty mountain climbs, with daily ascents averaging 1200m, with the most strenuous day requiring 2150m of climbing. Climbs such as

this also meant that we enjoyed some exhilarating descents!

The tour and chosen route would not have been possible without the support of two buses to carry baggage, food supplies and to portage the riders and cycles over several sections of unsealed mountain roads.

The trip was a fantastic road cycling experience, with scrumptious local food and wines laid on, spectacular mountain scenery, good company and meticulous organisation by Peter Harper.

- *David Glastonbury*

### Easter Rides 2<sup>nd</sup>-5<sup>th</sup> April 2010

**Good Friday** dawned a magnificent day for cycling and approximately 40 riders met at Wagga Beach for a beaut morning ride to Big Springs. Geoff Marks was the ride leader and he sent the faster riders on a northern route via Eunony Bridge.

The main peloton headed through town, meeting the other group as they rode south along Tasman road. Most of the riders got all the way or part the way along the Big Springs Road before turning for home, while a small group of new riders stuck to the Gregadoo Loop.

All riders met back at Geoff and Jan Marks' place at the end of the ride for a big spread of pancakes and hot cross buns. All in all it was a thoroughly enjoyable ride and not many of us needed lunch afterward!

- *Geoff Marks and Lisa Glastonbury*

The ride to Ladysmith on **Easter Saturday** got away from the Wagga Beach a little later than scheduled due to the fact that the beautiful weather meant that more and more people had decided to come along. A great ride out to the General Store was had via the Gregadoo Road to the Tumbarumba Road then into Ladysmith. The General Store catered extremely well to the riders' needs before they remounted and headed back to town via Dairy Hill and Elizabeth Avenue.

- *Ray Stenhouse*

About 20 riders, young and younger, left the beach on **Easter Sunday** morning heading north for Junee. Negotiations were made regarding the preferred route - all chose to ride into the headwind, straight there, and enjoy its benefits via Harefield on the return journey.

We headed through North Wagga and Bomen staying together until Shepherds Siding. The young guns from Wagga Cycle Club took off thereafter - obviously keen to get their milkshakes! Bruce and Graeme had the toughest journey home, having already ridden into Wagga. At least the rest of us were relatively "fresh" to charge into the wind.

We congregated at the Railway Station coffee shop and enjoyed the beauty of the old building and surrounds before flying home, literally. We didn't see Charlie and the young guns much after Junee! What was in those milkshakes?!!

A tough but enjoyable ride overall. Thanks everyone for your company.

- *Elizabeth Dunlop*

Around 25 riders met on **Easter Monday** morning for the 70km Mangoplah Meander. It was mostly a pack of Wagga riders that left the beach precinct and made their way south along the quiet Holbrook Rd. We were joined for the ride by the father and son duo of David and Tim Swan from Tumut, who have since joined us for a number of other club rides.

Not far out of town we met a few early birds returning. They had opted for a shorter ride and left a little earlier than the main bunch. At the Mangoplah turnaround the group refuelled with some refreshments at the store before riding back in along the Holbrook Road for a late morning tea at McDonalds Glenfield.

It was a great ride and concluded yet another very successful weekend of Easter rides for Bicycle Wagga Wagga.

- *Lisa Glastonbury*

### Young and Surrounds 1<sup>st</sup>-2<sup>nd</sup> May 2010

When I was asked to write this report, I thought I should do a bit of research to see how to write a ride report for BWW. I found Kerrie's report for the same Young weekend 2 years ago, and the opening paragraph really just needed the dates changed to 1<sup>st</sup> and 2<sup>nd</sup> May 2010. So, just copy and paste that bit and I've made a start! Sorry for the plagiarism, but Kerrie's words perfectly summed up the great weekend we just experienced.

"What a magical weekend, great company, great weather and great destination, thank you to everyone who attended the rides in and around Young on the 10th and 11th May 2008.

Jenni and I arrived in Young and set up our caravan at Young Tourist Park on Friday evening. We then set out to find the Great Eastern Hotel, where everyone else was staying. Fortunately, it was the first pub we came across, and we nervously ventured in looking for the BWW people whom we didn't really know very well. We were soon put at ease when everyone made us so welcome. We all adjourned to the Services Club for a very enjoyable meal.

Eleven riders set off from Young on Saturday morning to ride the 50km to Galong. It was a beautiful fresh morning, and the countryside was looking magnificent after good recent rain. We all arrived safely in Galong in time for a drink and a wander around the recently re-opened Hotel, while we waited for the cook to arrive. It's a fascinating place, with a huge outdoor entertainment area, complete with a stage for entertainment, and locally produced art.

After lunch we returned to Young via the same route, with some of us detouring slightly to check out St Clement's Retreat (or Galong Castle), which is a really interesting place. Check out the website [www.stclement.com.au](http://www.stclement.com.au) if you haven't been there. The ride was a

very enjoyable 100km, with the "moderate hills" providing a bit of a challenge.

We all met for dinner at the Great Eastern Hotel on Saturday night. Good food, good wine, and stimulating company. I was presented with a guidepost reflector that Ray claimed he found on the side of the road. It perfectly matches my official Audax reflector, which is ridiculously large, but provided a bit of a talking point. And no, I haven't mounted it on the other side of my bike!

Sunday was an equally glorious autumn day for the ride to Bribbaree, via the delightfully named Thuddungra – wouldn't you just love to be able say you live there? Heather and Elizabeth joined us to make 13 riders for the day. They had arrived from Wagga on Saturday afternoon. A drink at the Bribbaree pub, salad rolls in the park, and back on the bike for the return trip to Young via Tubbul (I think). Most of the ride was flat, but with some hills the closer we were to Young. The last 10km or so was mostly downhill, but bugger, I was too slow to get onto the wheel of one of the front-runners as they sped past me! Oh well, had some fun down the hill on my own, and may not have been able to stay with them anyway. We all waited on the outskirts of Young to allow ride-leader Kerrie to lead us back into town. A total of 108km on nice quiet country roads, with great weather and great company – what more could you want!

Thank you to Kerrie Burkett for organising a great weekend of riding and socialising, and to everyone for making us feel so welcome. Jenni particularly enjoyed the company of Anton, Jan, Geoff and Fiona in the support vehicle.

- David Swan

Footnote: Jenni was so jealous of the plaster on Jan's arm that she fell over and broke her arm on the Tuesday after the ride. Some people will do anything to get out of domestic chores that require two hands!

### Ride of Silence 24<sup>th</sup> May 2010

About 70 cyclists from all branches of the Wagga cycling fraternity and a number of families turned out on a sunny afternoon for a Ride of Silence commemorating those who have been killed or injured as a result of their cycling activities. Bruce Golding came over from Lake Cargelligo to join us on this ride. John Smith and his wife Marjorie thanked those present for such an impressive turnout before Geoff Marks sent the riders on their silent ride out through North Wagga.

At the Red Steer Peter Makin outlined some of the history of the Ride of Silence, and BWW President Eric Armstrong reminded riders of the need to be ever vigilant. We thank Peter and Alison Makin for organising what is hoped will become an annual event.

### Lake Macquarie 11<sup>th</sup>-14<sup>th</sup> June 2010

On the June Long-weekend four members of Bicycle Wagga Wagga accepted the invitation of Graeme and Jane Buchan to visit the Central Coast for a weekend of cycling. David and Lisa Glastonbury and Geoff and Jan Marks took the opportunity to visit this area and explore some new cycling territory. Rides were led by Greg Fell, ex-President of BWW, now resident of Newcastle.

The Saturday ride of approximately 85km followed the route of the annual "Loop the Lake" around the foreshores of Lake Macquarie. We were joined on this ride by David's daughter Kerrie and her friend Jane. Both of these are regular "commuters" by bicycle in Newcastle but neither had previously pedalled anything like 85 km in a day!

The Sunday ride took us into the Morriset agricultural hinterland and included a visit to the Weet Bix factory at Cooranbong. This was followed by further cycling around the western Lake foreshores and a most interesting inspection of the

expansive and historic Morriset Hospital precinct.



Lisa Glastonbury, Jane Buchan, Graeme Buchan, Greg Fell, and Geoff Marks assembled at Shingle Splitters Point, Lake Macquarie.

These cycle trips provided some fantastic Lake and coastal scenery and the opportunity for us "inlanders" to enjoy some great sea food and Hunter Valley wines.

Thanks to Graeme and Jane for their hospitality, planning and conduct of a great cycle trip. Mention will not be made of the golf with Graeme and Geoff easily defeating the Glastonbury team "on the day."

- David Glastonbury

### The Blind Courage Ride

Two brothers Lorin and Dean Nicholson made history by being the first blind persons to ride over 4000 kilometres across Australia. Part of that history were several Wagga riders who joined the brothers and their pilots on tandem bikes on route from Narrandera to Wagga. These were Glenn Ross, Ray Stenhouse, Wendy Hodge, Petrina Quinn, Ros Tilden, and Eric Armstrong. Joining this party at the reception in Trail Street were Ros Dunn and Kerrie Burkett. The Wagga group, replete with Wagga jerseys, felt inspired by the courage of the brothers, their pilots and support crew.

Here's an edited version from the Blind Courage website of Day 28: Narrandera to Wagga Wagga to Gundagai.

A slow leak in the front tyre of Lorin and John's steed, 5km short of breakfast, was a real incentive for the boys to crack the whip and get that show on the road, so they really

set the pace. Now for anyone keeping a tally, this was puncture number seven, which means our supply of spare tyres is down to three and spare tubes is down to one. I guess it's off to the bike shop in Wagga Wagga to restock the rubber. Thanks to Kidsons Cycles who gave the boys a generous discount on the tubes.



Petrina and the Boys.

The steady morning continued until the boys met their favourite pin-up girl, Petrina Quinn, and her mates from Bicycle Wagga. Benjamin from Prime TV caught up with boys just as they combined forces with Bicycle Wagga on their last leg of the Sturt Highway. It was a big media day for Lorin and Dean – as they were constantly stopping to fulfil radio commitments with interviewers all over the state and beyond.



The Blind Courage riders with their BWW welcoming party.

It was lovely to meet vision impaired people of all ages, including young Tim Rees, who travelled 100km with his dad, Peter, from Cootamundra, just to meet the Blind Courage boys. Colin Rush was one of the officials at the event, as he's a prominent vision impaired citizen who loves his sport and loves to get out and about. Colin spoke beautifully and straight from the heart with his innate knowledge of the subject.

The mayor, Cr Kerry Pascoe, gave us a very friendly welcome to his fair city along with a \$100 donation to the cause. In fact the whole gathering was extremely generous and opened their hearts and wallets. In just two hours, the tally was boosted by about \$800. Petrina led the riders to the perimeter of Wagga before the police could run them out of town. Actually, it wasn't quite as bad as it sounds, as the police officer was sponsor Mark's brother.

Wagga was the starting point for another rider supporting the Blind Courage tandem riders – Peter Barr. Peter is a keen cyclist who was part of the Pollie Pedal, from Melbourne to Sydney in 2008. Gone were the long, flat plains and the hills on the road to Gundagai tested the cyclists' mettle. What a relief it was for them to finally hit the cement of the Hume Highway after what seemed like endless miles of trigger point massage in their wake.

-Source: <http://www.blindcourage.com>

### Upcoming Rides

#### President's End of Winter Ride 29<sup>th</sup> August 2010

The annual End of Winter Ride will depart from Wagga Beach at 10am on Sunday 29 August, 2010. There will be the option of a 66km ride via Wantabadgery and Gundagai Road to Junee, but this ride will be unsupported. The other option is a supported ride proceeding along Oura Road and Patterson's Road to Junee (48km). Lunch will be at Junee's historic Railway Café, after which everyone will make the leisurely trip home via Bomen (34kms). A ride not to be missed.  
**Contact Eric Armstrong 6926 2768**

#### Ariah Park Ride 11<sup>th</sup>-12 Sept 2010

David and Lisa Glastonbury have volunteered to lead a two day supported ride out through Coolamon to Ariah Park, returning through Junee the next day. David and Lisa's rides have always been spectacularly successful. There will be a flyer out soon.  
**Contact David Glastonbury 6926 2354**

## Community Cycle Fun Day 19<sup>th</sup> September 2010

As part of NSW Bike Week 18<sup>th</sup>-26<sup>th</sup> Sept 2010 BWW will be hosting a Community Cycle Fun Day in conjunction with the RTA and the Wagga Wagga City Council on Sunday 19<sup>th</sup> September. Last year's event was held in the Wagga Beach Car Park from 1pm to 4 pm, with a sausage sizzle, novelty events and cycling on the River Trail and on road. It is expected that the 2010 event will take the same format.

Contact Kerrie Burkett  
6925 5337 or 0412 788 154

## Canola Canter 10<sup>th</sup> October 2010

The 2010 Canola Canter will take a similar format to last year, hopefully without the rain. Distances on offer will be 50km, 100km, 150km and 200km.

Contact Ray Stenhouse 0418 400 455

## Great Victorian Bike Ride 27<sup>th</sup> November-5<sup>th</sup> December

This year's Great Victorian Bike Ride will start at Yarrowonga and wind its way through the Goulburn Valley and into Marysville. Eric Armstrong's report on the 2009 Great Victorian Bike Ride can be found in BWW January 2010 Newsletter. The 2010 Ride will be limited to 5000 places. There is \$100 discount if you book before 30<sup>th</sup> July, so be quick. Go to [www.greatvic.com.au](http://www.greatvic.com.au).

## Diary Dates

4<sup>th</sup>-12<sup>th</sup> Sept – Cycle Queensland  
[www.bq.org.au](http://www.bq.org.au)

19<sup>th</sup> September – Community Cycle Fun Day

13<sup>th</sup> October – National Ride to Work Day.

17<sup>th</sup> October – Sydney Spring Cycle  
[www.springcycle.com.au](http://www.springcycle.com.au)

17<sup>th</sup> October Around the Bay in a Day  
[www.aroundthebay.com.au](http://www.aroundthebay.com.au)

26<sup>th</sup>-28<sup>th</sup> Nov – BWW's End of Year Rides – Myrtleford.

3<sup>rd</sup> December – BWW's Christmas Bush Dance at Downside.

## Other News

### BWW supports Cancer Council Morning Tea

Members of Bicycle Wagga Wagga helped raise \$420.00 at the Cancer Council Morning Tea – as part of the national effort. About thirty people enjoyed the morning cuppa/coffee and cakes.

A big thank-you to those who brought the yummy food and thank you to BWW member Gerard Farrell for his generous gift voucher for a massage therapy session and discount vouchers.

The dry and sweet sherry on arrival proved to be a hit and this host looks forward to a repeat with BWW support again for 2011.

- Petrina Quinn

### Snakes Alive!



David Glastonbury has sent this photograph of Paul Johanson watching a "monster" slither across the cycleway during a ride at Manly Dam on 16<sup>th</sup> May.

Craig Gibbins and Graeme Carthew encountered a similar "monster" (this one was black with a red belly) on the Wagga River Trail behind the Tourist Bureau during a lunchtime jog on 21<sup>st</sup> May.

These "monsters" are protected wildlife and important to the eco system. It is unusual to see such "monsters" this late in the year. If you see one, keep well clear of it.

### Date Slice for Cyclists

*Alison Lehmann's Date Slice has for many years been a feature of BWW rides to Junee, Ganmain and Pleasant Hills. Alison has*

*generously consented to allow her recipe to be shared with other cyclists.*

### Ingredients

60 gm margarine or butter  
¼ cup or 2 tablespoons sugar  
1 ½ cups self raising flour  
1 egg yoke  
A little water

### Filling

Approximately 2 cups chopped dates  
Sugar to sweeten (about 2 tablespoons)  
Juice of one lemon  
A little water  
Boil together, stirring all the time.  
Allow to cool before using as a filling.

### Method

1. Cream margarine and sugar.
2. Add egg yoke.
3. Stir in flour – mix to a firm dough with a little water.
4. Refrigerate for 15 minutes.
5. Remove from fridge, and divide dough in half.
6. Roll out dough to fit a slice tin, which has been lined with baking paper.
7. Spread over date filling.
8. Roll out remaining pastry to cover the date filling.
9. Brush with egg white and sprinkle OR when it is cooled ice with vanilla icing and sprinkle with cinnamon.
10. Bake at 180 degrees Celsius for 30-40 minutes, or until well browned and slice leaves the side of the tin.
11. Cool in tin, and then slice.

-Alison Lehmann

### Thanks

A big thank you to those who have contributed to this newsletter. Suggestions and contributions for the October Newsletter are welcomed and encouraged. Contributions should be 300- 500 words (max), ideally typed in Microsoft Word 97-03 and emailed to the secretary. Handwritten contribution will also be accepted.

**Next deadline 15th September**

**Remember:  
Be safe, Be Smart, Be Seen.**