



Cycling Times

The BBTA Newsletter

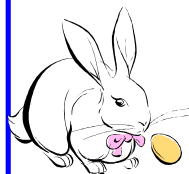
Reg. By Australia Post # PP424022/00071

Number 116 April—May 2004

The BBTA Annual General Meeting was held on Monday 8 March. The following officers were nominated, seconded and elected unopposed.

Position	Officer Elected	Nominator	Seconded
President	Elizabeth Catchpole	Maurice Quirke	Geoff Unwin
Vice President	Maurice Quirke	Peter Madden	Sheila Saunders
Rides Coordinator	James Trimmer	Elizabeth Catchpole	Robert Byrnes
Ass Rides Coordinator	Jay Mair	Sacha Booyen	Anthony Malone
Treasurer	Maurie Mulcahy	Peter Brennan	Maurice Quirke
Librarian	Belinda Deakin	Sacha Booyren	Jeff Foreman
Equipment Officer	Terry de Jonge	Peter Brennan	Robert Byrnes
Editor	Erilyn Morrice	Lesley Andeson	Peter Madden
Webmaster	Kerry Neighbour	Garth Austin	Charles Conde
Secretary	Gael Nicholson	Maurice Quirke	Peter Brennan
Committee Member	Jeff Foreman	Phil Wright	Ed
Auditor	Maureen Fels	Elizabeth Catchpole	Robert Byrnes

Minutes Page 3



Easter Weekend: Grafton wilderness

This Easter come join us on a four-day ride that has everything you'd expect on a wilderness tour: magnificent scenery, little traffic, and uncrowded campsites. The ride was a great success in 2002. Be prepared, however, to carry food for two consecutive nights and to cycle on well-maintained gravel roads for some of the way.

On day 1 we leave Grafton and head out along the Old Grafton Road. Camping for this night will be beside the Boyd River. The distance for day 1 is about

60 km with about half of the day on dirt.

Day 2 is on dirt all the way as we continue along the Old Grafton Road to our next campsite at the Mann River Nature Reserve (distance is about 65 km). The reserve has water, toilets, and a great swimming hole.

Day 3 is tough: only a few hundred metres after leaving camp we are greeted by a 10 km climb on a mainly sealed road up to the Gwydir plateau. From here we begin our trek back towards Grafton.

Soon after Washpool we are rewarded with an 18 km downhill, and then we head on to our evening destination at the

Mann River caravan park at Jackadgery (distance=95 km). The caravan park has all the necessary "civilised" amenities (including a shop).

On day 4, we travel along the Gwydir Hwy to Grafton, where we should arrive by late morning or lunch, after 47 km.

So come along, be a little adventurous, and take a cycle on the wild side. Details about the starting point, and where to leave vehicles, is still being negotiated. Contact Gavin on 3366 0041 for further information.

Rating: Hard/Foothills-ranges. Need to be self-sufficient.

Inside this Issue:

President's report	2
AGM	3
Cairns Winter Tour	4
Charity Rides	5
O'Reillys	6
BQ	7
Membership fees	8

ARE YOU A CURRENT FINANCIAL MEMBER?

Membership fees are due on 31 March. Refer to page 8 on how to renew your membership so that you can continue to enjoy the benefits of the BBTA.

Single \$30 Family \$40

Report from the President

Elizabeth Catchpole



Looking back on the past year, the BBTA's 20th it has been very busy. We had a great celebration in August with a picnic at the park, rides, the delivery of the new jersey and polo shirt. Even though it was a wet day, we had a good turn out. Thanks again to Helen Bawden for her efforts in ensuring we all had an excellent day.

I am delighted to be back for another year as President of such a tremendous association. My sincere thanks go to all the outgoing and continuing committee members. They have all worked so hard over the year to ensure the smooth running of the club.

To Tom Mylne – our outgoing rides coordinator, for his hard work in updating the format of the calendar and coming up with ride descriptors that do just that. We also send him our thanks for his work in streamlining the achievement rides procedure, which is bound to be very successful and designing the new Saturday afternoon ride. I wish both Tom and his wife all the best for their new life in Wollongong.

To Sheila as vice-president, Leslie as editor, Helen as secretary, David as equipment officer and Matt as web master/assistant editor. Thanks to all of you for your support and enthusiasm over the course of the year.

Welcome to our new committee members Gael, Terry, Erilyn, James, Kerry and Jeff. I am looking forward to working alongside all of you.

Helen our secretary, in addition to her official secretarial duties, had the inspired idea to have the Story Bridge as part of our new jersey design. The introduction of the new jersey has been very popular and definitely makes us visible! I am looking forward to the BBTA being a huge presence on the upcoming Great Brisbane Bike Ride on the 28th!

Social nights have been growing more popular as a forum for meeting fellow BBTA members. A variety of topics has been covered from Crazy Whist to Nutrition! It has been great to see that Fun Fitness and Friendship is the real essence of what being part of the BBTA is all about.

Come along to the next one. In May we will have members who have hired our equipment, demonstrate how it was used and relate the adventures they had because of it! And in July as a finale to our 20th Anniversary year, we are planning on something really different to end the year with a bang! Watch this space for more news!

At the AGM, it was decided to raise the membership fees for the first time in many years. The modest \$5.00 rise in both the individual and family memberships will allow us to give the library and the club's equipment an overhaul and update.

Please give Belinda our Librarian and Terry the new Equipment Officer your views on possible items for inclusion.

Welcome to our New Members!

The following have joined the BBTA since the last newsletter:

Mike CLARE
Adrian COOK
Stephen CRANDELL
Paul FREEBURN & Joanna JENKINS
Jody GILCHRIST
Shirley GRISSELL
Josh KOLSTEEG

Sarah PASSFIELD
Pittendreigh
John THOMAS
John WESTPHAL
John PITTENDREIGH & Kelly-Ann WICKHAM;
Aeden Pittendreigh, Ainelise

ANNUAL GENERAL MEETING Held Monday March 8 2004



Welcome – The president welcomed all attendees

President's Report:

Outgoing president Elizabeth Catchpole reflected on a year of successful activity for the club. In particular, Elizabeth thanked:

- Tom Mylne as rides coordinator for his outstanding development of the rides calendar and also for adding a new Saturday afternoon ride. Elizabeth wished Tom and his wife all the best for their new life in Wollongong.
- Maurie Mulcahy as treasurer for his efforts in monitoring the membership list and enhancing the club's accounts.
- Helen Adam as secretary for introducing the 20 year commemorative polo shirt and the concept of having the Story Bridge on the new club jersey.

Treasurer's Report:

Maurie Mulcahy reported the club membership as 372 as at 8 March 2004. This was the same

as last year, although 109 new members had joined the club during the year.

Maurie reported the financial balance as at 31/12/2003 as \$2011.64. During the year, the club had covered the cost of the design work for the new club jersey and knicks.

Librarian's Report:

Belinda Deakin reported that the library needs a cull. During the last year a few books had been purchased such as cycling in Vietnam. There remains some difficulty in people not returning books within a reasonable time.

Equipment Officer's Report:

David Adams displayed the equipment that the club owns and offers for hire. In particular, the bob trailer, tents, trangier stove are the most popular items hired.

Editor's Report:

Lesley Anderson reported that the role of editor is quite time consuming. It is preferable for the person taking on the role of editor has skills in using MS Publisher. Lesley reminded attendees that the newsletter is only as good as the quality of articles put forward for publication.

Election of Officers for 2004.

The chair, Elizabeth Catchpole vacated the chair. Club member

Graham Roberts took over the role and called for nominations for chair. Elizabeth Catchpole was the only nominee, and was thus elected president.

Elizabeth then took over as chair of the meeting and called for nominations for the other positions. The following officers were nominated, seconded and elected unopposed:

Coming Tours: Cairns

General Business:

Fee increases

BBTA Relationship with Bicycle Queensland

Robert Byrnes inquired as to the status of the club's relationship with Bicycle Queensland. Elizabeth reported that the relationship is excellent. In particular, BBTA contributes to Bike Week and is a supporter of the Great Brisbane Bike Ride.

Publicity Officer

There was some discussion regarding having a publicity officer to increase membership. Members present agreed that the role should be taken on by the committee member without portfolio (Jeff Foreman).



BBTA Cairns – Atherton Tablelands Tour
Saturday 26 June – Sunday 4 July 2004
Total Distance = 460 km, averaging 65 km per day

Saturday 26 June – Arrival

Arrive Cairns. Overnight at Freshwater CP 308 Kame-runga Rd, Freshwater, (Lyle - 4055 1253), about 5 km from airport and 9 km into Cairns itself. Bus to City passes door. 500 m to shopping centre & hotels and Kuranda Tourist Train Station. This will be the official start and finishing point of the tour. There is no rest day during the tour. Total estimated distance of the tour is 460 km, averaging 65 km per day.

Day 1 Sunday 27 June: Cairns – Mareeba via Kuranda (61 km)

An early start from Freshwater CP (7:30 am) and after about 7 km of cycling we hit the range and head on up through lush tropical rainforest to Kuranda (21 km) for morning tea and a well deserved break. After Kuranda the general uphill feel of the day continues and lunch will be off the road around the 40 km mark. Our first night on the road will be in Mareeba, where we will be camping at Riverside CP (Steve 4092 2309) @ \$7.50 pp.

Day 2 Monday 28 June: Mareeba – Tinaroo Dam (58 km)

First stop today is Granite Gorge (12 km), south-west of Mareeba, following the railway line out of town. After passing between Mt Aunt and Mt Uncle it is on through the villages of Tolga and Kairi before spending the night at Lake Tinaroo Holiday Park (Maureen 4095 8232) @ \$6.00 pp.

Day 3 Tuesday 29 June: Tinaroo Dam – Yungaburra (45 km)

Today starts by cycling over the dam wall at Lake Tinaroo, then in a clockwise direction (with about 15 km gravel road) around the lake to Yungaburra. With no shops on the way today we will need to carry all supplies for morning tea and lunch, including extra water. Lunch will be in Yungaburra. On the way we stop in at the Cathedral Fig Tree, Lake Barrine and Lake Eacham before setting up camp at the Yungaburra Memorial Sports Ground, location of the annual folk festival @ \$5pp.

Day 4 Wednesday 30 June: Yungaburra – Millaa Millaa via Atherton (70 km)

Scenic touring today as we take in the town of Atherton, the Curtain Fig Tree and Malanda with its beautiful falls before setting up tents at Millaa Millaa Tourist Park (Juliette 4097 2290) @ \$5 pp and having a wander to have a peek at the Millaa Millaa Falls.

Day 5 Thursday 1 July: Millaa Millaa – Moresby (68 km)

After hitting the heights of the Atherton Tableland there is

plenty of downhill today as the tour swoops back down to the coastal flats and sugar cane country around Innisfail. Once again plenty of food and water will need to be carried today as there are no shops/amenities for 60km. After travelling through the small township of South Johnstone we'll be camping on a private property just outside the village of Moresby @ \$2.50 pp.

Day 6 Friday 2 July: Moresby – The Boulders/Babinda (80 km)

lots of backroads today, with the occasional cane truck to deal with, and a small section of highway. We ride into Innisfail via South Johnstone, then out on country roads to lunch at Bramston Beach. After a relaxing break it will be on to Babinda for stocking up before cycling out to The Boulders camping area, 7 km out of town @ \$5 pp.

Day 7 Saturday 3 July: The Boulders – Cairns (78 km)

Last day of cycling today with an early start. From Babinda we have 14km of highway to traverse before hitting the backroads from Deeral to Gordonvale and Kamma, before 'main dragging' it back to Cairns (Freshwater CP) and our final night together. Plans are still in the making for our end-of-tour celebration – maybe a bus into town? Hire a car? It is about 9 km into Cairns city centre from Freshwater CP.

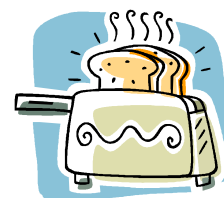
Sunday 4 July – Departure

A rest day – finally! At this stage many are flying back to Brisbane today at some time. Some may be hiring a car for some sightseeing and organisation of bicycles.

Accommodation Fee: \$40 Sunday 27 June – Saturday 3 July (Cairns own responsibility)

Camping \$31 + Administration \$9 = \$40

Fee due no later than 1st June 2004 to BBTA Treasurer. These may be paid at the Rides Planning Night in April or the Social Night in May, by electronic transfer plus notification by email to the Treasurer or by postal order/bank cheque with accompanying letter of explanation.



2004 MALL TO MALL BIKE RIDE

**Linking 2 Cities
Saturday 3 April
for 8am Start**



A fun, family bike ride from the Brisbane Mall to the Ipswich Mall where all the money raised goes to the Ipswich Hospital Foundation.

All participants must complete an entry form prior to the start of the event which is being brought to you by the Federal Member for Oxley, Bernie Ropoll.

For entry forms contact Nev on 3818 3900 or 0418 879 091.

Costs are \$10 for an individual, or \$30 for a family of 4 or more, and must be made before the event.

Drinks will be provided along the way and there is a free BBQ at the end.

All entrants go in the draw to win an Avanti Bike supplied by NRG Cycles.

2004 IPSWICH BIG BIKE RIDE

**A Lions Club Charity Ride
Sunday 4 April
For Zoe's Place**

Zoe's Place is a Respite for children with life limiting disease. 90km ride: Start 7am Queens Park Ipswich.

Take in some breathtaking country south of Ipswich to Rosewood and Aratula. Be challenged by some good climbs on the Cunningham Highway. From Flinders Peak it is a flat 20km back to Ipswich.

The route is fully sealed, well marked, with marshals posted to help riders stay on track. Refreshments stops will be available at Rosewood, 20km point, and Warrill View, 55km point. Support vehicles are provided.

10 km ride: Start 8am Queens Park Ipswich.

This ride is for the family with the route being the same as last year. It has been set counter clockwise to minimize right hand turns. Support vehicles will follow the ride. Refreshments will be provided.

For further information, photos of the terrain etc.

[Www.mmclions.org.au](http://www.mmclions.org.au)

O'Reillys Tour

Graham Darroch

When we gathered at the Coles Car-park in Beaudesert there was generally a feeling of anticipation and people seemed eager to get on the road and get going. So after a few well chosen words by our leader Maurice that's precisely what we did.

We set off at 7:00 am and headed along the Beaudesert – Tamborine road for a few kilometres. It was quite a pleasant ride as the road was relatively quiet given the time and being a Sunday morning.

We turned right off the main highway onto the Bidadada Boysland road and things became even more pleasant with the ride passing through very pleasant and green rolling farming land. After a few k's we moved onto our first dirt road for the day and carried on along this till we met up with the Tamborine – Canungra highway, and followed this till we came into Canungra.

This was our first refreshment stop and our bikes looked very delicate beside the huge number of motor-bikes parked there as well. But at least we knew we had got here under our own steam.

We set off from the morning tea stop and headed out along the O'Reillys road. For the first flattish 10 km before we started climbing. Now the climb up the Sarahbah range to O'Reillys sounds very daunting but bear in mind this road was designed for a horse and cart to ascend so it is a steady gradual climb to the top. It is achievable by cyclists with a reasonable level of fitness once the first part of the climb is done (from the bottom of the mountain till the first right hand hairpin bend), the climb settles down to a steady gradual ascent. The top of the main ascent is marked by Alpaca Farm Tea Room and that is where we stopped for lunch.



We set off again from the lunch stop and headed out along the mountain ridge. After several k's we came to the Duck Creek Road turn-off and after regrouping there for a photo and some breath catching and thigh

stretching we were off. This is a dirt road that was vastly improved in the early eighties by a combined effort of O'Reillys resort and the local Council. When this was done to help raise money they auctioned off several views and notable areas along the route and you can still see the markers as you journey along the road.

The descent was quite steep in places with great control required to pick a good path and avoid some major bumps which are there to stop the road washing away in times of heavy rain. The road travels along a spur that sticks out towards the Kerry valley from the main range and at the start the grade is good and even till you get to the first look out. The first major descent is immediately after this then we set off along the spur again. This was all traversed without incident not until the next major descent when our leader got a puncture. But as all good leaders he was prepared and we soon set off again. The road continues on through a mixture of smooth and roughish road till you get to the final descent to the bottom of the valley and that is the hardest descent of them all. Again this was done without incident and we all cooled off in the stream for a while at the bottom.

The rest of the ride is 20 or more K's of quiet valley riding through a beautiful part of the South east with the final slight downhill to Beaudesert being a welcome end to a great day out.

There were 12 people on the ride and several people had a few problems with cramp due to the heat on the climb up the range. We, Maurice Quirke, Janet Howells and myself did the recognisance for this ride in October last year, and it was a very different day to the one we had this time. All was similar till we reached Duck Creek Road when we were caught in a very violent storm that went on to damage a lot of properties in the Gold Coast. The road from then on was very wet and slippery and had to be handled with extreme caution. We found out that day why they have the water diversions and bumps on the road. After seeing it in that condition we knew that it would be appreciably better with dry weather and it certainly proved to be.

Overall a great day out very challenging ride and well led by Maurice Quirke, and handled well by all participants.

SPARE SPOKES

Geoff Unwin, a long time member of BBTA—and someone who is generous with his time assisting riders on rides if they have difficulties with their bikes—has started operating a bicycle mechanic business from his home. He offers repairs, frame fitting, advice on purchasing, wheel building, parts and accessories. He can pick up and deliver on BBTA rides. Contact number is 0409 017 319.

WATER BOTTLES

This article is from Choice Magazine

A scare email that's been circulating for some months now has been warning people against reusing PET plastic water bottles, saying there's a risk of consuming a potential carcinogen, DEHA, which can leach into the drink from the plastic bottle. The emails information originally stems from the results of a student's masters project at a university in the US, which was pounced on by the media.

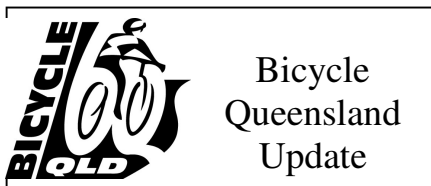
DEHA stands for di(2•ethylhexyl) adipate, a plasticiser that's added to some plastics to make them more

flexible. It's incorrectly referred to in the email as diethylhydroxylamine.

According to the Australasian Bottled Water Institute, the Australian Soft Drinks Association and the Plastics and Chemicals Industries Association, DEHA isn't used in PET bottles in Australia, and nor is diethyl hydroxylamine. Food Standards Australia New Zealand has also issued a statement saying the claims made about plastic bottles are incorrect.

Perhaps of more concern is the risk of germs when reusing water bottles. If you drink from the bottle, bacteria can enter it from your mouth, or from unwashed hands when opening the bottle. They then have the perfect aquatic environment in which to multiply and possibly leave you with a dose of gastroenteritis.

For this reason, rinse water bottles after each use and leave them to drain until completely dry. When you refill the bottle, refrigerate it if you're not going to be drinking it within the next two hours. And don't drink water from a refilled or previously opened bottle that's been sitting unrefrigerated in a car.



Bicycle
Queensland
Update

Cycle Queensland

In 2004 Cycle Queensland will travel from Miriam Vale to Kilkivan from 4 to 12 September. The brochures are available now. Call us if you want one sent out.

Bicycle Queensland

Everyday Cycling Every Day

BQ provides the following services to members:

- Australian Cyclist magazine and Queensland Cyclist Newsletter 6 times a year
- Insurance: third party & third party property cover when cycling
- Legal advice in the event of an incident
- Representation at state and local government level
- Discounts on BQ events & at participating bike shops

BQ supports the BBTA by providing public liability cover for the organization & ride leaders at no cost. Please help yourself & cycling by joining BQ. 12 months membership: \$50 single, \$60 household. See www.bq.org.au or phone 3844 1144 fax 3844 5343

WANTED

Office place ride to work coordinators

BQ is developing a program to encourage more people to cycle to work, with Bike Week the major catalyst for this behavior change project.

BQ policy is closely mirrored by both the strategies of State Government and Brisbane City Council. More cycling for transport improves health while reducing traffic congestion, thus making it a financial boon for the community.

For more information please contact BQ.

HOW TO PAY YOUR MEMBERSHIP

The Treasurer would like to remind you that membership fees will be due on 31 March. **Why not get in early and pay them now?** The fees have increased from last year—\$30 for individual membership and \$40 for family membership (please list all members for our records). Fees cover the period 1 April 2004 to 31 March 2005.

Method One — send a cheque to The Treasurer, BBTA, PO Box 286, Ashgrove, Qld, 4060

Method Two — pay at a bank or via the internet into the following account:

Bank of Queensland
 Account Name: Brisbane Bicycle Touring Association Inc
 BSB: 124 030
 Account No: 9013 3701

When depositing in the bank, please ensure that all payments are referenced with surname and first name of the person that the subscription is for. Confirmation of payment (including the list of family members if applicable) should be sent by email to the Treasurer at email address treasurer@bbta-au.org

May be opened for Postal Inspection

Cycling Times is the Newsletter of the Brisbane Bicycle Touring Association Inc. It is published every two months.

Take a look at our rides calendar and highlights of the newsletter on: <http://www.bbta-au.org> Stories about rides, events or anything related to the BBTA or cycling in general are always needed. Please help us make your newsletter interesting and fun by contributing. Copy in the form of emails, written or verbal material and photos attached are great. Any material for the newsletter or website is always welcome.

BBTA Postal Address: P.O. Box 286 Ashgrove, Qld 4060

2004-05 CLUB EXECUTIVE COMMITTEE MEMBERS

President: Elizabeth Catchpole Email: president@bbta.org	3325 2019
Vice President: Maurice Quirke Email: vice_president@bbta.org	0407 116 145
Treasurer: Maurie Mulcahy Email: treasurer@bbta.org	3393 3196
Secretary: Gael Nicholson Email: secretary@bbta.org	3217 3880 0427 171 981
Editor: Erielyn Morrice Email: editor@bbta.org	3369 0314
Rides Coordinator: James Trimmer Email: rides@bbta.org Ass Rides Coordinator: Jay Mair	3357 7569 4-7 pm only
Librarian: Belinda Deakin Email: library@bbta.org	0422 226 577
Equipment Officer: Terry de Jonge Email: equipment@bbta.org	0421 644 009
Committee Member: Jeff Foreman	3262 4410
Web Designer: Kerry Neighbour kneighbour@simcomcity.com	3805 9483(ah) 0411 620 667



BBTA CYCLING TIMES

Print Post Approved
 PP 424022/00071
 If undeliverable return to:
 Brisbane Bicycle Touring Association Inc.
 PO Box 286 Ashgrove, QLD 4060

SURFACE

MAIL

Postage

Paid

Australia