



October 2011

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President's Ponders

Hello and welcome to the October 2011 edition of Bicycle Wagga Wagga's newsletter.

Firstly, in case you weren't aware, BWW has a new President. The past president of two years or so, Eric Armstrong, decided to step down so he can concentrate on his singing career. Not many people may know this but Eric is a member of the Wagga City Rugby Male Choir and has toured internationally. Now he is also trying his hand at acting and is involved in the upcoming production of "My Fair Lady". I am very grateful, as we all should be, for the extremely valuable leadership and great work that Eric has put in to get BWW to where it is now.

While Eric has taken a place on the committee some other hard working committee members decided to stand down altogether due to other commitments.

One of these was Peter Makin. Peter is a past president and has been on the committee for several years. Peter doesn't make a big fuss, he just quietly works away in the background. Peter was instrumental in BWW running the Ride of Silence in May. This is an international event where cyclists reflect upon those cyclists that have been killed or injured in collisions with motor vehicles. Thanks Peter for your contribution.

Ross O'Shea also stepped down finding that the dreaded thing called work kept interfering with his desire to volunteer. Nevertheless Ross still did manage to squeeze in a lot of help when help was needed and we are thankful to him for this. I hear that Ross may be thinking about his future and should his circumstances change then I'm sure he'd be happy to assist all the more.

At the AGM held in September I was elected to the position of President.

Most of you may already know me but as our membership has grown I keep seeing faces I don't know when I turn up for rides. It is wonderful to see this as it means that our group is still attracting more members.

Right, for those that don't know me, while I'm not an inaugural member of BWW I did join the group shortly after its inception. At the time I had not long moved to Wagga Wagga and had purchased a bike with the intention of

commuting from Lake Albert into town for work.

Well, that was the plan until I rode home from the bike shop to discover I couldn't talk and I couldn't walk after riding the 8km. So the bike was put away for a while.

Then I found out about BWW and started riding with them. Steady progression extended my horizons enormously. This progression was aided by many tips and hints given freely to me by more experienced riders. This advice enabled me to become more comfortable on the bike, to use the gears properly, to get the right equipment and believe it or not, even do a little bit of mechanical work.

When I reflect on how far I've come since joining BWW and then look around at others too that have moved their horizons so that now they can complete with ease what they once thought was impossible it reminds me that all of this has occurred because of the generosity of BWW members.

I sincerely hope that this will continue on. Quite often we forget just how far we have come, and how much we have learned along the way. Sometimes we get a bit carried away with what we're doing and don't notice the less experienced rider out there that would be grateful for a little help or even just some company at times.

I'd like us all to try to be mindful of each other. One of the successes of the recent NSW Bike Week was the "Come Ride With Me" event. So come on, make it a goal, to invite a friend or two out on a ride with you. Slow down, enjoy the scenery and you never know, with your help and encouragement, how far they'll end up going.

As this year draws to a close please give some thought to next year's Ride Calendar. Do you have a favourite weekend ride? Why not share it with some friends? If you've never run a ride before don't let that hold you back. We have plenty of people that would be more than happy to help you out. You never know, your ride might be just what other people are looking for. Give me a call on **0418 400 455** to discuss your thoughts.

Bye for now, happy and safe cycling.

- *Ray Stenhouse*



Glastonburys' Gourmet Gambol

What a great region we live in for cycling? There are just so many weekend rides that can be enjoyed from Wagga Wagga which explore the fantastic Riverina area.

What better time of year to enjoy these rides than during the lengthening, warm sunny days of spring, with cool evenings, a landscape of flowering canola crops, fence high wheat crops, paddocks of playful lambs and nesting magpies!

This time last year David and Lisa Glastonbury organised a ride to Ariah Park via Marrar, Temora and Coolamon.

This year, over the weekend of 17th and 18th September, we enjoyed the new destination of Cootamundra. Coota was used as a day base for rides through the spectacular cycling country of the South-West Slopes.

Whilst most drove to Cootamundra, Lisa decided to spend Friday cycling to our destination and was accompanied on this expedition by David, Genevieve Graham, Margot McFadden and Ron Addison.

Lisa managed to turn this 90km trip into about 130 km for the day, by following a route from Wagga Wagga to Junee, thence the Gundagai Road on to Eurongilly and off to Bethungra. From Bethungra we took the agricultural way around the western side of the Bethungra hills into Cootamundra. This however didn't avoid the hills completely, as we found out approaching Cootamundra!

The party was joined by Fiona and Glenn Ross for Friday evening and we all enjoyed refreshments and dinner whilst discussing Lisa's plans for an "undulating ride" of approximately 100km on Saturday.

Others to arrive early on Saturday were Lesley and Paul Johanson, Ray Stenhouse and Wendy Hodge and Kerrie Cullis and Peta-Jane Adams all keen to hit the road. We were also joined for part of our morning's journey by an enthusiastic bunch of Coota BUG riders lead by our good friend Debbie Barrett.

Saturday's ride took us out of Cootamundra on the Berthong Road along which Paul pointed out the National Park popularly used by

mountain bikers. We were left by our Coota friends on the Burley Griffin Way and we continued on this fast road through Wallendbeen to Murrumburrah for lunch.

During lunch at the Terracotta Café we were greatly amused by our Irish host resplendent in his green Irish rugby top and boldly predicting a win for Ireland over the Australian Wallabies that evening. Not just was he sporting an Irish jersey but he had replaced the Australian flag in the park with a huge Irish flag.

We of course gave him plenty of cheek but clearly he had the last laugh, as his national loyalty was well placed with an Irish victory. Glad we were not returning to Murrumburrah on Sunday!

From Murrumburrah we took the "back" roads on our homeward trip. We enjoyed fantastic 360 degree views over the Murrumbidgee River Valley as we headed along quiet, yes Ron, somewhat hilly roads through the localities of Cullinga, Began Began and Futter Park before entering Cootamundra via the Old Gundagai Road and the Muttama Road.

This was country road cycling at its very best! Ask Fiona and Glenn who lead the downhill charges or ask Ron who drafted the tandem at maximum speed.

Happy hour was enjoyed on Saturday evening at our Wattle Tree Motel before a magnificent dinner at the Olympic Hotel, operated by Sharon and Adam, friends of Lisa's from her Koorngal High School days.

After-dinner entertainment was provided by David who had compiled a quiz on "The Life and Times of Cadel Evans". The quiz champions were Lesley, Glenn and Wendy with Wendy stealing the show by knowing Evans' nickname of "Cuddles"!

Sunday's circular ride of about 110 km from Cootamundra to Temora and return was an equally spectacular ride but through very different and varied landscape to the previous day. The hills out of and back into Cootamundra were quite a challenge but for the rest of the trip we enjoyed some lengthy downhill gradients as we progressed from the slopes onto the western plains.

On this ride we were joined by Graeme Poile who was undertaking a Sunday training ride of 200km! Graeme had parked his car at Junee and rode to meet the group to ride across to Temora and back before heading back to Junee to collect his car and head home.

It was interesting to ride past the Combaring Forest which is a familiar mountain bike venue for many of our members.



Lisa Glastonbury with Genevieve Graham enjoying the cycling delights near Cootamundra. Photo courtesy of David Glastonbury.

Lunch was at the Temora Roundabout Bakery with Genevieve suffering the great disappointment of finding out that the Bakery had sold its last cream bun 10 minutes before our arrival! Genevieve had been talking about having one with her lunch on Sunday since she left Wagga on Friday.

One feature of note that would have interested Janet Hume was our sighting of many large flocks of the threatened Superb Parrot congregating and feeding in the Cootamundra hills.

Once again Lisa excelled herself in delivering the promised weekend of great cycling and food and wine. Thank you Lisa from us all for a wonderful weekend for Bicycle Wagga Wagga.

- David Glastonbury

Canola Canter

The annual Canola Canter was held on 9th October. This ride has been run under the rules of Audax Australia for many years now. Audax Rides are not races, these are challenges to ride the nominated distance within a time limit.

Ray Loiterton led the Admin Team this year. Ray and his team prepared all of the paperwork for the riders that entered before the day so that all was in readiness for them when they arrived at the Beach.

With 14 people deciding to enter on the day the team were flat out getting the paperwork for these riders ready at the last moment. Perhaps the late entry fee needs to be increased to encourage these riders to pre-enter.

This year we ended up with five starters in the 200km event. There were three starters in the 150km, another 40 in the 100 and six riders took to the road in the 50km event.

The riders had a mixed bag with the weather. Some nearly got back from their rides only to be just caught short by the rain. There was a huge tailwind in from Millwood which was much to riders' liking.

Joanne Cheshire once again very capably provided the control at Marrar. Geoff Marks met all of the riders at Millwood with a friendly face and some snacks.

Thank you to all involved in the running of the Canola Canter. Great job, well done.



The 100km, 150km and 200km riders leave the Wagga Beach at the start of the 2011 Canola Canter.
Photo courtesy of Janet Hume

Other Activities

As well as the Gourmet Gambol and the Canola Canter we have had a number of other activities in which we have been involved.

On the last Sunday in August Eric Armstrong organised the "June John" End of Winter Ride. It was very pleasing to see our late mate's family join us for lunch at the Junee Licorice and Chocolate Factory.

BWW provided an escort for the Wheelies section of the Lake to the Lagoon Community event on 11 September. A letter from the Organising Committee has been received which thanked all those that rode on the day.

NSW Bike Week saw BWW involved in a number of events. The Coffee Grinds on Wednesday was one of the events highlighted in the list of activities run by the Wagga Wagga City Council, the Wagga Cycling Club, the Wagga Triants and MTB Wagga.

BWW also ran a very successful educational event at one of the local schools. It was received with such acclaim that other schools have heard about it and have been making their own enquiries regarding availability.

A series of rides on the last Sunday in Bike Week called the "Come Ride With Me" was new this year. The idea behind this was for people that are regular

riders to invite a friend or two to come ride with them. It is amazing what a little encouragement can do.

Thank you to all those people that organised and participated in these events.

Your Committee

Just in case you are not sure who is on the committee and who does what please read on.

As you will have read on the front page Ray Stenhouse is now the President.

David Neil was elected as Vice President. David has held a number of executive positions on other community based organisations and his experience in the regard is very valuable.

Kerrie Burkett was returned unopposed as Secretary. Kerrie is probably the best known of the committee to members due to her fantastic work in keeping the members informed with what is going on. Kerrie is very diligent and extremely enthusiastic,

The Treasurer, Roberta Bailey, was also returned unopposed. Roberta has a financial background and has introduced a number of initiatives that have benefitted BWW.

Eric Armstrong accepted a position on the committee. Eric needs no

introduction having been President for the previous two terms.

Ray Loiterton brings his years of cycling experience to the table. Ray just loves his cycling and is often found encouraging other riders with tips and tricks.

Perhaps better known for being the Coffee Grinds ride leader is Craig Alexander. Craig also has held executive positions in other community groups.

Lisa Glastonbury is an international touring cyclist who really enjoys the social side of cycling. Lisa is well known for riding in all sorts of weather with her catchcry being, "There's no such thing as bad weather, just poor clothing choices".

Shane Burkett brings a sound business brain and his expertise on the insurance field has been a boon to the committee recently.

Glenn Ross is new to the committee but in no way new to cycling. Glenn's latest addition to his cycling stable is a tandem, but not just any tandem. This tandem has the captain at the rear while the stoker takes up a recumbent position in front. It looks very different but it certainly gets along.

While the committee has been elected to manage BWW all of the members of the committee welcome input, suggestions and constructive criticism. After all, BWW is your club too.

If you have any ideas about how things could be improved or concerns about things that have happened please do not hesitate to talk to any of the committee members.

If you like you can also attend the monthly Committee Meetings. These are generally held on the second Monday of the month. The next meeting will be held on **14th November** Just contact **Kerrie Burkett on 02 6925 5337** for details.

Regular Rides

BWW hold a number of regular rides.

There is the **Coffee Grinds** on Wednesday mornings. These rides leave the Koorinal Mall at 9:AM.

On Sunday we have a regular ride too which starts from the Wagga Beach. For most of the year it begins at 2:00PM.

However, in the summer months, in an effort to escape the heat, the ride begins at 9:00AM.

The first Sunday of the month sees the running of what are known as the **Fat Tyred Rides**.

The ride is run in conjunction with the Regular Sunday Ride. It is held mainly on tracks and cycleways so there is little interaction with traffic however some of the terrain requires that you use a bike with fat tyres. A mountain bike is ideal however a hybrid or touring bike with fat tyres would do the job but it's definitely not a ride to use your road bike on.

Fat Tyred Rides may be run on other Sundays too depending on Ride Leader availability. Confirmation of this may be made by calling **David Neil on 02 6971 7778**.

In addition to these rides BWW also run a ride on Saturday mornings called the **B4 Breakfast Ride**.

The ride has been going for several years now and has changed considerably in that time. The format of this ride is currently being discussed.

If you have some views about what is good, bad or indifferent about this ride please let **Kerrie Burkett** know by emailing her at **secretary@bww.org.au**.

Christmas Trip End of Year Rides 26th & 27th November 2011

Our very popular Bicycle Wagga Wagga Christmas Trip is on again!

Great accommodation at the Valley Homestead Resort at Ovens, between Myrtleford and Bright. With good food, excellent graded rides, spectacular scenery and then adding in the great company you have all the ingredients necessary for a fabulous time. Well, it has in previous years, why would it be any different this year?

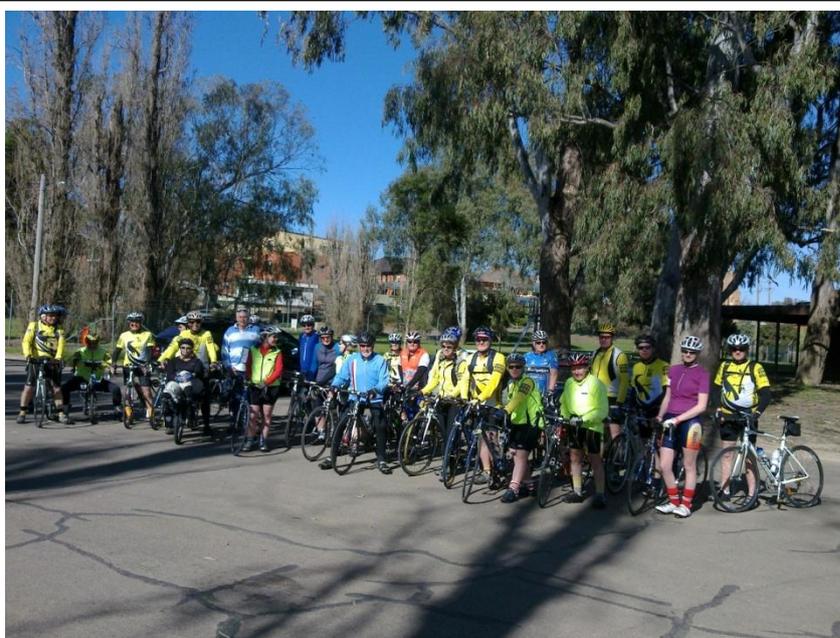
You can even include activities on the Friday, 25th November, to make it a long weekend.

Reserve the dates now to ensure that you can attend this fabulous weekend.

The format of the weekend will pretty much follow that of previous years. David and Lisa are very experienced trip organisers as anyone that has been on one or more of their trips will eagerly attest.

More details are available by contacting the trip organisers: **Lisa and David Glastonbury on 02 6926 2354**.

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



Riders gathered at the start of the "Junee John" End of Winter Ride.