



Cycling Times

The B.B.T.A Newsletter

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Happy Anniversary!

20 years of BBTA!

20 years ago, in August 1983, eight avid cyclists – Peter and Christine Brandis, Peter Muhling, Ken and Lee Sampson, Hazel Lombardo, Bob McQueen and Peter Behan – founded the BBTA. 35 cyclists attended the foundation meeting on 22 August. Little did they know that 20 years later we would have well over 300 members and still going strong.

To mark this special occasion we will have a *Frolic at the Falls* on Sunday the 24th of August. You are invited to come along and celebrate with your fellow members. James Trimmer will take us for a ride before we devour a delicious morning tea at the site of the first BBTA party - JC Slaughter Falls picnic area at the bottom of Mt Coot-tha.

Although the Frolic at the Falls will be the official celebration, for the next 12 months we'll be featuring *Classic Rides* in every calendar. These are rides that have stood the test of time and turn up year after year – sometimes with a new name! Catch as many of them as you can and see why they are considered Classics.

While many things about the BBTA have stayed the same some things have changed. In 2001 the original BBTA logo was replaced with a more modern, colourful design. This new design will be given plenty of exposure on our soon to be released club jersey.

Let's all celebrate the 20th year by continuing the BBTA spirit of being out on the road, getting to know each other and having fun.

BBTA – Cycling for Fun, Fitness and Friendship

Let us take you for a ride....

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Welcome to our New Members!

The following have joined the BBTA since the last newsletter:

Marg ADAM	Bruce EDGE	Larry ROSS
Steven	Dave HARLEY	Brad SHELVEY
BASSINGTHWAIGHTE	John & Kathryn MADIGAN	Donald STEPHEN
Leanne BYGRAVE	Ken MANTHEY	Rosanne TOPP
Dino CIPRESSI	Anne MATTHEWS	Peter & Patti WILSON
Lola COKER	Fiona MEREDITH	Terry & David WINSOR
Greg COTTER	Neil MILLER	Matthew WITT
Helen DAVIES	Philip MIOSGE	Andy & James WOODMAN
Mark DEMUTH	Christine OSBORNE	

Report from the President

Elizabeth Catchpole



Happy Anniversary everyone! Isn't this just the best time of year, absolutely

great cycling weather. Although it is a wee bit chilly first thing in the morning it soon warms up. I'm obviously not alone in my thoughts as we've been having good numbers turn up on many rides recently.

I've just come home from the Saturday afternoon ride and we had 26 today. The anniversary is a good time to reflect on just how much fun we have cycling together as a club. Plus the friends we have made and also the many places we

have got to know. Sure you can probably travel faster by yourself without all the re-groups and water/coffee stops but you definitely wouldn't enjoy yourself half as much.

Also it's fantastic how much we can all help and inspire each other. We have members off touring the world as we speak. Jill & Alan Don are off in Canada, Bob Schofield is in Finland and Tom Mylne - our own rides co-ordinator - is spinning through Italy. Tom, like many of us started with the Saturday Afternoon ride. I remember my first outing, crunching my gears, changing up instead of down and walking up that 'hill', but the good humour, friendly advice and a decent long black

at the end ensured my return.

At the moment I'm really looking forward to the end of the month when the BBTA tribe (hopefully resplendent in their new club jerseys) travel to Warwick to take part in Bike Qld CQ03 ride.

If you haven't entered yet be quick the closing date is soon. It promises to be a fabulous ride, I'm working on a BBTA flag to use to claim our bit of the campsite! If you think you can help let me know!

Happy Cycling & Watch out for Magpies - they're back!
Elizabeth Catchpole

Acting Rides Coordinator's Corner

Sheila Saunders



As many of you know Tom Mylne, our Rides Co-ordinator, is cycling in Europe at the moment, so it has fallen to me to finalise the current rides calendar.

August is the anniversary month of the club's formation and we are planning a special day on Sunday 24 August with a ride and a picnic at JC Slaughter Falls. Come along for an 8am start, James will be leading a 35/40 km ride and this will be followed by an "Anniversary Morning Tea" at the Falls picnic area.

What a long way the club has come in 20 years - from about 10 rides per calendar to the new one which has over 80

rides on offer. We have a number of achievement rides too, so those of you who want to tick some more rides off towards a medallion or certificate, you have plenty to choose from.

To mark the anniversary year we hope to put on a "classic" ride each month for the next twelve months. The August Classic ride will be on Saturday 30th when Jenni will take us on the "Brisbane River Classic" ride and in September on Sunday the 14th Elizabeth will lead the "Shorncliffe to Redcliffe Classic". We hope as many of you as can will join these rides. If you have any ideas of other rides which could be regarded as classic, please let me know (or

Tom when he returns) and we shall try to include them in future rides programmes through the year.

Thank you to all who have helped me in my stand-in position.

Sheila Saunders

Addition to the Rides Calendar:

Upon his return from the successful Bundaberg West tour, Peter Brennan has submitted a weekend ride for 16-17 August departing from Palmwoods and camping near Kenilworth. See page 7 for details.

Rosewood 100km/200km Achievement Ride

Leader and Reporter James Trimmer

On 17th May nine riders set out at dawn on a beautifully clear Autumn day marred only slightly by an edgy S-SW wind. The pace was fast led by Peter Neumeister (a friend of Kerry Neighbour) and Andy Woodman, two newtime riders. Andy completed a 160km Achievement a fortnight previously and complained of too slow a pace and too many coffee stops. Peter, who had only been riding 3 weeks, thought a 200km ride would be a good way to see some back country roads. Where do these people come from?

Barry Norton successfully completed 100km, a P.B. Kerry dropped out at 120km, defeated by a cruel headwind and Andy "attacked" over Mount Walker at 130km and missed the turn to Coleville. Special mention of Gerard Galvin who, with dicky knees and pushing 70, pushed the front runners all the way and finished in 9 1/2 hours. Age shall not weary them.

David finished just on sunset "sprinting the last 15 kms and looking very pleased with himself."

James Trimmer, David Horton, Gerard Galvin, Rod Nicholson and Kev MacMillan successfully completed 200 kms. For David and Gerard, these were P.B's.

Special thanks to Tom Mylne for providing checkpoints and catering.

To celebrate my 60th next year, my intent is to knock over 300kms. Maybe starting out west, maybe a long weekend in May or June. Companions would be good.



This is the final version of the new jersey design. For those of you with printed newsletters, the predominant colour is yellow, with a lot of blue and some green. The jersey and knicks will be for sale by order only. The cost is \$80 for the short sleeve jersey and \$90 for the long sleeve jersey. Knicks cost

\$65. The first wave of orders has now closed. They are intended to be delivered on 24 August for collection (and final payment) at the anniversary picnic.

In this first order will be samples in each available size for trying on at future planning and social nights. Orders

can be placed then, along with 50 per cent deposit. When there is a sufficient number of orders, these will be placed with the manufacturer. Contact Elizabeth Catchpole or Sheila Saunders for any enquiries relating to the jerseys or knicks.

The Craig Steffens Mile

Adventure Cycling in the United States has mapped out 2470 miles of off road terrain called the Great Divide Mountain Bike Route. This route is the longest mountain bike trail in America and stretches north to south from Canada to Mexico across the Great Continental Divide. But, did you know that a long-time member of the BBTA has a one mile

long section of this route named after him? Somewhere in Montana between (who knows where), on map 1B, at mile 139.0 to 140.0 lies the "Craig Steffens Mile."

Not much is known about this mile at this point. Adventure Cycling has promised to send a copy of this section of the trail later this year when reprinting takes place. However, if this one mile section is representative

of its name, it will be steep, scattered with lantana, have a muddy section or several creek crossings and always have one more hill.

Hopefully Craig will have the time and savings sometime to actually ride his very own mile. If any member does it first, be sure to give him a preview.

This article was submitted by Jim Huemmer



Bicycle Queensland Update

Hurry Hurry Hurry

Entries close on 8 August for Cycle Queensland 2003

Warwick to Cooloola
Saturday 30 Aug to Sunday 7 Sept
Entry Fee of \$639 for BQ members

See www.bq.org.au or phone 3844 1144.

Bicycle Queensland

Everyday Cycling Every Day

Bicycle Queensland works to:

- Increase & improve cycling facilities
- Encourage more people to cycle for fun, health and transport
- Encourage policy change in government

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.

Working for you to improve cycling.

Bob's Jungle Juice by Bob Bednarz

This article is reprinted by permission from Audax Checkpoint, August 2002. Thanks to Kerry Neighbour for bringing it to our attention.

Tired of searching for suitable pocket-food for an Audax ride? Tired of paying the high costs for commercial products? Tired of dealing with and disposing of product wrappers? Tired of worrying about dental problems caused by trapped food particles and sticky syrups?

Then try **Bob's Jungle Juice**, an inexpensive and easily prepared alternative to commercial products.

Unlike "meals in a bottle" that attempt to provide all the nutritional requirements for ultra-endurance cyclists, my drink provides only pure energy. Using it, I've found that I can cycle up to 100 km non-stop. But on a long ride, protein and fat requirements still need to be filled by regular food stops.

Based on an admittedly small sample of three individuals, the drink has no digestive ill effects. However this outcome is due to formulation and not to

Energy Drink Recipe

The following measures are for filling a 650ml bidon:

1/3 Cup Maltodextrine Powder
Two tablespoons glucose powder
Two tablespoons fructose powder
A pinch of table salt (approximately 1/8 teaspoon)
Lemon juice or other optional flavoring
Mix maltodextrine into 650 ml water, then add sugars, salt and flavoring and shake well.

chance.

Alternatively, the ingredients other than lemon juice can be combined in a small zipped sandwich bag (in the specified quantities) and carried on a ride until needed to charge a bidon. A separate zipped bag can also be used to hold a few lemon quarters to be squeezed into the bidon.

Maltodextrin powder can be obtained from some home-brewer supply shops, for around \$3.25 / 500gms (Brewiser Brand.) Glucose powder can be purchased from many grocery shops, i.e. Safeway/Woolworths. Its cost is around

\$2.50 /500gms. (It can also sometimes be bought in larger and cheaper volumes from home brewing shops as dextrose.) Fructose can be obtained from most health food shops, the cost should be around \$4.90 / 500gms.

Based on the above, the energy cost of a 650ml mixture is \$ 0.59, which has an energy content of about 350 calories or 1468 kj. This is similar to four medium size bananas or about three and a half leppins.

Since ordinary table sugar (sucrose) is a combination of glucose and fructose in equal proportions, why not just use four tablespoons of table sugar? The answer is that sucrose is a chemical combination and not a simple mixture of glucose and fructose. This means that table sugar must be first broken down into its two components by the digestive process before being absorbed by the body. My energy drink avoids this digestive step.

Also, one pound of sweat contains about 500 mg of sodium, and daily sweat losses of 10 pounds or more are not uncommon on hot rides (translating to sodium losses of 5,000 mg or more.) The pinch of salt is meant to help replace this loss.

Because of the drink's high sugar content affect on teeth, I recommend rinsing the mouth with plain water after each swig.

What are Maltodextrins?

Maltodextrins are easily digestible carbohydrates made from natural corn starch. The starch is cooked, and then acid and/or enzymes are used to break the starch into smaller polymers (a process similar to that used by the body to digest carbohydrate). Maltodextrins are generally sold as dried powders. Maltodextrins are polymers of dextrose (sometimes labelled "glucose polymers"). Maltodextrins do not contain significant quantities of protein, fat or fibre. Maltodextrins are not produced from and do not contain malt products.

The finished maltodextrin:
- is easily digestible
- is a convenient energy source

- contains approximately 4 calories per gram
- is cold-water soluble
- has low or no sweetness.

Glycemic Index

The glycemic index ranks foods on how they affect our blood sugar levels and indicates how much your blood sugar increases in the two or three hours after eating. A comparison of the energy drink Glycemic Index (based on both white bread and glucose scales) follows:

Substance	GI	
	Bread scale	Glucose scale
Glucose	146	100
Lucozade	136	95
Instant Rice	128	90
Bob's JJ	116	79
White Bread	100	70
Banana	77	54
Apple juice	58	41

The glycemic index is about the quality of the carbohydrates, not the quantity. Obviously, quantity matters too, but the measurement of the glycemic index of a food is not related to portion size. It remains the same whether you eat 10 grams of it or 1000 grams. To make a fair comparison tests of the glycemic indexes of food, 50 grams of available carbohydrate in each food are usually used. You need to eat twice as many carbohydrates in a food that, for example, has a glycemic index of 50 than one that has a glycemic index of 100 to have the same blood glucose response.

The table above shows that my energy drink has a glycemic index between white bread and instant rice.

Internet References:

<http://www.mendosa.com/gi.htm>
<http://www.ultracycling.com/nutrition/fooddrinks.html>
<http://www.cptips.com/toc.htm#nuttips>
<http://www.gpcequipment.com/food/malinfo.html>
<http://www.ultracycling.com/nutrition/fooddrinks.html>

Bob Bednarz

Reflections of a BBTA tourer

By Robert Byrnes

What memories linger at the end of a club tour? Below are some thoughts about the just-concluded Bundaberg West winter tour and about club tours in general. After all, the BBTA is at least in name a *touring* club, and it's good that as many members as possible know what touring is about.

No one can deny that propelling a bike loaded with touring gear can be hard work, but on this tour distances were modest (an average of about 55 km), so exhaustion was rarely a serious risk. Actual riding time on most stages was just 3–4 hours, a level of effort surely within reach of most regular pedalers. So by setting out at the very civilised hour of, say, 9 a.m. (plenty of time to have some brekkie and dry the tent before loading the bike) the 25 tourers could usually count on reaching camp by about 2 or 2.30 in the afternoon, even after some longish stops along the way for a breather and a yarn.



Some would rank those roadside breaks among the best aspects of bike touring. You pull into a shady spot, sometimes by a flashing stream, you prop your bike against a tree, get the helmet off, stretch a bit and begin hauling out the makings for a rejuvenating snack. A cuppa? A banana or two? Some nuts? A pastry picked up at the bakery of the last town? A shot of energy drink? It's your choice, and if you'd fancy something that you don't happen to have on board there's a chance a colleague can help out. You watch the laggards roll in, swap cycling yarns, do a bit of stretching, discuss the state of the world, lie back and contemplate the shifting clouds.

Back on the road again, you spare an eye for the passing parade: the cattle 'standing like statues', dappled sunlight through the gums, a disc harrow working in a haze of dust, a raptor

riding a thermal — while the tyres hum softly on the asphalt and the kilometres tick by. This is the bush — the real Australia, some would say — and you're not just passing through it, you're *in* it, part of it; you can not only see it but feel it and smell it.



Touring, though, is not a formula; it's a chance to do as you wish: cycle fast or cycle slow; ride in a group and swap stories and impressions, or ride alone and meditate on the ways of the world; in camp, showered and refreshed, hit the local pub and pool table, or stretch out in the tent and read a book or catch 40 winks before dinner; talk to one of the locals or a friendly dog, or plonk yourself down before a brimming milkshake at one of the town's cafés; get to bed by eight-thirty, or tumble beerily into the sack after midnight.

One comforting aspect of winter touring in Queensland is that the weather usually cooperates. On the Bundaberg West tour the only rain of consequence obligingly fell during the night (at Mt Perry, end of the fourth stage), and daytime temperatures were close to ideal. There was often a nip in the air in the early morning, but once the sun climbed into the sky the thermal undies came off and the blood began flowing again. At those moments it felt wonderful to be alive and heading down the road.



What about safety? some may ask. Well, with rare exceptions club tours follow quiet secondary roads, and this was again the pattern on the Bundaberg West tour. There were days when traffic density must have been no more than half a dozen vehicles an hour. The tourers got friendly waves from many country folk and encountered few of the 'yobbos' who frequent some major roads. Rarely did you not feel totally safe.

There can, of course, be some downsides to touring. It requires fortitude to crawl out of a warm bag on a frisky morning; the hills can be tough ('rolling country' is a euphemism that can conceal a multitude of daunting climbs); there may be a stretch of dirt with bone-rattling corrugations; and the mid-afternoon sun, if you are still out on the road at that hour, can beat down implacably on your overheated cranium. Besides — let's face it — a mini-tent is far from being the most comfortable of residences. Your correspondent has en-



countered all of the above frustrations, but still fronts up whenever he can — because a club tour is like a road movie in the real, a succession of often unforeseen events and encounters, a Pandora's box of happenings and possibilities. And where else can you expect to be served a man-sized BBQ dinner (with salad and dessert if you please!) for just \$4, or a bacon and egg breakfast for \$3.50? Where else can you follow, at zero cost, the permutations of the Great BBTA Touring Pool Championship as it makes its way relentlessly from town to town towards its ultimate climax?

Observant readers will note these pictures are not from the Bundaberg West tour. They are from Easter 2001—thanks Phil!

SPARE SPOKES

Marg Wingett, Di Thornwaite and Judy Manning set off on 26 May to ride, unsupported, the 2000km to Kynuna north of Winton and the commencement of the Gidgee to the Gulf ride on 29 June. Unfortunately, 3 days into the ride near Oakey, Marg was struck by a crosswind while at a 55k plus speed on a downhill and crashed heavily from her bike, and had to be ambulated to Toowoomba hospital for tests. The helmet was destroyed, as were much of her cycle clothing and gloves. The safety gear saved the day, and apart from lots of deep lacerations, mild concussion and a severely dislocated thumb, 3 weeks of recuperation saw her back cycling with Di and Judy after joining them in Longreach. The three cyclists were able to complete the last 300km together and join the fundraising Gidgee to Gulf ride. Rob Spence, who had driven up, met them at the start of the ride, making the BBTA contribution a 4 rider effort with Phil Wright as support vehicle. At last word Judy was still cycling - after travelling by bus from Karumba, she had been joined by partner Jim Titley and was cycling from Cairns to Cooktown. Total km travelled from Brisbane to Karumba - 2,882.

Tom Mylne has reported from Europe that, rather to his surprise, he has just sold his bike, so the bike tour is over. He had been wondering how to deal with the bike once he met up with his wife to travel by train through France and Italy. As he was watching day 16 of the Tour de France just outside Briançon, he put a sign on the bike advertising it for sale and someone came up and bought it. So Tom's tour lasted 21 days, and took him just over 2000km from Switzerland, through the north of Italy and just into France. He has written up the first part of the tour on <http://gallia2003.crazyguyonabike.com>.

Bob Schofield reports from Helsinki that he is commencing a 4 day, 450km solo ride to the Russian border and back along the old King's road. He'll be using a Swedish hybrid rental bike so does not expect to break any speed records. He has just finished an illustrated journal of his trip last year across the USA <http://c2c02.crazyguyonabike.com>. Bob will be back for his Maximum Points metric century ride on 6 September.

Kerry N. is riding a very flash new Trek.

Craig Adams, one of our regular tourers, has moved to Thailand for two years with his job. Don't know how much touring is on offer in Thailand.

This column is intended to report people news. Please send any items to editor@bbta-au.org.

Cycle Kakadu and Litchfield

One of our newer members, Daryl Bowes, sent in some information on the commercial tour he has just completed in the Northern Territory. (Note the BBTA jersey at Mary River).



The tour left from Darwin and there were 15 cyclists in the group, mainly from overseas countries - only three Aussies. The May/June weather was excellent for cycling and the company provided "Trek" bikes, camping gear etc and most meals.



The tour ran for four days and included sightseeing, bushwalking and bus travel as well as daily cycling of around 30 km (Daryl reports that most of the cycling was over corrugations). Visiting the waterfalls and swimming in rock pools were highlights of the itinerary.

Cycle Canada

Jill and Alan Don are updating a travelogue of their Canadian travels. Below is an excerpt from their 10 July entry from the Riviere-du-Loup area. At the end of July they will attend the Atlantic Canada Cycling Rally, and then a supported tour of New Brunswick.

Bas-Saint-Laurent is magic - rural, with rocky outcrops, and the St Lawrence to the other side. We have had several days of wonderful cycling on flattish roads. Found a perfect campsite too - nestled amongst rocks and trees - for once, the tent sites got the best spot over the trailers - the site was too narrow for anything else.

We are travelling the 132 - the old highway - so there are

roadside rest areas and lots of small towns, museums, No trucks - they are banned, but we can see them prowling on the major highway close by. It is reasonably flat, and we have had strong tailwinds too. Also some afternoon storms - we found shelter in an abandoned snack bar with several other cyclists who were cycling to Newfoundland and back.

And we have found some more bakeries. We are able to get good quality bread for our picnics. Yesterday we had terrine of lamb with coriander and raisins while sitting on the bank of the River Ouelle, while roadworks raged around us. In summer, we notice that a frenzy of roadworks happens.

Touring is what gives the club its name. There are four Club tours being offered in August and September. Weekend Club Tours are open to everyone. Longer club tours are for current club members only.

Three Day Tour 15 August –17 August

ALL THE BRIDGES – approx 250 kms – Hard

Ed 3311-5815 Must ring or ewrigley@optusnet.com.au

Start NE end Story bridge 6.30am. Cross all bridges on Bris River all the way to Linville. Camp around Fernvale and Linville. Train back from Caboolture.

Two Day Tour 16 August –17 August

8.00am KENILWORTH CRUISING (75/65km – Med-hard

Peter B pd.brennan@bigpond.com 3391 5252 Book by Monday 11th August (for Saturday night's meal to be arranged) Departs from Palmwoods. Contact by email is preferred.

Ride starts with a climb straight out of Palmwoods and up to Maleny for morning tea. The main climbing for the weekend will be over and there are some great downhills to Connondale and Kenilworth. In Kenilworth supplies will be picked up as we head to a property (Donna's mum's place) 10km out of town towards Belli Park. Accommodation is camping style and we may even light up a fire. Sunday sees the ride cruise through Belli Park, along Gold Creek Rd and into Yandina for a break before cycling via Nambour back to Palmwoods.

Nine Day Tour 30 August –7 September

CYCLE QUEENSLAND 2003 : Warwick – Cooloola

Bicycle Queensland 3844 1144 bqinfo@bq.org.au

This is **not a BBTA Tour** but there will be a strong BBTA contingent taking part. This year the tour will go from Warwick to Cooloola, with stops at Clifton, Toowoomba, Esk, Woodford, Caloundra (rest day), Kenilworth and Kin Kin. **Entries close Friday 8th August** (entry form in the brochure, available from BQ and bike shops). Enquiries regarding entry etc. should be directed to BQ. Enquiries regarding the "BBTA team", should be directed to Elizabeth: E.Catchpole@mainroads.qld.gov.au

Weekend Tour 6 September – 7 September

8.30am QUEEN MARY FALLS 70+44km, Med-Hard (M4) Terry 0421 336 702, 3217 3880 Warwick (Contact Terry for details)

Starting in Warwick this wonderful weekender heads to Killarney for lunch via Yangan before cruising up to the picturesque Queen Mary Falls. A walk to the falls is a great way to finish the day. Camping (\$8 pp) approx. or cabins (from \$58) are the accommodation options. The evening meal at the café.

Sunday morning starts with a ride up to Carr's Lookout before returning back past the camping ground for a comfortable downhill run, taking shorter route back to Warwick. **Bookings are essential by Monday 1st** so contact Terry.

Seven Day Tour 21 – 27 September

TOOWOOMBA TOUR (455km) Col 3808 6908 Booking essential: cjdavies@bigpond.net.au

This September, BBTA is taking a week to tour the Southern

Downs region between Toowoomba and Stanthorpe. Over six days and over 450 km, we will ride through some fabulous country. Some of the highlights include: The spectacular wildflowers of the Inglewood Shire; Granite wineries and fruit orchards around Stanthorpe; The State's largest olive growing area; Sunflowers and cereals on the way to Millmerran; Toowoomba's Carnival of Flowers; The fascinating Old Stanthorpe Road into Warwick; "Dad and Dave" country around Nobby and Clifton.

This tour has a longer average than many of our recent tours (average 75 km per riding day), but the country is generally flat and towns are widely spaced. Apart from the night at Nobby, we will spend overnight at local caravan parks. There is a small amount of unsealed roads, but the sections are generally of good quality. Apart from the first day and near major centres, the roads are generally quiet. Although each night there are many eating opportunities, there are at least two days where there are no shops for lunch stops.

Day 1 (86 km) Sun 21 Sept: Toowoomba – Millmerran

Day 2 (87 km) Mon 22 Sept: Millmerran – Coolmunda

Day 3 (98 km) Tues 23 Sept: Coolmunda – Stanthorpe

Day 4 (0 km) Wed 24 Sept: Rest day in Stanthorpe

Day 5 (79 km) Thurs 25 Sept: Stanthorpe – Warwick

Day 6 (65 km) Fri 26 Sept: Warwick – Nobby

Day 7 (40 km) Sat 27 Sept: Nobby - Toowoomba

Six-Day Tour 21-27 September

The Far North Wilderness Bicycle Tour

Cairns to Cardwell via the Rainforests and Wilderness of Far North Qld. This is **NOT a BBTA tour**. For info phone:

Jonathan Metcalfe 40 521019; E-mail: TR139@petos.com.au, The Environment Centre : 40 321746,

E-mail: mail@cafneec.org.au

Eight unforgettable days of cycling, swimming, learning and relaxing through some of Australia's most spectacular country (560 kms). 1/2 tour on sealed back roads, 1/2 tour on OK dirt service roads. For mountain bikes, or touring bikes with wider tyres. Cost: \$440 per rider Cairns/Cardwell (or \$65/day). Plus: \$36 return train ticket. \$180 for a rider's support person using own car. Numbers are limited. \$150 deposit will secure a place on this fantastic tour.

An educational initiative of the Cairns and Far North Environment Centre.

Advance Notice

Nine Day Tour 29 November – 7 December

GREAT VICTORIAN BIKE RIDE : Summit to Sea

Bicycle Victoria : www.bv.com.au (search for GVBR)

Thirteen Day Tour 7–19 February 2004

GREAT NEW ZEALAND BIKE RIDE (South Island)

Bicycle Victoria : www.bv.com.au (search for GNZBR)

These are **not BBTA Tours**. If anyone is interested in going on the tours and/or in organising the "BBTA team", please let the rides coordinator (Tom Mylne: rides@bbta-au.org) know. There are brochures in the BBTA library.

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

2003-4 CLUB EXECUTIVE COMMITTEE MEMBERS —>

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