



Cycling Times

The B.B.T.A Newsletter

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BBTA Members take on the world!

What a diverse edition....We have tales from the winter tour of the Atherton Tablelands, Ed's Argentinian Adventure, through China with Helen and Gidgee to the Gulf with Rosie.

Plus a book review
And the secrets of banana power!



The Winter Tour - The Atherton Tablelands

by Lesley Anderson

A group of 19 enthusiastic tourers from BBTA, under the leadership of Peter & Donna and with routes and maps contributed by Lindsay and Terry, spent the 7 days from 27 June to 3 July cycling a circuit from Cairns to the Tablelands to the Beach and back to Cairns.

One of the best features of the tour was the flexibility from being in an area with numerous towns. On other tours there is often no choice but to cycle the scheduled distance from A to B. On the Tablelands we had a number of options of making the distance from A to B somewhat shorter.

The first of these was an option taken by 7 of us - travelling to Kuranda via the Scenic Railway rather than the narrow road up the range. It was a fun trip for us which took 90 minutes, and during which we "enjoyed" the tourist commentary. The general consensus of those who cycled was that the hill was not an issue, but that the cars and buses on the road were. We then travelled to Mareeba for our first night of camping, stopping at a coffee plantation on the way. The next day provided one of the cycling challenges of the trip - 12 km cycling into the head wind between Walkamin and Tolga. I was even

further behind the group than usual because I (and a few others before me), had ignored a "road closed ahead" sign - because bikes can go anywhere! - to later find out that the proper way was the detour, and I added about 6 km to the route. Earlier that day we had travelled to Granite Gorge - a privately owned area. There we appreciated the negotiating strategies of our esteemed leader for a reduced entry price to wander around a rather lovely gorge. Some cyclists enjoyed a beer at the Kairi pub -and purchased excellent Lumberjack Cake (to become one of the themes for the tour) before the section into Lake Tinaroo.

Welcome to our new Members!

Janet & Shane CURRAN; Chris Curran, Jane Curran

Ilan IVORY

Leanne KAVANAGH

Martin, Fredri & Brendon KRUGER

Sandy & Ariane McDONALD

Belinda McKAY & Cynthia PARRILL

Brian O'SULLIVAN

Marian & Syd REILLY

Briengan RODGERS

Russell TOBIN

Dean & Stephanie WINCHESTER; Chuck, James

Report from the President

Elizabeth Catchpole



Have you all had enough of the winter winds yet? Starting to become nostalgic about wiping the sweat out of your eyes instead of tears! Spring is nearly upon us and it's time to really make the most of these glorious days before it gets too hot. I'm off to Scotland for a couple of months, but I bet it's warmer here even with Brisbane's Ekka westerlys than the so called Northern summer Brrrr.... Unfortunately due to the pressures of work, our editor Erilyn has decided to resign. We are fortunate that Kate Gubesch, fresh from her European travels is keen to take up the challenge from the next edition. Thanks to my daughter Kathleen for helping me cobble together all the fantastic content many of our members have provided for this newsletter. A different experience – all editors past and future have my admiration – how do you get it to fit?

Jerseys. We are looking to finalise our 3rd order over the next month or so. If you have been thinking about getting one. Now is the time. Come along to the next rides planning or social evening and try on our samples and place your order with Maurie.

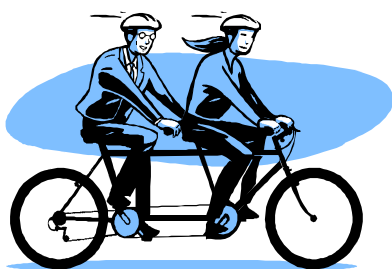
Maurie is also our team captain on this year's Cycle Queensland ride. This is a fabulous event and this year is set in a glorious part of Queensland. If you can wangle a week off of work - Be There! www.bq.org.au for details.

Have you been to one of our rides planning or social nights yet? If not, come along and see what your fellow members look like with their clothes on! At the rides planning nights we put together the next calendar. The planning part of the night is usually over by 8:45 and then its supper and socialising time. Everyone is invited and there is no pressure to lead a ride. At the social nights we have speakers to talk on a variety of subjects relating to cycling – check the web for details. At both evenings supper is served and the BBT.A library is open for browsing/borrowing/returning. I'll sent my next report frae Bonny Scotland and look forward to catching up with you again in October!

Rides Coordinators Corner

James Trimmer & Jay Mair

Due to popular demand we have decided to change the Saturday Afternoon Ride. After a seven month trial of the new route, from August, we will be reverting back to heading out from Windsor Railway Station every Saturday Arvo from 3pm. We're sure you'll be delighted to know that a new coffee shop close to the end of the route has been found.



Ride Registration Sheets. Ride leaders check the address you are sending them to. They should be going to Rides Coordinator at PO Box 286, Ashgrove Q 4060. Apparently quite a few are still being sent to Tom Mylne's old address and the new people living there are quite bemused! It's important that the sheets are sent in. We need to know who's doing what with whom and how often and whilst on the subject it has been brought to my attention that some members are not writing their names legibly in the first column. IT'S NOT GOOD ENOUGH PEOPLE! In the unfortunate event that you have a slight tangle with a road train, do you want to be buried in an unmarked grave R.I.P 'known only to God'?

We have started having rides on the calendar for absolute beginners, these will be a regular feature made as easy as possible. Please think about volunteering to lead one.

Don't forget to check out Kerry's new ride calendar on the web site. Have a go at adding a ride for the upcoming calendar - it makes ride planning so much easier. Or come along to the next rides planning evening!

A Trip Through China

By Helen Bawden

Have you ridden a bike in China? What a fantastic way to see this fascinating country. I recommend that you go with MS.

I went to China with thirty-four other people last October. The group was a wonderful mix of ages and types.

Intrepid took care of all the travel arrangements. Air Flights, accommodation, new bikes, eating-places and hotels. They also provided wonderful morning and afternoon teas set out on trestles along the side of the road.

All we had to do was rise each morning (with a smile J), eat breakfast, throw our bags on the truck, get on our bikes and enjoy the day.

The scenery was breathtakingly beautiful. We rode amongst land formations called 'Karst'. They are lime-



stone columns projecting straight up into the air – spectacular to see.

The weather was perfect, warm, sunny and not a breath of wind. Riding through this coun-

try you experience



an atmosphere of calm and tranquility. We rode on a mixture of sealed, dirt and off track roads. The bikes provided were perfect for all conditions

we encountered. We cycled through farming villages where the farming methods appear unchanged since the beginning of time.



The food was divine and the variety was wonderful. What the Chinese can do with eggs and tomatoes - you would have to be taste to be believed!

From Yanshou, a local

guide led us for a day's ride. He took us through his village and surrounding country. He explained about the farming methods, crops and harvests. We had lunch sitting on low stools in his little house. From somewhere out the back, his wife produced the most amazing food. Culinary delights for all tastes.

If you enjoy shopping, then Yanshou is the place for you. Bargains you couldn't imagine. One lady actually bought 10 handbags! We had just the right amount of spare time where we mixed with the local people and took in our surroundings. Everything was fascinating.

Value for money. I still cannot believe that we did, saw and experienced so much for such a low cost. The



organization by Intrepid's young enthusiastic team made each day so enjoyable.

Take a friend or go

on your own on the MS trip to China. You will not be disappointed. This trip will definitely live in my memory forever. More photos on Website.

Want to know more about cycling through China or Sri Lanka with MS? Contact Kyla Skues at MS on (03) 9845 2700

The Winter Tour - The Atherton Tablelands Cont...

Day 3 was a real highlight – quiet dirt roads around the Dam and a stop at the Cathedral Fig. The first “shop” was the kiosk at Lake Barrine. Only a few keen souls completed the scheduled route that day – Anne and Ros were heard to mutter quite loudly about an unexpected hill into Peeramon. The rest of us headed straight for our historic hotel and dinner at Yungaburra – a nice small town but (like a lot of the Tablelands towns), not exactly booming in terms of economy. Go up there to visit and spend some tourism dollars!

The towns on the Wednesday were the M towns and a pleasant morning tea stop at the Peeramon Pub (soft drinks all round of course). Malanda has quite a lot going for it, including a very interesting dairy centre. I hear that Dora did a few rows of the large tapestry being created in that centre. The afternoon was quite a slog via Tarzali (not much there) to Millaa Millaa, in drizzly rain. Some smart persons snared the “rustic” cabins on offer. Many of our campgrounds had “camp kitchens”, and here it was much appreciated for preparing the meals out of the rain.

The rain continued on the Thursday. We had lots of downhill, tempered by some unexpected climbs (2.5km at 8% after Beatrice River – the road sign is indelibly printed on my brain). The regroup point at Crawford's Lookout was a non-event, as was South Johnston (an unfriendly pub, a butcher and a post office and nothing else). We then had 2 mishaps with cane train tracks – Cathie hurt her knee, and Keith his shoulder and his bike. That night we camped at Innisfail



(Terry and Gael decided to go to Bramston Beach a day early). I found the Art Deco style of there surprising and interesting – apparently it's because many buildings had to be replaced after a cyclone in 1918. Part of the group enjoyed the “Dinner Special” at the Brothers Leagues Club, albeit that it was a way out of town.

Friday was a great day for relaxation and pleasant cycling. Some of us even spotted crocodiles at the Eubenangee Swamp (thanks to Mike and Lindsay for their binoculars). We stopped at the Garradunga Pub – a cancutters haunt from the olden days – and the venue for the Billy Slater party after Origin 2. Bramston Beach was a delight – and a link with the 1960's and Bob Dyer's Pick a Box, because winning contestants were sent for a holiday at “beautiful Bramston Beach”. Needless to say, the resort has seen better days. It suited us very well, especially as the local fishing club cooked us a bbq tea and bbq brekkie. It was also great camping because of the full moon and swaying palm trees and the sound of gentle waves.

Saturday was a 90km slog back into Cairns. As it was raining again we decided not to take the scenic detours on quieter roads. Main stopping places were Babinda, and Gordonvale (more Lumberjack cake and prize winning pies). People went various directions on arrival in Cairns, and we had already lost Peter Wright (who headed south from Innisfail). Hence 18 tired but happy tourers had a “finale” dinner at an Italian restaurant in the centre of Cairns, already thinking about the next time we can hit the road on a tour (that is, if we ever get our bikes back together after the aeroplane boxes).

PS In the interest of more relaxed cycling days - we never actually made it to Atherton!

Ed's Argentinian Adventure

By Ed Wrigley

My friend Charl and I selected Argentina for the 2004 holiday to some degree by default because it did not have bird flu, it is interesting politically. Buenos Aires has a world class reputation for elegance and I wanted to see Iguazu Falls.

Travelling to Argentina is easy enough with a flight from Sydney to Buenos Aires via Auckland. Aerolinas Argentinas is a low cost airline, and it should be. I was impressed - unfavourably - with the way that recycled wallpaper paste is passed off as mashed potatoes and Nescafe was considered coffee. Getting into the city from the Buenos Aires airport was a frightening experience of being on a very busy motorway with cars driven by people displaying symptoms of Freud's death wish. I occasionally shout out the biblical injunction of "Go forth and multiply" to various examples of serious inbreeding. When one finally gets into Buenos Aires one can easily see the magic of the city. Elegant people, stunning 19th and early 20th century buildings, lively cafes and excellent restaurants.

The city has several opera houses, including the Teatro Colon arguably the world's grandest opera house. For a political spectator like myself, Argentina is very good. Every day there is a demonstration for some cause or other. Social justice, indigenous rights, May Day and the disappeared peoples are some of the ones that I could identify. Demos are always noisy; drums, loudspeakers and large firecrackers going off. My favourite demo was people who wanted social justice (money) were banging on the steel windows of a bank with hammers. The bank used to have glass windows but an earlier demo had changed that! Inside the bank it sounded like a thousand skateboarders on a tin roof.

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Gidgee to Gulf Bike Ride

By Rosie Eden

Come holiday time, I am always on the lookout for some cycling adventures. When my sister mentioned an outback tour, I thought, "Let's do it". Little did I know what I was going to put myself through!

Gidgee to Gulf is a charity ride held over a week from Mt Isa to Lawn Hill National Park. It is a major fundraiser for both the School of the Air and the Royal Flying Doctor Service. As a participating rider you really do some riding – 600km in total.

Each day we did approximately 100km riding in pack formation which is an experience in itself. There were five packs of varying abilities and it takes most of the week to sort out what pack to ride in! You definitely don't get much opportunity to



Look and enjoy the countryside riding this way. My eyes were fixed on other people's back wheel. However it was the only way to ride as you would end up as road kill from the triple cattle road trains (riding in the outback is a little different to Brisbane)!

‘I soon learnt that pack riding is bliss in a headwind’

Most of the riding was flat with wonderful tail winds. However the gods were not always kind and I soon learnt that pack riding is bliss in a headwind, especially when you seek out the larger men in the pack for company!

Each day we camped on properties or rodeo grounds and you did have to rough it a bit. But the company was great and the country people are so hospitable (caramel slice for dessert!). The quantity of food was lacking as the numbers of riders were not quite catered for. By Wednesday, I hit the wall after 110km, the last 10km being an old stock route that had my bottom in excruciating pain!

The ride was a real achievement for all cyclists, particularly surviving the last day of dirt and dust a true indication of the outback. The scenery on the last two days was fantastic and it was worth doing to support such a great cause. Just remember if you go, take very knobbly tyres, suspension and plenty of FOOD!

Banana Power

We all know you can get 20kpb (kms per banana) but wait there's more... After reading THIS, you may never look at the Banana in the same way again!

Bananas contain three natural sugars -- sucrose, fructose and glucose combined with fiber, a banana gives an instant, sustained and substantial boost of energy. Research has proved that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes...

More on page 7...

Member Profile

Every Newsletter we'll give you a chance to get to know a bit more about some of our members. We'll profile at least one every newsletter – Could take us 50 years to get through us all! Better start chatting to some others on the ride too!

This time, let's meet Fran. We asked her the Ten Questions over a drink at Sandgate. This is what we learnt....



1. **What type of bike do you ride.** Or if you have more than one, what's your favourite? Easy! My red Trek 1200 road bike.
2. **Favourite ride.** Would have to be the "Samford Soujourn" Love the scenery and variety of the ride. Love these cow pad docks! It's on again in the new calendar. The fact that I use my mountain bike on this ride irrelevant!
3. **Worst cycling experience.** That would have to have been seeing Wim crash. He broke his wrist and collarbone.
4. **Favourite coffee shop or rest stop.** Pam's café at Nudgee Beach closely followed by Fish on Flinders. Really friendly service and good food at reasonable prices.
5. **Drink? Food?** I love to have a Bacon Burger, Juice and/or a Vanilla Drumstick. Yum....
6. **Left or right foot at traffic lights.** Well, I mount with my right leg...
7. **Cycling goal?** I want to do a fast 100km. At approx 25kph.
8. **Where do you get your bike serviced?** At 'My Bike Shop' Samford Road
9. **What do you drink on your bike?** Filtered Water for preference.
10. **And, what do like best about the BBTA?** I really enjoy the diverse personalities and the varieties of rides!

Thanks Fran!

Ed's Argentinian Adventure ... continued

By Ed Wrigley

Argentina does have a crime problem. Police wear flak jackets all the time and there are locksmiths everywhere. One day I found myself in a tough neighbourhood. I was disappointed to be mugged twice in the space of five minutes, especially as it was broad daylight and there were 50 or so witnesses. "***It was the first time in all my adventures that anyone had pulled a gun on me***", I certainly demonstrated that crime does pay that day; they stole not only my wallet but my trusty bike! When I reported the theft in a suburban police station I was struck by a plaque with a long list of the officers names that had died in the line of duty. An Argentinean policeman's lot is obviously not a happy one.

Being short of a bike, I bought a reasonable, but not brilliant bike. Come see it on my upcoming ride! All fairly basic bike gear can be bought in Buenos Aires from competent bike shop staff. There is no need to carry a lot of spare parts when cycling in Argentina or Uruguay.

My first lengthy ride was a circular route through Uruguay and around the marshlands between the Parana and Uruguay rivers. The roads were good, the countryside, pleasing. Lots of birds and horses to be seen. If you like old cars you would have been delighted to see 4 Studebakers and 2 Trabants in the same day. Once day when camped by the side of the road I was wakened by Uruguayan police who enquired as to whether I was cold. My Spanish is not sufficiently good to say "not until you woke me up and got me out of my nice warm sleeping bag" To help my sleep the police warned me to beware of robbers. I was alert but not alarmed or vice versa.

The second reasonable length ride was from Iguazu Falls to The town of Resistencia about 700kms. It was pleasant rolling country with a lot of timber plantations of eucalypt and pine which meant quite a few logging trucks but plenty of camping spots along the Parana River.

Two months were definitely not enough to explore the eighth largest country in the world! I want a next time!

Banana Power..... continued

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

DEPRESSION: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana.

This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS: Forget the pills -- eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

ANEMIA: High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

BLOOD PRESSURE: This unique tropical fruit is extremely high in potassium yet low in salt, making it the perfect fruit to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce

the risk of blood pressure and stroke.

BRAIN POWER: 200 students at a Twickenham (Middlesex) school were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brainpower. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.



CONSTIPATION: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

HEARTBURN: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

MORNING SICKNESS: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

MOSQUITO BITES: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

NERVES: Bananas are high in B vitamins that help calm the nervous system.

ULCERS: The banana is used as the dietary food against intestinal disor-

STRESS: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

STROKES: According to research in "The New England Journal of Medicine," eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%"

So, you see, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around.

So maybe its time to change that well-known phrase so that we say, "A banana a day keeps the doctor away!"

Courtesy of
www.MaximalHealth.com

ders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

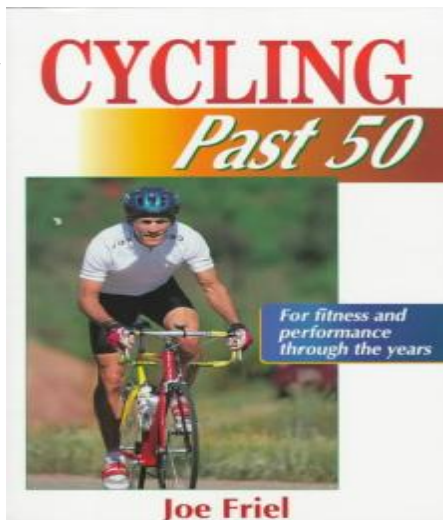
SMOKING: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

WANTED! Jeff Isles is looking for a tandem for himself and his wife. He's an experienced rider and his wife is not. When they go riding together it leads to a lot of frustration and they feel a tandem may be the answer! If you can help, please contact Jeff at jrisles@optusnet.com.au - If you don't have email - contact Maurie and he'll pass the message on!

From the BBTA library; This book is an interesting read, for cyclists of all ages and not just for those 'over the hill'. The American author is qualified in exercise science and has vast experience in training endurance athletes and as a cycle coach.

Joe Friel tells us that it's true that aging does slow cyclists down. With age, the heart delivers less blood to muscles and energy production drops. There is a loss in muscle mass, muscle elasticity, joint mobility, the amount of air inhaled, clearing away of lactic acid, perspiration, and immunity to illness. The only things that increase, the author tells us, are that older people gain extra fat and pee more!

But the message from Joe Friel is that much of the slowing after age 50 is not due to age but to inactivity and reduced intensity of activity. He argues that vigorous and frequent riding is needed. 'A sensible program that combines high-intensity training, such as hills and intervals, with strengthening, stretching, a sound diet, The author presents useful descriptive text and tables on training approaches, training zones and schedules leading up to long rides, tours and races. He stresses the importance of rest and adequate recovery The importance of rest and recovery, because 'all riders past the age of 50 ... don't recover as fast as when they were younger'. Joe Friel presents interesting information



slowing after age 50 is not due to age but to inactivity

about how, during a ride, the body uses up glycogen and there may be muscle damage or wasting. This leads to the advice that I personally found most useful –

about eating and drinking to maintain and replace energy during and after long or multi-day rides. Based on Friel's advice, my plan for extended bike tours can be seen below. In summary, this book is interesting, easy to read and provides information relevant to riders of all ages. Take the opportunity to borrow it from the BBTA library!

2 hrs before start of ride – breakfast of low GI carbs and a little protein, e.g. apples, rye bread, beans, yoghurt, muesli and skim milk

Water till 10 mins before, then high GI drink, e.g. a sports drink (powdered Gatorade or Staminade added to water)

During ride, up to 1 hr = water; up to 3 hrs = bottle of sports drink per hour; over 3 hrs = add fruit or bars; over 6 hrs = add high GI carbs and protein, e.g fish sandwiches.

WITHIN 30 MINS OF FINISH, replace spent energy with high GI carbs and protein, e.g. nuts, banana, sports drink or low-fat flavoured milk (or a 'home brew' of 5 tablespoons (1/3 cup) sugar and 8 tablespoons (1/2 cup) of skim milk with 500mL (2 cups) water).

Two hours later, eat a meal of low GI carbs and some quality protein. replace all the water lost on the ride.

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.



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