



Brisbane Bicycle Touring Association's

Cycling Times

Cycle for fun, fitness and friendship

www.bbta.org

April-May 2009 - Number 146

BBTA 2009 committee

The Annual General Meeting of the Brisbane Bicycle Touring Association Inc. was held on Monday 9 March 2009. The outgoing Committee presented its reports before standing down. The new Committee for 2009 was then elected. The new line-up is as follows:

Brian Lowe (President)	Maurice Quirke (Vice-President)
Jenni Pearce (Secretary)	Geoff Snell (Rides Coordinator)
Louella Harley (Treasurer)	Heather Jeffcoat (Editor)
Eve Morrice (Social Convenor)	Hetty Lennon (Clothing)
Belinda Deakin (Equipment)	Aileen Franklin (Librarian)
Kerry Neighbour (Webmaster)	Maurice Quirke (Publicity & PR)

After the election we were treated to a DVD of The Mawson Trail. This is a mountain bike touring route extending nearly 900 kms from the outskirts of Adelaide, South Australia to Blinman in the Northern Flinders Ranges. The trail uses a combination of gravel roads, forestry tracks, fire tracks, roadways and passes through forests, vineyards, grain farms and sheep and cattle properties to reach the arid and semi-arid country of the South Australian outback.

To ride the Mawson Trail is a challenge. To ride it without a support vehicle is very difficult and hard work. However one intrepid rider did this in just over 2 months. It was a fascinating DVD. Lots of flies and lots of dust – what a great effort!

Highlights:

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Reminder:

Membership subscription renewal is due on 31 March – see page 3 for details

Next Social Night – Monday 11 May 7.30pm

Col Davies - "Following the Tour"

This informative presentation (approx 30mins), through photographs, PowerPoint and maps will give a glimpse of what it's like to be in France in July following the *Tour de France* with its opening prologue, on the line for the sprint finish, up in the Alps waiting for the first riders, and all the other attendant goings-on.

Col was at the *Tour* two years ago, and followed the *Tour* closely through the Alps. There will be some amusing anecdotes about the dramas with Cadel, Robbie and Stuart O'Grady.

This presentation will be timely in light of the *Giro* and *Tour* dates. There will also be a quiz/activity related to the *Tour* so that the evening will have a very focused theme.



When I decided to nominate for President of the BBTA I had a few goals in mind.

Firstly I wanted to get the Club's finances in order, so member fees remain the same and at the same time build a small nest egg for unseen issues that may arise in the future. I feel confident that we have achieved this by implementing some simple changes to procedure. One change was to go back to packaging and posting the newsletters ourselves and finding a printer that would do our printing at a lesser rate to what we have been paying.

The second thing I wanted to address was the amount of work office bearers and all committee members were doing. The Committee does the hard work in keeping the club operating to an extremely high level, however these positions are all voluntary therefore being voluntary we needed to reduce the time to an acceptable level. To do this we reduced the amount of email traffic. We also had the rides planning meetings following the general meetings and we all assisted each other when problems arose. The change in direction with the Christmas party reduced the Committee members' workload significantly, and the party was a great success to boot. The processes now in place have reduced the work load on Committee members.

The bank balance was also assisted by a growth in membership. I had approached some corporations to try and get sponsorship to assist in paying our insurance, which is by far our largest cost; unfortunately I was unable to gain support. However, as Louella's report shows we are holding our own and the fees should remain stable for another year.

The final issue I wanted to address was the website.

The website is an extremely important aspect of our club. People can find information out about the club, or find a ride that suits. The re-establishment of the on-line calendar has reduced the workload of the Rides Coordinators. The Rides Coordinators position is arguably the most important position in the club but also the most time consuming. Members can now place their own rides onto the calendar and make changes to their rides if there is enough notice to do so. This facility is open until the calendar goes to print. An email to the Rides Co-ordinators or to the Treasurer can have the details of any extra rides emailed out to members.

We have also closed the holes in our site to reduce to risk of infiltration from persons utilising our web site.

I would like to thank the Committee for their huge efforts this year and commend you all on an outstanding year. Thank you again.

On a lighter note, it has been an extremely busy year for the club having had the 25th birthday celebrations, radio interviews on ABC radio, the Christmas party and all of the rides we have attended and entered as a club.

I would like to thank you all for allowing me to have the honour of being President of the BBTA and I thank you all for being members of the club as without you all we don't have a club.

Outgoing President - Paul Gubesch

Firstly, I would like express my sincere thanks to fellow Rides Coordinator, Elizabeth. We worked really well together, and I would have floundered if it wasn't for her ability to pull the calendars together and get them to the printer. The recreation of the on-line calendar has reduced the amount of hours spent on developing the calendar each time -- thanks Kerry, you have been a fantastic asset and never a word of complaint. Before the on-line calendar, I was spending up to 90 hours creating and formatting the calendar.

One part of the job I really enjoyed was fielding phone calls from members of the public that were interested in the BBTA and wanting to start cycling. One of my phone callers, Aileen, has progressed from nervously attending the 20km Sunday afternoon ride to cycling over 100km in one go, and participating in BV's WA ride in the space of one year, congratulations Aileen!

Geoff Snell has kindly taken over the reins of Rides Coordinator for the 2009 year. He is talented in the IT area, friendly and approachable, which will make the job a piece of cake for him. I am sure he will have as much fun doing the job as I did.

Barry and I are co-ordinating the Easter Tour this year. We are retracing the steps of a fantastic tour Terry de Jonge developed in 2006. It was so much fun we thought we would do it again. We hope to see you there.

Now that the weather is cooler and the renovations are coming to an end I will be out on my bike much more, so I hope to see you all on some rides in the near future.

Thanks for all your support in 2008

Kate

What did the zero say to the eight? Nice belt!

Well, we too have tightened our belts and reduced our costs to the point we have arrested the alarming downward spiral of our bank balance that occurred in 2006 and 2007.

During calendar 2008, our total income was \$11,129 and expenses were \$9,979, giving us a \$1,150 improvement in our financial position. Our equipment is valued at \$1,107, our clothing at \$1000, and our library assets at \$80. We have no liabilities.

This time last year I was recommending an urgent subscription rate increase to avoid the collapse of the club in about three years time due to our dwindling bank balance.

President Paul decided to have a go at cutting costs instead and to the credit of the whole committee but particularly the Rides Coordinators, Kate and Elizabeth, we have considerably reduced our costs and I am delighted to say I envisage being able to manage with no subscription rate increase again this year.

The main areas where we have cut costs are in the printing and posting of the newsletter. There are three ways we have reduced costs for the newsletter.

1. A number of members opted out of receiving a paper copy. Thank you to those of you who did. However there weren't as many of you as we had hoped, and this had the smallest impact on the reduced newsletter costs.
2. Thanks to Elizabeth, we changed to a new printer who is significantly cheaper than the old one.
3. Thanks to Kate and Paul, we labelled and sorted the mail ourselves, which considerably reduced the postage costs.

It's the efforts and hard work of Kate, Paul and Elizabeth that had the biggest impact on reducing the newsletter costs and they deserve our thanks for this.

Membership

We had 453 members at the end of Dec 08 which has since grown to 471. At renewal time last year 63 out of 449 members chose not to rejoin, which was 14%.

Events since 31 December 2008

The current bank balance is approximately \$5400. There have been no out-of-the-ordinary events since the end of last year.

Club jerseys could be an issue that impacts on our financial situation in the future. Paul will address this matter in his President's report.

We've enjoyed having you as a member and hope your membership of BBTA has been of value to you. Your membership expired on 31 March 2009 and so to continue your membership, it's time to renew now.

Subscription rates have not changed and are still \$30 for an individual or \$40 for a family for one year's membership through to 31 March 2010. To make it easy for you, there are various ways to subscribe:

By direct credit:

To deposit electronically to our bank account, please use these details:

Bank: Heritage Building Society
 BSB: 638070
 A/C Number: 10938044
 A/C Name: Brisbane Bicycle Touring Association Inc.

Please also include your name so I know it's from you.

By mail:

Please post your cheque or Money Order to PO Box 286, ASHGROVE 4060, with a brief note including your name and address.

By deposit in person:

Please use the above bank account details to pay by cash, cheque or Money Order at any branch of the Heritage Building Society. If using this method you must contact me (at treasurer@bbta.org or at the above postal address) to advise your name and the exact date and amount you paid so I can match the payment to you.

We hope that you choose to continue your membership with us.

Louella Harley

What Can I Do?

Besides knowing the theory behind a correct pedal stroke, there are other things to consider that can improve your pedalling.

If you're not already, use clipless pedals and shoes. The introduction of clipless pedals and shoes over the past fifteen years has taken the art of pedaling to a new level. Flat pedals force you to stomp or 'mash' the pedals which is not an economical technique. Toe clips can help you pedal better but clipless is undoubtedly the way to go.

When using clipless pedals, the cleats must be correctly positioned on the bottom of your MTB shoes. This ensures that you are able to utilise all major muscle groups—quads, hamstrings and calves. Poorly positioned cleats not only reduce your power output but can result in strains and various biomechanical injuries.

The cleat should be positioned so that the ball of your foot sits directly over the pedal spindle during the 'power stroke'. Your foot should also sit naturally on the pedal—you don't want to feel like you are being forced to pedal pigeon toed by your pedals.

Most pedal systems allow your foot to have a few degrees of lateral movement. While this will compensate for a certain amount of misalignment, you should aim to get the cleats in the right spot for your feet.

One legged cycling is an interesting exercise to try during your 'quiet times'. Eliminating one leg from the movement forces will quickly teach your legs to pedal throughout the complete revolution as outlined as above.

The best and safest way to carry out this exercise is to use a wind trainer. Warm for 15 to 20 minutes first and make sure you have a foot stool on either side so that you have somewhere to rest your unclipped foot.

One at a time, unclip a foot and pedal with the other leg. Use a low resistance level and pedal continuously for between 30 to 60 seconds using the cues above. On a wind trainer you can use the noise of the flywheel to help; a constant dull hum indicates an even pedaling stroke.

Fluctuations in the whirring sound indicate that the pedal stroke is not even and that you need to continue practising. Repeat on both legs several times with recovery in between. In just a few months, your pedal stroke should have developed exponentially.

Why Bother?

Developing a sound pedaling technique is essential across all genres of cycling, none more so than mountain biking.

No other cycling discipline takes place on such varied and erratic surfaces. An even pedal stroke eradicates that dreaded sensation of the rear wheel spinning just as you crest the top of the loose climb.

Correct pedaling technique is only half of the battle. If you couple this with the ability to spin at a high cadence, you will be able to ride harder for longer by only applying force where it is required.

Cadence

Put simply, the forward motion of your bike is as a direct result of both pedaling (force) and cadence (velocity).

Your pedaling force can be economised as described above. Cadence on the other hand is a measure of how quickly you turn the pedals. For a given power output, it stands that the quicker you are able to turn the pedals, the less force you are required to produce to net the same end result.

Pedaling force and cadence stress your body in a different manner. Increasing force stresses your muscles while increasing your cadence stresses your cardiovascular system. Given that your muscles have a limited amount of fuel (glycogen); it makes sense to conserve it until you really need it.

Just like your pedaling technique, your cadence or ability to 'spin' can be improved using simple exercises. Ride along a flat section of road at a steady pace and slowly increase your pedaling cadence by 10 rpm (revs per minute) every 30 seconds. Keep increasing your pedaling speed until you start to bounce in your saddle. Once this happens, slow down and recover. Continue to ride and repeat the effort several times during a ride. Indoor trainers are ideal for this exercise.

You can monitor your cadence by using a computer with a cadence meter or by counting your cadence for ten seconds and multiplying it by six.

Over time, your ability to spin will improve and you will be able to ride at a higher RPM before beginning to bounce. By combining an improved cadence with a more economical pedalling method you will be able to ride at the same speed for longer and go harder when required. Go tell your mates that they'd better look out!

If you find yourself in Adelaide in January what else should you do but pay for a Lead Out tour? Someone else (The Adventure Collective) drives, finds a place to park, and supplies you with lunch. I did Stage 3, Adelaide to Victor Harbour.

We saw the start (with an interview with Lance of course), the King of the Mountain on a very windy Wilunga Hill, (the wind had already caused a crash and the withdrawal of last year's winner) and the finish at Victor Harbour. At the start we had to get away in our little bus before the riders did and the road became closed – the actual racing didn't start until about 20 kms, but there was massive traffic to get through.

There was so much enthusiasm from the crowd. People set up their picnics all along the route, and there was a funfair atmosphere at Victor Harbour, where they had local races going on. Many "ordinary" riders did the race route, or part of it, so there was an ocean of lycra.

At the finish I could see that the riders had a light sweat up – and they were very quickly gathered up and swept away by their minders. But the winners had to stay and endure being presented with flowers and a kiss by two tall blonde models. It was a shame that they threw their bouquets into the crowd!

We in the Lead Out Tour had a very picturesque ride back to Adelaide city. A great day and I didn't even get on a bike.

Pauline Roberts



We set out in cloud cover and a forecast of "a shower or two". We soon welcomed a light shower to cool us down – it had been dreadfully hot and humid the last few days. A heavier shower followed, then a so-heavy-it-stings-your-face-and-eyes downpour. By this stage we were you-can't-get-any-wetter wet.

At about the halfway point I told the other riders that rather than complete the ride (another 40 odd km); we were only about 6-8km from the start by a direct route if they'd like to cut the ride short.

But these committed, courageous cyclists insisted on completing the ride as planned, claiming it was "pleasant" and "not too hot" and "the cloud cover is better than the heat of the previous week".

On we pedalled, enjoying an almost completely truck-free Port loop. Maurice provoked the Port Security man when, dazzled by Mary's sparkling company, he momentarily forgot the single file rule. Tsk tsk!

Great to see Gerard back to his old form after a nasty virus and Ginny was happy with her pace too. Allen (her life partner and bike mechanic) wasn't so happy with the two punctures she had.

Also lovely to see David B back after his tripping around Europe by bike and other means. Mountain goats, Col D, Brian L and Alex G, graciously tolerated the largely level route and Greg McD resisted the urge to pop in home for a hot shower as we passed his front door at Wellington Point.

Louella



Victorian Bushfire

Bike Week's theme "Cycling is smart travel" – from principal sponsor Queensland Transport - really summed it up ... and over the week thousands of people used the smart travel option and jumped on a bike.

Bike Week 2009 was an outstanding success for Bicycle Queensland and offered a feast of events for cyclists of all ages and abilities.

The week kicked off with the Epic Cycle Bicycle Maintenance Workshop (booked out – 100 attended), Babes on Bikes (more than 70 parents and kids) and the Women's Ride and Seminar (booked out – 110 attended).

Scody Ride to Work Day was again a highlight of the week with over thousands of cyclists turning up for a free breakfast in Reddacliff Place (and it was great to see a number of state and local polities also taking part).

Bike Week culminated with the BDO Kendalls Brisbane Coot-tha Challenge, The Great Brisbane Bike Ride and the Family Fun Ride. Almost 4000 cyclists took part in these three events and it was great to see so many cyclists take over the roads of Brisbane for the morning.

Bike Week was principally sponsored by Queensland Transport with support from the Brisbane City Council, 4BC, Epic Cycles, Goldcross Cycles, Merlo Coffee, Emma & Tom's Life Juice, Pura Milk, RACQ, Scody, Café San Marco, Budget Car and Truck Rentals and South Bank.

The BDO Kendalls Brisbane Coot-tha Challenge is sponsored by Brisbane Marketing, BDO Kendalls and River City Cycles.

And thanks to the BBTA for again organising the Leisure Rides.

For more info about upcoming Bicycle Queensland events – including Cycle Queensland and the Wilson HTM Brisbane to the Gold Coast Cycle Challenge, go to www.bq.org.au



Maurice Quirke (back to camera), Jean-Pierre and Beth Smythe relaxing after the ride

BBTA have been advised that sometimes when police receive complaints about cyclists not observing road rules, or if there's been a death of a cyclist, they'll patrol the area in question and issue fines.

We understand such a "blitz" is happening in the Centenary suburbs at the moment.

This info is courtesy of Robyn from the Centenary BUG:

The following infringements are being targeted:

Riding across a children or pedestrian crossing (ie one with zebra stripes)	\$60
Riding across the pedestrian crossing at traffic lights (this applies to cyclists riding on the footpath, not the road)	\$60
No bell, or horn or warning device	\$40
No helmet	\$100
No lights at night	\$40
No brakes	\$40
Failing to keep left	\$60
Failing to give way to pedestrians	\$66
Failing to keep left of an oncoming bike	\$60
Failure to ride in the dedicated bike lane if the road has one	\$60
At least one hand on the handlebar	\$40

All other road rules must of course be obeyed such as stopping at stop signs & red traffic lights, giving way at give way signs etc. Be careful of red lights turning yellow - it seems they are becoming tougher on motorists or cyclists going through yellow lights.

In Queensland cyclists are allowed to ride on the footpath so long as they keep left and so long as they give way to pedestrians.

Your committee feels this is a timely reminder to always observe road rules, wherever you ride.

Use of mobile phones

Please note it is against the law to use your mobile phone whilst riding. There was an accident recently when a rider answered his mobile phone, hit a tiny bump and came down. The next rider who came down had tried to dodge then wrapped herself around a free standing road sign. Whilst wrapped around this sign another rider ran over her. "I was just pleased that I could actually get up without a lot of pain! I ended up with various bruising, cuts and a sore bum."

If you must answer your mobile phone whilst cycling please let others know that you intend to answer your phone then move safely to the side of the road.

I met Allan some 8 years ago when I first joined the BBTA and started my first ride which was a regular Saturday afternoon ride. Allan had been with the club for several years and willingly shared his knowledge with both myself and other riders equally during and at the end of the ride whilst we gathered at a nearby café. It was from that point that Allan and I became close friends.

Due to his seemingly ongoing treatment for cancer he was not working much and as I had moved to part time work, plus as we both had the time, we used to go on a few mid week rides putting together recorded rides that we would both use whilst leading rides for the club. The most popular ride would have been from the Sandgate swimming pool around Deagon up along the coastline to Scarborough and back to Sandgate. We also put together numerous rides that started from Stones corner. Allan was a very keen cyclist and over the years that I knew him he had amassed an impressive collection of bicycles with all the right accessories to match.

His main inspiration and idol was Lance Armstrong. I am sure Allan believed that if Lance could beat the big C then so could he. To Allan's credit and tenacity he gave it his best shot.

And now I would like to conclude with some words from his lovely wife Penny:

I think the last bike ride Allan and I and John H did was some 2 years ago. Allan asked me then whether I would continue to ride my bike when he became unable to do so. I told him that riding my bike without him just didn't seem right. He made riding so much more fun. I will miss his company but I know that he will be forever in my heart. In life I believe that some people are lucky enough to have one big love, and I was definitely one of those lucky ones. Live your dreams, face your fears, LIVE STRONG.

John Higgins & Penny Thompson

Friday 10 April – Murwillumbah to Mullumbimby (54klm)
 Saturday 11 April – Mullumbimby to Lismore (50klm)
 Sunday 12 April – Lismore to Nimbin (48klm)
 Monday 13 April – Nimbin to Murwillumbah (56klm)



Join us on a truly fantastic day tour that was held by BBTA's iconic tour designer Terry de Jonge in 2006.

This is a 4 day tour starting at Murwillumbah then meandering through the picturesque Mullumbimby valley and then a steady climb up to the township of Federal for lunch and rolling roads on to Lismore.

Sunday's a short days ride, but plenty of hills to make us earn our afternoon drinks. We will head to Nimbin via The Channon. Monday's 54km ride back to Murwillumbah follows the leafy Tweed Valley for a relaxing ride along the Tweed River stopping at Uki for lunch.

All nights are camping, with a choice of cooking in camp or eating out, the choice is yours. Details will be finalised around the end of March.

Please call Kate on 0432 688 764 by Friday 3 April if you would like to join us on this tour.

Brisbane2 Ipswich Challenge Sunday 26 April

The Goodna RSL Services Club Brisbane 2 Ipswich Challenge (formally the Mall 2 Mall) is back in 2009 with a number of new changes sure to impress both new and past participants.

The Brisbane 2 Ipswich Challenge runs from the Queen St Mall in Brisbane, travels 50km through Brisbane and Ipswich and forms an integral part of the Ipswich Festival.

After a number of significant changes to last year's ride we have seen some of the new additions refined to become even more enjoyable for all involved whether you are an elite rider or a family out to raise money for charity.

The Brisbane 2 Ipswich Challenge attracts around 1000 participants.

This year's charities will again be the Ipswich Hospital Foundation and the Royal Children's Hospital Foundation.

To enter - www.brisbane2ipswich.com

Our friendly Committee can be contacted at the addresses below

Position	Current Holder	Email Address	Phone Number
President	Brian Lowe	president@bbta.org	0417 202 881
Vice-President	Maurice Quirke	vice_president@bbta.org	0407 116 145
Secretary	Jenni Pearce	secretary@bbta.org	3369 9661
Rides Coordinator	Geoff Snell	rides@bbta.org	0408 702 294
Treasurer	Louella Harley	treasurer@bbta.org	
Editor	Heather Jeffcoat	editor@bbta.org	3901 1119
Publicity & PR	Maurice Quirke	publicity@bbta.org	0407 116 145
Social Convenor	Eve Morrice	social@bbta.org	0429 648 549
Clothing Officer	Hetty Lennon	clothing@bbta.org	0402 157 728
Equipment Officer	Belinda Deakin	equipment@bbta.org	0422 226 577
Librarian	Aileen Franklin	librarian@bbta.org	3397 9598
Webmaster	Kerry Neighbour	webmaster@bbta.org	

Welcome to our new members

• Scott Johnston, Jim Murphy, Richard Ambler, Paul Webb, Vivienne Webb,
• Webb, Katie Webb, Edwin Clarke, Belinda Johnston, Mark Stacey,
• Helen Knox, Barry Sharp, Steve Moorhouse, Anne Moorhouse,
• Richard Streek, Paul Cassidy

• **Previous members rejoining** - John Westphal, Michael O'Connor



Bicycles for Wheelchairs

I have found a group that has a wonderful use for bicycles.

These wonderful men get together on the Gold Coast and turn bicycles into wheelchairs for people in Australia and overseas who cannot afford wheelchairs.

These wonderful guys spend every Saturday morning dismantling and rebuilding. Their ages range from 65 to well into their 70s. How amazing that they use their time so graciously to help others less fortunate.

So if you have ANY bicycles no longer of any use to you, any size, any make, any condition.....please let me know and I will take them down to the Coast to be put to GOOD use.

Thank you, Maggie Landman, ph 07 3396 9203

www.maggielandman.com

email maggie@maggielandman.com

<http://www.rotarysurfersunrise.org/WheelchairAid.htm>

Mountain Bike Orienteering Event

Sunday 5 April – Samford Valley

Test your navigational and time management skills at a Score course. Only basic map reading and navigational skills required.

Venue – quiet rural streets, parkland and bush tracks in the Samford Valley.

Courses/ Costs/ Start – see website for details
www.mbto.com.au

Entry – entry is online – www.mbto.com.au
There will be a no 'enter on the day' for this event. Entries close midnight Wednesday April 1. (no joke)

Equipment – a suitable bike, helmet, water and compass.

Further enquiries – email events@mbto.com.au
or Craig on 0418 871 193