



## October 2010

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Bicycle Wagga Wagga  
PO Box 5789  
Wagga Wagga 2650  
[www.bww.org.au](http://www.bww.org.au)

### Next Meeting      Planning Meeting

Where:                    **55 Flowerdale Road**  
Time:                    **7.30 pm**  
When:                    **Tuesday, 12<sup>th</sup> October, 2010**

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

### Preamble

Australia is virtually the only country in the world where it is compulsory for cyclists to wear helmets.

Last year's October Newsletter featured an article emphasising the functionality of bicycle helmets and pointing out that a helmet can reduce the risk of serious head and brain injury by up to sixty per cent. Other research suggests, that bicycle helmets can reduce the risk by as much as eighty-eight per cent.

Listeners to ABC Radio National's "Background Briefing" however, will be aware that there is currently a debate raging about the compulsory wearing of cycle helmets, an issue which the ABC says is "bigger than climate change". Opponents of compulsory wearing of helmets say that helmets are an agent of the nanny state, that they make cycling *look* dangerous, that they are a substitute for cycling infrastructure, that they are a restriction on our basic freedom and that it's much safer to cycle in Europe, where hardly anyone wears a helmet. Cycling in Europe is made safer by massive investment in cycling infrastructure. If helmets were not compulsory more people would be encouraged to ride and thus there would be more pressure on governments to build cycling infrastructure.

Some have argued that helmets can actually *cause* brain damage. In appealing against a \$56 fine for not wearing a helmet earlier this year Sue Abbot argued the possibility that in wearing a helmet you might sustain "diffuse axonal injury", or shaken baby syndrome. The judge quashed the conviction, but eminent researcher Andrew McIntosh believes that with padded impacts to the head linear and angular acceleration *is* in fact reduced.

So the jury is still out on the real value of compulsory cycle helmets. But there are plenty of people out there who say, "If I hadn't been wearing my helmet, I'd be dead." It may be ludicrous to be told

to wear a helmet for tootling down to the corner store, but for the type of cycling we do, BWW will continue to advocate the wearing of helmets in order to minimise head and brain injury in the event of an accident.

-[www.abc.net.au](http://www.abc.net.au)

### Annual Meeting 10<sup>th</sup> August 2010

In spite of a cold and rainy evening, twenty four members attended the BWW's 13<sup>th</sup> Annual Meeting at the Sportsman's Club Hotel on Tuesday 10<sup>th</sup> August. There were five apologies.

President Eric expressed his appreciation for the work of the committee and support of members in the organization of the 2010 Bike Week Activities and to the sub-committee for its work in drafting the BWW Constitution in preparation for incorporation. It was reported that the club has a healthy bank balance and that there are fifty-one adult members and 31 family members. Motions that the Club apply for incorporation and that the draft constitution be adopted were carried without dissent. David Neil was elected to the position of Public Officer.

Congratulations to Eric Armstrong on his re-election to the position of President, and to Kerrie Burkett for again accepting the position of Secretary. Ray Stenhouse is the new Vice-President, while Roberta Bailey has accepted the position of Treasurer. Other members of the new committee are Lisa Glastonbury, Shane Burkett, Peter Makin, Ray Loiterton, Ross O'shea, and Craig Alexander. A big thank you to all these people for accepting executive and committee positions. Members are reminded that attendance at meetings is not restricted to committee members. We look forward to another exciting and memorable Year of cycling and socializing.

Bicycle Wagga Wagga officially became BWW Inc. on 24 August, 2010. Roberta has kindly made her home at 55 Flowerdale Road available for the club's next planning meeting. The directions Roberta has given are to turn off Moorong St beside the Co-op, proceed 600m to the cattle ramp and turn left to the two storey

house. If you get lost, Roberta's number is 69213084.

**Ride Reports  
June Ride  
31<sup>st</sup> August 2010**

We arrived at the beach and took comfort standing around chatting in the morning sun, signing on and awaiting Eric's words of welcome and direction. The 84km option was proving to be quite popular as many riders had not many kilometres under their belts due to the severe winter conditions. Eric introduced two relatively new riders in Kirsty and Susan, who helped make up this group of twenty five riders.

As we rode out of town the group became a little fragmented by the limiting effect of traffic lights. Once we reached Oura Road near the viaduct, a good bunch had formed of no more than twenty riders, all chatting away with various topics of conversation.

It being the end of winter with time off the bikes for some, it was like renewing old acquaintances. After making the turn into Patterson's Road we seemed to be not so chilled. Was it the sunny morning, or was it the little hills which made us ride harder and certainly fragmented the bunch once more?

It soon became evident why the 84km option was really the most popular option. It was Eric's morning tea spread at about the 20km mark. He had the billy boiled, tea, coffee, fresh orange juice and an array of cakes, biscuits and lollies. YUM!

Ross and Aiden had certainly arrived before the bunch, Aiden being the youngest rider. Riders otherwise consisted of people like John Lehmann, avid "Big Ride" cyclist Michael Dunn, who likes the odd Audax Event, keen track racer Brodie Pearce and of course the most experienced Russ Travers. And here comes Heather Pearce bringing up the rear rider, Susan Fielding on her mountain bike!



Riders assembled at morning tea

By the end of the morning tea the weather became mostly cloudy rather than mostly sunny. Importantly, there was no particular wind that bothered us all day.

As we passed Roseleigh Manor it was interesting to see the new gas pipeline construction underway in the region. Single file was the order as the bunch again fragmented after we made the turn for Junee at Harefield along the Link Road.

Lunch was waiting at the Railway Station Café which is the old tea rooms at Junee Railway Station. You really felt like going back in time to the old days when train travellers would have to alight to have a smorgasbord lunch. Some riders were joined by their riding and non riding partners who for various reasons had driven to Junee to enjoy the lunch break. The tea rooms were decorated with arts and crafts and Bronwyn spotted a rocking type horse in the form of a tricycle that might have suited some riders who couldn't decide what to ride on the day. Then arrived the 100km trio. They looked like they had missed out on a beautiful morning tea and were ready to tuck into a hearty lunch.

The ride resumed after lunch at an initially slow pace with a few changes, some retirees, and some with fresh legs. The route back to Wagga was straight down the Link Road with, you guessed it, Eric's afternoon tea break at Shepherd's Siding. Although Eric conducted the ride in the true Presidential style of leader and support, he did become Lance and did ride his bike from the morning tea break to Junee.

Well done, Eric.

Back on the bikes after the tea break, it was down into Wagga via Bomen. The descent down Byrnes Road hill is where it is always hard to resist a bit of speed, and which is where Brodie and I left the ride. So I have nothing to report between Hilary Street and town. It is a mystery as to what might have unfolded at ride's end.

-David Neil

**"Bowsers, Wowsers and Peppercorn  
Trees"**

**Ariah Park Ride  
11<sup>th</sup> - 12 September 2010**

Twenty or so intrepid cyclists left the Wagga Beach on a foggy Saturday bound for Ariah Park via Marrar and Temora. David had the departure organized with support vehicle and pre-ride briefing down to the last detail.

As the group proceeded out through North Wagga to re-assemble at the Marrar turn-off the sun appeared and the slight south east breeze gave promise of a delightful day of cycling and socialising. A pause at the Marrar café was a welcome respite before the group proceeded down the Dirnaseer Road to the Goldenfields Way leading into Temora and a lunch stop at the Temora bakery, where the freshly made salad rolls and coffee provided a boon for hungry cyclists. Then it was off again for the final leg into Ariah Park. For part of this leg we even had a police escort.



On the Road to Ariah Park

At the Ariah Park Hotel we were joined by the Marks, Hume and Macaulay families, who had motored down after fulfilling commitments in Wagga.

After settling in we enjoyed pre dinner drinks on the hotel balcony and a sumptuous meal with a choice of Thai or Australian cuisine. Then those who could avoid the football, assembled in the upstairs lounge for an exciting evening of entertainment in the form of a cycling quiz, arranged by Lisa and David. We were appreciative for the prizes, donated by Chris and Roberta Bailey.

After a "do it yourself" breakfast and the obligatory photo opportunities the group was off again for the ride home via Coolamon.



Riders Assembled prior to departure

This day proved warmer with a breeze from the northwest and a flat road making for pleasant cycling. After the sumptuous lunch at the Coolamon bakery, the fuelled up cyclists then started the run into Wagga, for to the café and family reunions. Another enjoyable and incident free weekend. Even the magpies were kept away with only one rider upsetting the

birds by being left by himself as the riders departed from Coolamon. Six of us still had enough energy to ride up Lake Albert Road to our various destinations.

Lisa and David have again excelled themselves in the organization and conduct of this event. We thank them for their effort and enthusiasm, and eagerly look forward to their Myrtleford excursion.

*-Photos by Janet Hume.*

### Lake to Lagoon 12<sup>th</sup> September 2010

It has been reported that BWW was worthily represented at this event in the presence of Lyn Wilson and Petrina Quinn. Petrina in fact was Event Director, while Lyn did a live interview on the day, both girls doing their utmost to lift the profile of BWW. BWW's Lindsay Wilson is also a committee member. Around 4000 runners and 2000 cyclists participated in what for this year became a "Lake to Lake" event following widespread winter rain

### NSW Bike Week Get On Your Bike in Wagga Wagga 26<sup>th</sup> September 2010

Bicycle Wagga Wagga, together with the RTA, Wagga City Council and the city's bike clubs, hosted a Community Cycle Fun Day at the Wagga Cricket Ground. Bike Week promotes the joint health and environmental benefits of using cycling for transport, and for creating and maintaining social networks

About 200 people participated in the promotion, the purpose which was to encourage families to consider the enjoyment to be gained from cycling as a family group. New cyclists were able to try a range of bikes and equipment.

The activities began at 11 am with a range of novelty events, a quiz and a free sausage sizzle. Representatives from the Wagga Cycle Club were on hand to discuss road and track racing and to give interested people a try on the track. Representatives from MTB Wagga and the Wagga Triants were also present. Prizes for novelty events were donated by Morgan Street Cycles, Kidson's Cycles and the Wagga Cycle Centre.

To conclude the day about twenty cyclists participated in a 20km road ride through Central and North Wagga. Thank you to all those who contributed to the success of this promotion.

*-Lisa Glastonbury*

## Upcoming Events

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

Experience a springtime scenic ride exploring the countryside around Wagga. In 2009 over 60 riders successfully completed the various distances on offer.

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](http://www.bww.org.au).  
Contact Ray Stenhouse on 0418 400 455

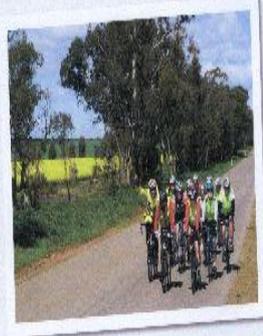
### National Ride to Work Day 13<sup>th</sup> October 2010

Entering its fourth 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](http://www.ridetowork.com.au).

**MYRTLEFORD**  
**26-28 NOVEMBER 2010**



**RESERVE THE DATE**

Our very popular Bicycle Wagga Wagga Christmas Trip is on again!  
Great accommodation at Valley Homestead, good food, excellent graded rides, spectacular scenery. Reserve the date. Trip details will be provided at a later date.  
Trip organisers: Lisa and David Glastonbury 69262354

### Bush Dance Friday 3<sup>rd</sup> December, 2010

BWW will host a "Christmas Family Bush Dance" on Friday 3<sup>rd</sup> December 2010 at the Downside Hall. The regular bush dances are held on the first Saturday of the month and are always well patronised, but this will be a private function for members of the cycling fraternity. Children will be welcome, and the plan will include the option of camping overnight.

The committee has asked that those attending bring their own picnic hamper. As it will be daylight saving, patrons will be asked to come around 6.30 pm to have a picnic tea or barbeque. The dancing will begin at around 8 pm. The hall has an annexe with tables and chairs where you can take your snacks and drinks. The band will of course be the **Tin Shed Rattlers**, who are experienced at getting everyone up to dance, and there will be great opportunities to mix and chat during the breaks, or just sit and watch. Either way, this promises to be a memorable evening. Further details will be emailed to members as they become available.  
Contact Kerrie on 0412 788 154.

### 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 Daylight Saving and 7.30 at other times.

#### SUNDAY RIDES.

**Moderate pace/Easy/Some traffic;**

Starts: 2 pm; Wagga Beach. Note that from 12<sup>th</sup>

Dec Sunday Ride will start at 9 am.

See Wednesday's Riverina leader

(Sports Section) or [www.bww.org.au](http://www.bww.org.au). Contact

**Ray Stenhouse 0418 400 455 or Eric**

**Armstrong 69262768**

### Recipe

#### Carol's Bike Rider's Back Pocket Slice

*Carol Raadgever was tragically taken from us after a cycling accident last year. Carol was well known for her cooking as well as for her cycling prowess. Here is her recipe for a date and walnut slice, which she always carried in her back pocket. Thank you to Lisa Glastonbury, who has allowed us to share this recipe.*

1 cup wholemeal self raising flour

$\frac{3}{4}$  cup chopped dates

$\frac{3}{4}$  cup chopped walnuts

$\frac{1}{4}$  cup sugar

1 egg

$\frac{1}{4}$  cup olive oil (or  $\frac{1}{4}$  cup butter or margarine).

Combine sifted flour, dates, sugar and walnuts. Make well in the centre, add beaten egg and olive oil (or melted butter or margarine); mix well. If too stiff I just add some milk. Spoon mixture into greased 20cm square slab tin. Bake in a moderate oven 25 to 30 minutes. Cut into slices or squares while still hot. Cool in tin. Enjoy.

The Bicycle Wagga Wagga Quarterly Newsletter is a team initiative. Thank you to those who have contributed to this issue. Suggestions and contributions for the January Newsletter are welcomed and encouraged. Contributions should be 300 – 500 words, preferably typed in Word 97 – 03 and emailed to the Secretary. Handwritten contributions will also be accepted. **Next deadline 15<sup>th</sup> December.** **Remember, be safe, be smart, and be seen.**