



Brisbane Bicycle Touring Association's

Cycling Times

Cycle for fun, fitness and friendship

www.bbta.org

June-July 2009 - Number 147

BBTA Social Night Monday 11 May

For some of us, just catching a bit of the *Tour de France* on the TV is probably as close as we will get to seeing the riders whoosh past. For several days in 2007, Col Davies put himself in the cycling shoes of the riders as he rode some of the same roads including those famous hills - not at the same time of course and probably a little slower. Col was at the start (prologue) in London. At the BBTA Social Night on 11 May, Col had us all entranced with a fabulous powerpoint presentation of his sojourn. To "prep" us for the event he really tested our knowledge with a 20 question quiz of *Le Tour*. Did you know that the newspaper *L'Auto* (and not *L'Velo* nor *L'Cycliste*) was the instigator and biggest promoter of the first (1903) *Tour*? I didn't!

He told us how to snag the best viewpoint along the race route, and he and his wife took some outstanding close-ups of Cadel *et al* in action. To understand the speed of these top cyclists, one photo in particular can only be described as WHOOSH/BLUR. For the mountains, Col told us how the spectators arrive in their cars and camper vans the day before or by 4am that morning to stake out their prime position. For some it's putting on lycra, and for others it's putting on hiking boots and shorts, slinging on a pack on the back, then going for a refreshing ride/walk up the mountain.

The day's route is closed to all motor traffic. Before the riders appear, there's the publicity caravan, bizarre carnival floats, advertising both race and team sponsors. Helicopters appear, a good sign; police motor bikes, another good sign. It's probably the best place to actually 'see' the riders.

Thanks Col. Your presentation succeeded in inspiring all of us to catch the 96th *Tour de France* (4 - 26th July 2009, starting from Monaco) - regrettably for most of us from the confines of our lounge rooms!

After a tea and coffee break, we were then treated to a presentation by Troy O'Bree of Midget Bicycle Touring Solutions. See page 3 for this report.

Eve Morrice
Social Convenor

Highlights:

Reports:

Social Convenor	1 & 3
President	2
Rides Coordinator	2
BBTA Easter Tour	4
More Easter Tour	5
WA Great Escapade	6
A Beginner in WA	7
Committee	8

Reminder:

For BBTA jerseys and nicks, contact Hetty at clothing@bbta.org.au

Next Social night - Monday 13 July 2009

Brisbane West Senior Citizens' Hall, 132 Latrobe Terrace, Paddington

Don't miss the next social night where we will have a couple of speakers discussing aspects of their recent tours, and hopefully another guest speaker to talk about bikes. Also on the programme will be music by former members of the BBTA's own band Chain Gang (remember them?), along with musicians from northside song and dance company Guys'n'Dolls. Come along to hear some show tunes and rock'n'roll.

Before I get too far into my first column I would just like to thank the outgoing committee members for their efforts in 2008/2009. Although there were plenty of kind words for the efforts of our volunteers on the committee at the AGM, I think it is something that cannot be repeated enough.

As an introduction, I have been a member since about August 2005. I must confess to not having made it to an unsupported tour yet. I seem to have been sidetracked over the last two years by Audax rides and various supported tours such as Cycle Queensland and the various Great Escapades run by Bicycle Victoria. I still do plenty of day rides and lead some rides up Mt Nebo and Mt Glorious.

What are my plans for the BBTA? Well along with the rest of the committee there are a few things we need to do. First we need to stay focused on keeping things simple. The club runs on the efforts of volunteers. We need to make things as simple and easy as practicable for everyone.

We need to encourage new members to join. To assist in this I have made some enquiries about getting a contact card printed that can be handed to prospective members. It will have the basic contact details such as the website and email address.

The first committee meeting also discussed some possible changes to achievement rides. There will be more news on this in the future once the details are ironed out.

Safe cycling
Brian Lowe



"Hi all - we have reached Cuddly Ck and the Dirty Weekend is progressing well, but it is a weeeeeeeee bit cold!!!! Cheers, Geoff."

That's a recent e-mail from our intrepid Rides Coordinator, Geoff Snell, who recently rode the Mawson Trail in South Australia with a group, including some BBTA members.

No further e-mails were forthcoming until the news that Geoff had a nasty accident while on the Trail. Geoff – we all wish you a strong and speedy recovery and look forward to riding with you again soon.

Heather Jeffcoat
Editor

BIG CHANGES COMING SOON TO SATURDAY MORNING WYNNUM RIDES

First, I must mention that we recently had 40 riders on Anzac Day, which shows how popular these rides have become.

The route is soon to change (in part) for the 61km rides of the Dash and Long Cruise. This is because of the proposed closure by the Port of Brisbane Authority to the riding of bicycles on the road to the Port.

Wynnum Cruise 46km will not change at all.

All groups will ride straight to Wynnum via Lytton Road at their various speed categories, with the Dash and Long Cruise continuing on to Wellington Point for their 10 minute break. They will head back to Stones Corner to join the shorter Cruise for coffee.

The Dash ride is classified as F2 with average over 30km. Long Cruise is an MF2, averaging over 27km. The Cruise, also MF2, will average over 24km.

Maybe we need a division in the MF classification to realistically rate the speeds? Feedback welcome.

Ginny Scott
Ride Leader

If you're a Dash, Cruise, or Long Cruise rider, check out this great website for riding in groups. It contains clear instructions and descriptions, with photos and diagrams, eg:

Rule 1: a Group Ride is NOT a race.
Rule 2: Ride Bar to Bar - keep it tight.

Ten rules in total. You'll find them here:

<http://www.pezcyclingnews.com/?pg=fullstory&id=6731&status=True>

SOCIAL NIGHT - MONDAY 11 MAY (cont. from page 1)

Troy O'Bree of Midget Bicycle Touring Solutions (<http://www.midgetcampers.com.au>) had us all fascinated with his great range of bicycle campers which he had set up (in minutes !) on the floor of the Senior Citizen's Hall at Paddington.

Troy, whose company is based in Loganholme, has appeared with his invention on the ABC TV program, The New Inventors.

Looking for something to carry the groceries, or to take that touring holiday, then the Trail Rat could provide the answer. It comes in all kinds of configurations: there's the Trail Rat Urban (a trailer with a case), the Trail Rat Tourer (two cases), the Trail Rat Weekender (complete with the main capsule, the top bag, an inner backpack, lights, safety flag, and added side panniers), the Trail Rat Expedition (complete with all bags and accessories, plus its own stretcher tent !).

Or, what about the Campervan in a Suitcase - the Bushtrekka ! That's right, a campervan or caravan for cyclists. This snazzy little invention consists of the trailer with a case, the bottom half of which is for storage of clothes, food etc, while the top half opens out to become a tent.



And, ever the inventor, Troy is in the process of designing an annexe for the Bushtrekka thereby enabling one to step out of bed and get dressed in complete privacy !

Thank you Troy !

Eve Morrice
Social Convenor

BIKEPATH INTERVIEWS

Brisbane City Council recently enlisted the help of volunteers to conduct a series of "intercept surveys" to gauge the views of cyclists and pedestrians who use Brisbane shared bike paths. BBTa volunteer interviewers included Eve Morrice (2 sessions), Heather Jeffcoat (2), Louella Harley (1), Kate Gubesch (2), Bob Barton (1), Leanne Kavanagh (2), and Robert Brinkworth offered but no-one from Council got back to him.



GOULBURN RIVER HIGH COUNTRYRAIL TRAIL

A TOURISM trail through some of Victoria's bushfire-affected communities will get \$13.2 million from the Federal Government's \$800 million community infrastructure program designed to help stimulate the economy. The local shires of Mansfield, Murrindindi, and Mitchell will provide a further \$1 million in funds.

The Goulburn River High Country Rail Trail – a trail for walkers, cyclists and horse riders, following the abandoned Mansfield railway line from Trawool east to Mansfield – will cost \$14.2 million and cover more than 134 kms. The federal money will help repair and build bridges, road crossings, car-parking, rest stops and amenities. The Trail could be completed by end of 2011.

For information on Rail Trails Australia-wide, visit their website:

<http://www.railtrails.org.au>

On Good Friday, the group met as planned and the unsupported tour started from Murwillumbah Show Grounds where we were able to safely leave our vehicles under cover, as most of the showground was water logged. We thanked the showground management for this welcome consideration.

Day one

From an enthusiastic tourer's viewpoint, the weather, while sketchy with some sun and some rain, was a plus as the cooler temperature was a benefit when climbing up the hills!

Day one was intended to be 44 km, and twelve of us departed Murwillumbah, heading out of town via Reserve Creek Road. Due to the wet weather a decision was made to avoid the dirt road originally planned, although this change increased the kms for the day. Instead we turned left at Round Mountain Road. It was a very pleasant scenic cycle with about 3km dirt which kept us out of the traffic. We had a regroup at Hastings Point and continued along the Tweed Valley Way.

After a big climb we arrived at Brunswick Heads for lunch via bike paths into town. At lunch we were joined by Vicki who shared her local knowledge on interesting options for back roads.

Leaving Brunswick Heads, the cycle to Mullumbimby didn't seem as tough a climb out as it was going in to lunch. The glorious route to Mullumbimby was via Coolamon Scenic Road and a few more hills; by the end of the day, speedos were reading close to 70km. We camped at the Mullumbimby Football Club and due to squelchy ground we actually camped inside edge of the playing field adjacent to the white lines. The drainage of the field was a lot better than its surrounds! We had a BBQ and salad for tea with yummy baked bananas and custard for sweets.

Day two

We headed out of Mullumbimby and turned left into Possum Shoot Road. The road heading up towards Federal was another big climb, and going downhill towards Federal for lunch I missed the turn and ended up on the Eureka road before I realized it. Not wanting to retrace all the way back up hill, I continued to cycle from Eureka to Clunes, where the sky opened up with a huge downfall of rain and so rather wet, I waited at the coffee shop for the rest of the group coming through from Federal. They arrived all dry having waited out the deluge.

The group turned off the road after Clunes to Eltham where we visited the local gift shops etc and then took the Boat Harbour road to Lismore. The camp for the night was at the Lismore Tourist Caravan Park. The Rouse Hotel for dinner where the country food was great, especially the lamb shanks. Distance travelled was over 60 km.

Day three

Hills, hills and more hills. Even though the distance to Nimbin was a shorter 47km, the cycle there was quite a challenge. The group decided that we would take Tuntable Creek Road to Nimbin. This was jokingly referred to as the 'valley road'.

After a meal break at The Channon, we headed out of town across the bridge onto Tuntable Creek Road for the supposed less hilly option, and hopefully less traffic. We climbed and then climbed some more and just as we thought we had reached the top, another climb was before us. Eventually we made it the top, only to go down and then up again and eventually turned left into Nimbin Road. The route was through spectacular rainforest. Camping was at the Nimbin Caravan Park and dinner at the Bowls Club next door. Great Chinese meal of freshly cooked lamb, chicken fried rice etc. An afternoon of shopping and looking at 'arts and crafts' of Nimbin was enjoyed by all!

Day four

On the last day we head out of Nimbin on Blue Knob Road and joined the Kyogle-Murwillumbah road, stopping for a while at Uki for lunch, then headed back to Murwillumbah via Stokers Siding, where we called in to another unique gift shop of good quality items hidden away from the main Kyogle Road. Distance just under 60km.

The tour was really enjoyable and cool cycling, even though raining at times. Distance toured would be rounded to about 250 Km in total.

A big thank you to Kate and Barry for organizing the tour.

Sandie Downs



More on the Easter Tour

This weekend tour was held during the very wet time we recently had. I thought every one would cancel as rain was predicted on both days, but to my pleasure 11 cyclists turned up at Nerang ready for the weekend.

It was very exciting to have Paul and Katie on this tour. It was their first tour and they did it on a tandem Bike Friday. OK, you say, so what... Well, Katie is only nine years old, so I am sure this makes her BBTA's youngest tourer !

Anyone who has done this weekend tour knows that Day One consists of a good climb up the hill to the border gates at Chillingham, and Day Two consists of an even bigger climb back up to the border gates at Tomewin.

Katie and Paul worked well together on the tandem and they were near the front of the group most of the time. Katie showed no signs of being put off by either the weather or the hills. She is a very pleasant touring companion and I hope to see them on more tours in the future.



As forecast, the weekend was showery except for a few dry hours on Saturday morning. The rain kept everything cool and fresh which was nice after the long humid summer. The Natural Bridge put on a great show for us but it was nice to get into camp and take off our wet gear and have a shower. On our way back to Nerang we discovered that the Tallebudgera Connection Road is not designed for cyclists, it is 20% plus for one kilometre.

Unfortunately James couldn't join us on this tour as he was still recovering from a fall off his bike. I know he will be back on his bike in no time at all.

Kate Gubesch

CROSSING MOGGILL ROAD

News item from Westside News:

"Green light for bike riders - cyclists are set to get the green light to safely cross Moggill Road after a recent police blitz on cyclists using pedestrian crossings. Under a design flagged by Main Roads, lights will be installed at the crossing near the western freeway intersection, allowing cyclists to legally use the crossing. However, due to a lack of funding the new design may not be installed until next financial year. This will be great as up to 2000 cyclists use the bikeway daily".



NAB THAT MOTORIST

A BBTA member recently heard an interview on ABC radio where a Toowoomba cyclist has put a tiny camera on his handlebars to film cycle hating motorists and then provides the evidence to police. The interesting part is - he is a police officer in charge of the Traffic Branch. He does the filming when he is off duty ! It seems a spate of road rage incidents directed to cyclists from motorists in Toowoomba prompted his action.

Road rage against cyclists has prompted Bikewest (WA Department for Planning & Infrastructure) to produce fact sheets, including one titled Bicycle Cameras keep drivers honest which goes into more detail about bicycle cameras. Check it out at this link:

http://www.dpi.wa.gov.au/mediaFiles/cycling_camera_s.pdf

MS BRISSIE TO THE BAY Sunday 19 July 2009

The MS Brissie to the Bay, Brisbane's largest charity bike ride is on again. Options include the 50 kms Classic, a 25 kms Challenger, and the 10 kms Cruiser.

For all the info, visit their website:
<http://www.brissietothebay.com.au>

Bicycle Victoria's "Great Escapade" to Western Australia

Experienced and well resourced, Bicycle Victoria (BV) continues to run big bike tours in attractive places. Most recently (28 March - 5 April) it went back to WA with its 2009 'Great Escapade', to take full advantage of the many opportunities offered by the Margaret River area.

About 200 Queenslanders were there - several from the BBTA - along with much bigger numbers from NSW, Victoria and WA itself. Smaller contingents from the ACT, SA, Tasmania, the NT and exotic places like Ireland and California brought the total to around 1800. That sounds like a lot of people, but BV and its brave volunteers are used to handling big crowds, even far from its home base, and there were few organisational problems.

For riders from eastern states, BV simplified logistics by sending a thousand or so bikes west by road container rather than have them travel by air. I was one of many riders who got this service cost-free as part of a special promotion, and it seemed to work well.

The route was appropriately scenic: a 550 km clockwise loop starting and finishing in Margaret River by way of Busselton, Donnybrook, Bridgetown, Manjimup, Pemberton (rest day), Nannup and Augusta. Though this wasn't the wildflower season there were lots of fine native forest to admire, as well as bucketloads of vineyards and plenty of rolling cattle country. Riders faced one long, tough day (94 km from Donnybrook to Bridgetown, with two big climbs), but plenty of 50 - 65 km days too, which gave them a lot of time to check out the wineries, boutique breweries and other offerings. Some stages were so short that almost everyone had to cool their heels in town (often at the pub) while the new campsite was made ready at the local oval.

The weather was kind, daytime temperatures had been very high just before the ride, but then fell to the mid-20s as the wind - never very strong - turned to the south. It warmed up towards the end, but not enough to be a real problem on the road. Overnight rain was a nuisance at only one campground.

The food seemed to be better than on some past BV rides, and I heard few complaints. Roadside lunches were particularly copious. But many riders must have been on a Milo binge, because the supply of this excellent fuel ran out after just two days and was not replenished until 36 hours later, only to expire again on the last day. BV was suitably apologetic. Although BV had provided smart portable 'loos and repeatedly warned about the need for good hygiene, some riders came down with the redoubtable 'gastro'; they were quickly isolated by the efficient medical team and the outbreak was contained. An incidental curiosity was that the 'Occupied/Not occupied' latches on the 'loos occasionally behaved capriciously: a number of users were surprised to have the door abruptly tugged open by another rider thinking the cubicle was empty.

I enjoyed the ride, even though - as perhaps the only living person over the age of five without a mobile phone - I found it hard to locate friends and acquaintances among the big crowd. Getting so many people together for such a complex event on the far side of the continent could not have been easy, but BV did a conscientious job. Now, the rumour goes, it's contemplating another expedition to New Zealand!

Robert Byrnes



CYCLE QUEENSLAND 2009

Darling Downs Loop (start and finish in Toowoomba)
Saturday 5 to Sunday 13 September

Onya Bike with a thousand friends visit Toowoomba, Goombungee, Kaimkillenbun, Dalby, Oakey (rest day), Pittsworth, Warwick, Clifton. Fresh country air, rolling hills, flat, flat and flatter roads, big blue skies, wineries, country hospitality - and this year tables and chairs will be provided for meals held under the Massive Marquee. Now that's a good idea!

ENTRIES OPEN NOW (if you enter before 10 July, you save \$100; and if you enter online, you go into the draw for one of five \$200 gift vouchers from Ground Effect. (Entries close Friday 7 August)

There are also opportunities for **Volunteers** pre and post ride, and on the ride. Check out Bicycle Queensland's website for all the possibilities.

So, start getting yourself and your bike fit for 9 days and 560kms of what will be one of the most exhilarating experiences any bike rider can have. Visit <http://www.bq.org.au> for all the information.



The Great Escapade - A Beginner's Experience

Never having ridden a bicycle before, I took my first bike ride in April, 2008 at age 60+ (not going to tell you how old I am) on a borrowed mountain bike. Thought riding a bike was pretty good, so set about purchasing one. What a disaster this turned out to be until Ed Wrigley came along and offered assistance. As a result of his intervention, I finished up with Kit, a Trek hybrid bike.

Next step was to learn how to ride well enough to keep up and do distances. This was when I heard about the Great Escapade. Could I do it? Consultation with Meryl suggested perhaps I could. She was more positive than this, I remained hesitant. Spent the next few months riding alone and with Meryl, Heather, Ed, Geoff and others until I could do 100 kilometres. The Great Escapade was upon me. Off I went to Western Australia.

Began well, with a tour of the wineries the day before the ride began. Next day, the ride was on and off I went. How daunting it was to be constantly passed by hundreds of 'hot dogs', an experience that continued throughout the journey. I began to hear the word 'passing' in my sleep. However they were patient and accepting of my slow pace, and apart of the indignity of never passing anyone, I proceeded at my pace for the duration of the journey. I learnt what it is to ride 60 kilometres into a strong head wind and to do long hill after long hill. I am convinced Western Australia has more long hills than the eastern states. I confess I did walk up some of the steepest, but consoled myself as I was not alone. No indignity here, except when a young Mum with a baby on the back rode past up the steepest of hills. I was filled with admiration for her.



Two female 'hot dogs', police officers from Victoria, took pity on me because I always arrived late at the campsite. They found a 'campeasy' tent for me and when I arrived my bag was in the tent waiting for me. They identified my tent with a bright red tea towel. I was very appreciative of this act of kindness. Post ride consisted of shower, dinner and to my shame, bed, sometimes at 7.00 pm, especially in the early part of the ride. A late night was 8.30 pm, although the night before rest day I enjoyed the entertainment until 9.30 pm. What a stop out. Physically I was pushed to the limit, but as the ride progressed, I came to believe I could do it.

As a beginner, I focused on three issues. One was the physical aspect of actually riding the distance while knowing the Warbys were there to help with bike problems when necessary. My chain came off on one occasion and I fell off. Two Warbys were right behind me. They picked me up, provided a bandaids, put the chain back on and off I went. The second was being able to enjoy the scenery which was spectacular: apple orchards, grapes, farming and best of all the Karri trees. We spent a number of days in and out of the Karri forests and I never tired of them. I remain in awe of their grandeur. The third aspect of the experience for me was the logistics of the organisation by Bicycle Victoria. I was super impressed, and I am not one to be easily impressed. They had big tents for eating and entertainment, tables, chairs, showers on trailers, toilets, other tents and equipment. Each day it was all packed and moved to the next camp and set up by early afternoon. The food was excellent, and while there were lines, they were quick and delivery was efficient. Lines existed for showers too, but people were mindful of others waiting, and showers were quick. I came to admire the bicycle culture of courtesy to others.

The end came with Margaret River people congratulating us, cheering and waving as we rode in. It was quite an emotional experience for me. A tear came to the eye. Would I do another such trip? Yes I would, but hopefully with a little more hill experience. I could not ask for better organisation and effort by all, and I congratulate Bicycle Victoria and the volunteers.

Aileen Franklin

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	
Registrar/Membership	Mary Kirk	membership@bbta.org	0415 961 224
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

Claire McKay, Peter Duffy, Mary Gray, Bruce Gray, Jemsai Gray, Laurlea Snell, Marijke van Klinken, Riex van Klinken, Rohan van Klinken, Jack van Klinken, Dylan Thomson, Lynette Spence, Peter Sommer, Anthony Shearer, Patrick Hall, Phil Webster, Isabella Webster, Kathy Downey, Kerry Downey, David Harrison, Penny Thomson, Jessica Shluter, Aaron Arthur, Lindsay Rickman, Elaine Rickman, Kristie Rickman, Caroline Ralph, Alison Hadley, Paul Myers, Sandy Robertson

POSITION VACANT : Lost your job in the Great Recession ?
Keen cyclist ? Like ice-creams ? All that's needed is a rider !
(one of dozens of exotic bicycle photos taken by Cycling Times Editor on recent trip to Delhi, Agra, and Rajasthan

