



Cycling Times

The BBTA News

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Number 123 June/July 2005

**ARE YOU A CURRENT
FINANCIAL
MEMBER?.... Page 12**

NORMANBY PEDESTRIAN CYCLE LINK

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**Contributions are welcome,
especially reports of tours,
day rides and any cycling
related pursuit.**

**Deadline for next issue:
11 July 2005.**

It was reported in the Cycling Times of Feb/Mar 2004, that after many years of plugging away by Bicycle Queensland for better cyclist access through the Normanby Fiveways, and seeing significant projects in the area compromise access, BQ had received advice that the Premier had announced funding for the project. In April 2005, after a feasibility study by Queensland Transport produced three route options for the proposed Normanby Pedestrian Cycle Link, concept plans were released for public consultation. By the time you read this newsletter, some of you may have taken a look at the concept plans for the new Normanby Pedestrian Cycle Link to be built over the next few years. The link will be a shared pedestrian and cycle pathway connecting the Normanby Fiveways crossroads and the Normanby Busway station to Roma Street and Albert Street in the city.

The link will provide:

- A shared pathway and tunnel under College Rd to give pedestrians and cyclists a safer option to get around the Fiveways, the Busway Station, Roma Street Parklands and Roma Street and Albert Street.
- An elevated pathway through to the Roma Street Parklands from the College Rd underpass and shared pathway to the Parklands' paths and roads.
- Link the Normanby Fiveways and Busway Station to the existing Spring Hill bikeway. **b**



**Welcome to our
new members!**

**These cyclists
have joined the
BBTA since the
last newsletter:**

David Guillermo AGUDELO
Mike ASPLAND
Jennifer BRIERLEY
Roy BROWN
Mark DANCER
Sue DANCER
Diane DAVIS
Greg DAVIS
Neil DONOGHOE

Andrew & Christine GALBRAITH
Han GHI
David & Joann MINSHALL
Sally MORTON
Steve MOSS
Kevin Brian POTTS
Mark SUSNJA and Ruth MORRIS
Melissa and Christian WHITTAKER

Quotable Quote.....

Ever notice that the people who are late are often much jollier than the people who have to wait for them?



Well, as you read this, your new committee has been in for two months now, one sixth of the way through. And what have we achieved?

At the AGM, some of the positions were not filled, but by the time the Committee meeting came around, several people stepped forward, and under Clause 13 of the Constitution we moved and filled, so now everything is right. Many thanks to Judy, Wim and Geoffrey. Bob Schofield is now the Secretary, Judy Tait the Treasurer, Wim Verbakel the Editor and Geoffrey Unwin the PR Officer. As it is a completely new Committee, and some of us (including me) are relatively new to the Club, there is some finding out how it works. That we have a mobile phone 0413 345 315, that we were incorporated on 21/12/2003. Things that others know, some of us don't!

Committee meetings will be held in the hour before the rides planning meeting, so if there is something you want raised, contact one of your Committee. The contact details are on Page 12 of this newsletter .

But what the committee would like from you, right now, is some information:

Social Nights – what would YOU like to happen at them?

We can have guest speakers, but what subjects? What would YOU like to learn about? What other types of nights would you like? The format for the rest of the year presently looks like this:

- 11 July – Swap night
- 12 September – Gearing, and which gear should you select
- 14 November – Aluminium Chef competition – cook up a storm on the Trangia
- 10 January – Whist night
- 14 March – AGM

This is certainly subject to change. What are **your** ideas? Drop one of us an e-mail, or send a postcard to PO Box 286 Ashgrove, 4060. Or a phone call.

Ride Leaders – What are their responsibilities?

Ride Riders – What are their responsibilities

We need to develop some documentation, some guidelines for Leaders, partly for new Leaders, so they have some idea what they should be doing, partly to meet an inevitable question from the insurance company who has the BQ liability insurance. We also need to develop some guidelines for riders, who should do the right thing. What IS the right thing? The Committee is considering the role of Ride leaders, and our Editor has prepared material that is intended to support current and potential day-ride Leaders in all they could need to know. This will be out as a draft-for-comment fairly soon, but in the meantime, can you give us your ideas on what should be covered. Tell us in person, email or letter.

Classic Rides – nominations called

The committee wants to build a booklet on BBTA's *Classic Rides*, perhaps 12 of them? We could run some or all of them through the year. But we need information on their history, the sort of ride (long tour, short tour, mountain marathon, social ride, night ride) the route taken and route instructions, and anything else that makes it Classic, and we can use to document it for future riders. Some of it the committee know. Some of it you know. Tell us about your nomination! When we have enough in, we'll come back to you for final decision time.

Good riding,

Stephen (0438 943 813)



Greetings to BBTA members. I am very much looking forward to offering my contribution in my expanded role, as your new Rides Co-ordinator. A special note of appreciation for our out-going co-ordinator James Trimmer, assistant Jay Mair, webmaster Kerry Neighbour for your kind assistance through this transition phase.

To set the wheels rolling . . . I'll tell you that I like being 'in the thick of things'. I believe we have a great cycling club with many strong points ! To our credit the BBTA merits: a consistent programme of an increasing diversity of enjoyable rides; rides with ease of accessibility and economy; a spirit of open friendliness and helpfulness to fellow riders of all levels of ability to reach their goals. These factors drew me into this club 18 months ago and is why I believe the BBTA retains its popularity in this region. It is, naturally, like other clubs in one very important respect . . . it is always evolving . . . numbers will ebb and flow, the cycle of change will always be a constant.

My role as rides co-ordinator is not just the mechanics of

collation and co-ordination of day rides and tours, but to further promote, preserve & enhance the primary focus of the BBTA . . . which is of course to *encourage cycling for fun, fitness, friendship*, and support of all participants. The club's energy comes from the enjoyment of the participants, which is as a direct result of the creative efforts and driving force of the ride leaders, backed up by the committee.

My direction is to cause the BBTA to *raise support for*, and *appreciation of* the ride leaders. In essence our ride leaders are the 'backbone' of our club. This club's success is built upon your involvement., and critically relies upon it. The ride leaders are in the position to greatly enhance the role the BBTA plays within the community and make a difference to the quality of life of participants.

I am pleased to reveal the actual figures of rides in the current calendar >>>(80 ??) day rides and tours ! Well done ! The records show that 54 ride leaders have contributed rides in 2004, 31 of these are already well into it again this year with a number of new routes, another regular one (*hopefully for the Wynnum Cruise guys ! . . . hint . . . hint . . .*) and extended versions of favourites. Add to this several new leaders in 2005!

And we also now have Natasha Brennan keenly out there to initiate the participation of younger cyclists.

To all of the BBTA ride leaders . . . BBTA members appreciate and thank you for your efforts. The direction of our club as it evolves, when you get down to

the nitty gritty, comes from what you people contribute, not my control of your participation.

Next, I am required to mention the Ride Register sheets ! Well, my intrepid leaders, as discussed thoroughly at the RPM, I will re-affirm that it is your responsibility that these sheets (which serve as disclaimers, . . . benefiting the entire organization) be forwarded to me (for our records) when you are finished with them. This can be done by several means. Bring them along to the planning meetings, post them to the BBTA postal address, or fax them to me (I also will likely to be attending the social nights as well). I request that they be forwarded on a regular basis, for obvious reasons written content must really be legible. Include page two, if necessary, and, as well as this . . . please feel free to make any notes you wish to include of interest or benefit about the outing. I do expect participants and leaders to heed this notice, digest its importance points, as I will make the general point once, here, and do not intend to sound like a broken record in the future in order to get the message across.

From your rides co-ordinator, you, in turn can expect my support, openness, availability to communicate . . . on cycling outings, at meetings, socials, by telephone (3851 2297 after hours please), by email (rides@bbta.org), by fax (3851 0273).

..... and I welcome input and feedback from anyone and everyone.

Continued on page 4

Pointers to my future direction as your 'RC' will be to develop rider and ride leader skills (not styles), to encourage initiation of the leadership role, improve protocols, and increase attitudinal acceptance and respect of leaders within the organization. On these issues, and others I have yet to formulate, I invite your input and initiatives to further develop my strategies for these goals during the course of the next ten months of my term.

Happy, pleasurable and safe riding ! . . . and I thank you all, from your 'RC'- *Frances*

IDEAS AND RIDES WANTED -

Bring your ideas for long tours, weekend tours and day rides for the August - Sept rides calendar to the next Rides Planning Night to be held on the 20th June at the Brisbane West Senior Citizens Hall, 132 Latrobe Terrace, Paddington. You can discuss your ideas for rides, or seek advice and guidance from the Rides Coordinator and experienced ride leaders. Everyone is welcome and there is no pressure to lead a ride for those who come along to see how the club works. Supper is provided, and the Library is also available.

ACHIEVEMENT AWARDS 2005

Riders who seek the award of a BBTAA Achievement Certificate or a BBTAA Imperial Century Medallion are reminded that to achieve recognition at the next Christmas function you must: (1) manage your brevet form (available from the BBTAA website, your Rides Coordinator, or the library) (2) submit the completed brevet form (showing the combination of BBTAA Achievement Rides for which an award is sought) to the Rides Coordinator before the close of business on the last day of November 2005.

From the Editor's desk.....

Wim Verbakel



Greetings fellow riders -

It is with pleasure that I take an opportunity to do my little bit for the BBTAA as the new editor for the Cycling Times. I hope you enjoy this, my first issue. I know I will be hard pressed to match the great content and presentation of my predecessors. You will still see the usual items of news, cycling interest, tour and ride reports and member profiles., plus the inclusion of regular features like letters to the editor, columns on the topics of safer

cycling and technical tips for the less mechanically minded amongst us, web links, and BQ updates.

A thankyou is due already to the contributors to my first newsletter, which is overflowing with content. Thankyou. Readers who have chosen to receive their Cycling Times electronically will be reading this newsletter in colour and may in future see it in expanded length with additional pages displayed.

The Cycling Times is "our" newsletter... You are all invited to contribute to it by submitting stories about rides, events or anything related to the BBTAA or cycling in general. Without your contribution I could not do our newsletter justice.

Please feel free to express a view by writing to the editor; I ask only that you please keep letters brief. Copy can be in the form of emails or email attachment (plain

text or Word, with any photos in bmp or jpg please), or written, typed or verbal. Material can be sent to me at editor@bbta.org or at P.O. Box 286 Ashgrove, Qld 4060.

I am considering the idea of going to an **all-electronic newsletter** (with a few printed copies for members who don't have Web access)... why? because the club seeks to balance its dissemination of information and news against the costs involved in printing and mailing. I would like your response to that. Send your comments to me. Of course, we will meanwhile continue to mail out paper copies to all paid-up members.

I acknowledge the help I have received from Elizabeth and Maurie in making the editor role transition a smooth one. Stay safe, and above all, enjoy your riding..... *Wim*

WANTED: Donations of all editions of *Cycling Times* dating back to 2001, and editions pre 1998, for inclusion in the BBTAA Archives retained within the club's library. Contact the editor or librarian, bring them to a Rides Planning or Social night, or post them to the club's address. Thank you. **b**

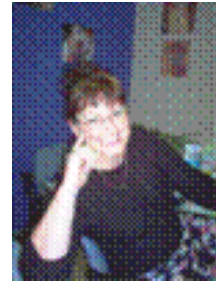
....Hello, my name is Deborah and I am your new BBTA Librarian, voted in at the committee elections held earlier this year. I am currently sorting through the books and journals that we currently have which include books on biking history, touring, nutrition, bike maintenance, physical fitness and other topics.

BBTA President, Stephan Jackson has suggested

cataloguing our resources which I intend organizing over the next few months. Please feel free to pass on any book purchasing requests or helpful ideas and hints to me, after all, this is your library.

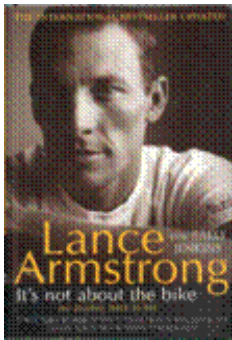
I was hoping to continue the BBTA's tradition of having at least one book review for each newsletter, so don't be shy, please but your thoughts on paper and pass them on to me at my email: library@bbta.org.

The Library will be open for business at all BBTA meetings and social gatherings. Looking forward to meeting you soon.



Deborah

Book Review: Lance Armstrong "It's not about the bike: my journey back to life"



This book is about a deadly disease that strikes a promising athlete, who, despite

thin odds manages not only to beat the affliction but also to return to the sport and win its top prize. Unbelievable, except it's true.

The story doesn't end on the finish line at the Tour de France. His experience made him a part of a cancer community, and motivated him to unleash the same passion and drive he does in bike races to the fight against cancer. Since he made history in 1999, he has won the tour 4 more times, and has become one of the most recognizable and admired people of this era.

The Early Years... Lance's sporting career began in Plano, Texas, where his mother Linda supported his competitive urges from the beginning. He displayed a gift early on when he won the Iron Kids Triathlon at 13 and became a professional when he was only 16 years old. At the near-cost of his

high school diploma, he trained with the U.S. Olympic cycling developmental team in Colorado Springs, Colorado, during his senior year. That sealed his destiny and Lance embarked on a career as a bike racer.

The Cancer Experience... While seemingly at the top of his game, Lance was literally forced off his bike in excruciating pain. In early October, his doctor gave him the stunning news that he had cancer. And his life changed forever.

Tests revealed advanced testicular cancer that had spread to his lungs and his brain. Though his chances for his recovery were far less than 50-50, a frightened yet determined Lance began an aggressive form of chemotherapy. With the advice of specialists, he tried a course of treatment that gave him a chance for a full recovery with less danger of losing lung capacity as a side effect. Remarkably, the chemotherapy began to work, and Lance gradually allowed his thoughts to return to racing.

Cancer left him scarred physically and emotionally, but he now maintains it was "... the best thing that ever happened to me," This new perspective allowed him to think

beyond cycling and focus on his debt to the cancer community. He formed the Lance Armstrong Foundation within months of his diagnosis to help others with their cancer struggles.

The Comeback... Lance's complete recovery from cancer seemed miraculous, but actually returning to racing felt unfathomable.

Lance later admitted that he wasn't ready to return to racing—he was just learning how to live again, let alone race a bicycle. He retreated to Boone, North Carolina, where he learned to love the bike again and build up the courage to try again.

1999 came with a specific goal—the Tour de France. He won the prologue stage and rode on to win his first Tour victory with a stunning mixture of power, aggressiveness, and team strategy. It was now official: Lance was an international hero. When Lance retires is still an open question, but one thing remains certain. No matter what his path, he will travel it with the sure knowledge that every day is precious and that every step matters.

Adapted from Lance Armstrong's website

Deborah

Scenic Hills or Hilly Scenery

It should be against the law for tour leaders to obtain a commitment from unsuspecting one-day-a-week cyclists to participate on tours, be they weekend tours or otherwise, without first providing clear instructions that this will be the ride from hell. On the other hand, how could I pass up an opportunity of spending a weekend with like minded people who are prepared to extend themselves to achieve the ultimate goal of getting to 'the top of the hill'.

Anyway, that's enough of the dramatic opening scene. 15 arrived to start the ride at Landsborough. After the handing out of route maps and the usual pre tour talk we set off. After two klms to warm up it was time to climb the first hill of many for the weekend. It was only 5klm straight up into the air but who was noticing. As we reached the top of Mt Mellum we all stood around patting each other on the back for our efforts. I actually thought it was an appropriate time to find the closest Psychiatrist. Never mind, onwards we continued. We spent the next hour or so coasting across the top of the range heading for Peachester. The sunshine was dappling through the trees, the air was crisp and clean and the downhills fantastic.

After morning tea it was time to start climbing again. This time we headed for Stanley River Road. I have cycled this road before on my previous bike without panniers and the memory has stuck in my mind like a thorn. I used my usual tactic to climb this baby. I stopped before the climb, wiped my sodden brow, had a squirt of water and two jelly beans, checked my distance and took off. I cycled close behind Jenni and I was desperate to make it to the driveway that I knew was around the corner. Not a word was spoken as we climbed. The only noise I could hear was the sound of my breathing. It took a few seconds of air sucking before I could stammer 'we made it'. Somehow it didn't seem as hard as it was last time, not sure why. I gazed at the remainder of the hill and continued pedalling.

Lunch break was spent under the shade of some shady trees, very nice. Then, it was onto one of the steepest (and shortest) downhills I have ever seen. Everyone compared their personal speeds at the end. I only managed 56klm compared to others who did 78klm or more. 'You must have had the brakes on' someone suggested. Me, the brakes on, you bet. Hurling down a very steep hill totally out of control on a bike with a lot of weight is not on my 'to do' list.



More rolling hills and we arrived at the Maleny Tourist Park. After

setting up I had a brisk swim and stretch and lie down. Then, off to the pub for dinner. The walk into town was a great time to relax and have a look around. Dinner was the usual pub fare, and really yummy after the days adventures.

Sunday dawned fresh and we hit the road heading for Mapleton via Obi Obi Road. I had heard all the stories about Obi Obi such as cyclists having to push their bikes up part of it and another who had to stand up on the pedals to get up it, but of course I thought they were just trying to scare me. I approached the 2.8klm stretch determined to do my best. I managed to cycle most of it but when my front wheel took on a mind of its own and directed me into the side of the hill I knew the beast had beaten me. I have not walked up a hill in years, so it was a strange feeling to be defeated like that. Actually, pushing the bike fully loaded took all my strength and was a marathon effort in itself. It would have been easier to cycle, however, the road was so steep that once you got off the bike there was no way you could get back on. The road turned back on itself as though it had been designed to push the minds and bodies of all who attempted it.

We all made it to Mapleton somehow and had a well deserved rest before tackling the rolling hills across the top of the range. Once more I was cycling in air so fresh it seemed that I was the first to breathe it in.

From Montville it was down a dirt road for several klms and a fantastic coast down to Palmwoods. There was one more major climb of 17% and from there on it was flat.

Continued on page 7

Cont.....Scenic Hills or Hilly Scenery

We were on the homeward stretch now and I was looking forward to the rail trail that goes through Tunnel Ridge from Mooloolah to Landsborough. It was quite dark in the tunnel, especially with my sunglasses on, doh. We were all pleased to be back in Landsborough and I felt like I had been away for a week and a half, not just the weekend.

As usual we all had a fabulous time and Jenni and Stan's planning was meticulous. Although this tour was hard, I really enjoyed it and it greatly improved my cycling strength and fitness which came in handy for the Easter Tour, but that is another story..... b

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The rides calendar has been expanding with the inclusion of mountain bike rides catering for different levels of skill, endurance and interest. Some rides can be ok on a hybrid too.

The June/July rides calendar sees the reappearance of the MTB skills ride - why not come along and give mountain biking a try. You may be surprised how useful some MTB skills like balance, control and object/hazard avoidance can be in everyday cycling and touring.

The Environmental Protection Agency has published a guide called *Exploring Queensland's parks and forests*. The guide contains information about which parks and forests are available for mountain bike riding.

Tour Report... *Magical Mystery Easter Tour*

Belinda Deakin

My first BBTA tour leading experience especially the Easter Tour was one of the most unforgettable events for 2005. By the time, the route was planned, accommodation booked, meal stops, toilet stops etc.- it was Good Friday.



At the start of the tour, almost all of the planning had been done except for the list of questions - the first began after we climbed the first hill before the 10 kilometre mark.....



A BBTA cyclist who will remain nameless

was cycling up the hill with me and it could have been just conversation but the cyclist asked 'How many kilometres until we have morning tea?'



By the end of Day One -

Highlights of the tour from those on tour were -----
New forms of stretching which looked very like cartwheels at 2:00 am in the morning practiced by three or four BBTA members as a rehearsal for the next day ride routine.

Several people in the camping area were annoyed at missing out on this early morning exercise and so advised those BBTA member at 2:00 am in the morning 'The joke is over'.

Dinner and pool in the pub at Kin Kin was before the The Castanettes had got together as a singing ensemble at Clifton Pub but many of us wondered if we were going to have to sing for our meals at the

pub.

Camping in the showground with the horses was a first.

The burning issue - does an MSR tangier make better tea/coffee

Eumundi campsite and the wonderful hot steaming showers'



We all had a wonderful time. Thanks to all for making it such a great time.

Thank you to - Maurice and Han for the photos, to Paul and Ralf for cycling ahead to check out the campsites/ pubs/ etc, to Steve and Vikki and Jordan for being my first family to tour with their young son and the use of their car as an esky carrier on Good Friday, to Kate for the tangier, tea, snakes and other lolly treats, to Garth for making the Easter Tour your first tour, and Sally for campsite fee collections.

From Belinda

Riders Toolbox.....

Tools (.....on a ride)

You do not need many tools to do on-ride work on your bicycle, but carry tools you must, even for the shortest of rides, if you are to avoid a long walk back whence you came. A quality multi-tool is a good way to start, but if you can't yet afford one, make sure you carry at least the following essentials – a spare tube that fits your tyre size, a puncture repair kit, and a pump. Some Allen (Hex) keys and small screwdriver and tyre levers will complete this basic toolkit. If you can afford a chain tool (they aren't too dear) then get one as well.

Now, even if you don't know the first thing about bicycle maintenance and repair, you will, in the event of a breakdown, feel as if you are well prepared, and not so embarrassed, to learn from the voluntary assistance that often comes the way of a stopped cyclist.

And if your bike seat or wedge pack still has room in it, then consider including some "personal tools" such as bandaids, combination sunscreen/insect repellent, and antiseptic swabs. If you have ever had a puncture in the wetlands, you will relate to my appreciation for having had these items with me.

Next edition - some advice on repairing a flat tyre. **b**

BBTA meets Igor Nalimov, Russian tourer.....

The Australian Bike Trip of Igor Nalimov (the President of RCTC) and Valery Barvashov Melbourne - Brisbane



On April 26, several members of the BBTA met with Igor Nalimov, the President of the Russian Cycle Touring Club, who has cycle toured from Melbourne to Brisbane, (accompanied by his friend Valery Barvashov as far as Sydney). While here, Igor took a trip around Brisbane by "Citysights" bus for one

hour and then a similar route by foot for 4 hours. He told us he is really enjoying his stay in Australia, and in Brisbane too. One of his interesting observations was "near the central square I noticed homeless people, drug users and beggars, though not so many as in other countries. One old woman asked \$3 for bread, but there was a smell of alcohol from her." And about his tour, he remarked how good it was to find clean toilet facilities everywhere along his route!

In the evening when we met him at the City Central Library theatre, president Steven Jackson told him about the activities of the BBTA, and about our membership of about 320 in Brisbane. He informed us all that the RCTC had a membership of about 600 cyclists.

Igor then treated us to three videos, the first was "The road of death", a video of his cycle tour undertaken in 1985 along a notorious

railway line constructed under Stalin and which caused the deaths of thousands of conscripted convict labourers. This tour was their club's contribution to *perestroika*. The other two videos were of more recent cycling tours within Russia, one being notable for its opening of our eyes to cultural traditions probably not known outside Russia. We found Igor's presentation very interesting and he fielded lots of questions. Especially club member John Chilton who is visiting Russia next August with his wife for a cycling tour. **b**



The BBTA has a sizable library of books, magazines, photo albums, literature of technical focus and once established, an archive of the club's historical material such as minutes of former meetings, previous newsletters etc. Items should ideally be returned in 4 weeks, on a Planning night or Social night, to allow others to access the library stock. Contributions to the library are always welcomed too, so don't dispose of any cycling literature you might think may be relevant.

Upcoming BBTA Tours.....

"Bunyas Classic Weekend Tour" - 3 days 11 - 13 June 2005

Distance: 50/32/70km

Start location: Yarraman at 9am.

Contact : Ken & Lee Sampson by ph: 3369 9326 or

by email >ken-lesley@bigpond.com Bookings must be made by 5th June.



BBTA Cooloola Coast Tour

Saturday June 18 -
Saturday June 25

The Cooloola Coast Tour looks like its going to be a lot of fun and some very good cycling to boot. Maurie and I spent the day driving the route to fine tune distances and conditions and we are excited about what a great area this is going to be to ride. It has everything –forests , beaches , rolling plains , hilltop vistas and some unexplored nooks and crannies. The basic outline is

Saturday-Gympie to Pomona 41 km Sunday-Pomona to Tin Can Bay 87km

Monday- Tin Can Bay to Maryborough 73 km Tuesday-Maryborough to Hervey Bay 49km

Wednesday-Rest day Thursday-Hervey Bay to Tiaro 72km

Friday-Tiaro to Kilkivan 68km Saturday- Kilkivan to Gympie 55km

If you feel like getting the wind in your hair and escaping for a week then contact me and I will give you all the details you need to make up your mind. I would like to have final numbers by the 4th of June . I can be contacted at groberts@bigpond.net.au or ask for Graham on 38221898.

BBTA Fossickers Way Tour 17-25 September 2005

If you are interested in joining this tour or the pre-tour ride to Armidale from Brisbane during the week before, and would like more information, contact Peter Brennan via email pd.brennan@bigpond.com or phone 0408 983 474.

Recent ride repartee.....

On a recent BBTA bayside club ride, the group had traversed a saltwater tidal flow over a causeway, when one suggested that we all would now have "buggered nipples" as a result..... drawing this quick-witted retort from a blouse-clutching comedienne in the group..... "good heavens, it wasn't *THAT* deep was it???" **b**



Bicycle
Queensland
Update

Cycle Queensland Sept 3 -11

Imagine riding from the Spinifex deserts of south-western Queensland through to the vineyards and orchards surrounding Stanthorpe, then past spectacular waterfalls in the rainforest before hitting the sand and surf at the Gold Coast.

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: personal accident, 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:
\$70 single, \$90 household.

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

Cycle Queensland 2005 will visit all of this – and more! Starting on September 3, riders will head off from Goondiwindi and visit Yelarbon, Texas, Inglewood, Stanthorpe, Killarney, Boonah, and Canungra before finishing at the Gold Coast on September 11. The 560km ride is mainly flat with a daily average of around 70 km.

Organised annually by Bicycle Queensland, the ride is a nine-day holiday on two wheels. The fully supported ride includes marshals and signage along the route, bike mechanics, medical assistance, police support, sag wagon, three meals a day and luggage transport.

Each day riders ride into a new town where a tent city has been set up including toilets, hot showers, masseurs, a general store, a licensed cafe and much more. All riders have to do is set up their tent and then they're free to explore the local town and enjoy any entertainment, tours or markets put on by the local communities.

To find out more about Cycle Queensland call 07 3844 1144 or visit Bicycle Queensland's website at www.bq.org.au for an entry form.

Entries close 5 August

**LOGAN BICYCLE USER GROUP - In conjunction with
Logan City Council**

More Cycling in Logan: A Workshop

Tuesday 28th June: 6.00 to 9.30pm

Logan Entertainment Centre

170 Wembley Road

Logan Central

UBD P.241, Ref. M8

FREE ADMISSION AND PARKING
Refreshments and finger-food provided

**For more information call
Bob Schofield
3806 5680 bobneves@yahoo.com**

What's
planned

All you need to know about cycling developments in Logan

What's
needed

Your chance to tell Council all they need to know about cycling here!



What's the hardest thing about learning to ride a bicycle?

The road.

Member Profile meet Bob Schofield

In this edition of Cycling Times we meet Bob Schofield..... I posed a few questions and here is what he had to say:

1. What is your favourite bike, and why?

My one and only bike, a custom-built tourer from Cecil Walker Cycles in Melbourne. It was a retirement gift to myself, in 1999.

2. Favourite gadgets and accessories on your bike?

Not one for gadgets but the computer keeps me amused. Have been on some demanding tours when an altimeter would have been fun to have.

3. Your favourite ride?

My motto is "the older I get, the faster I was" so it's hard to be objective. Peter Brennan led many good day tours in my early days with the Club (1999) and helped me get to know the area from Jimboomba to the canefields. Have very much enjoyed short multi-day tours led by Terry de Jong. Then there's the time

4. Your worst cycling experience?

Attempting a 3-week, 2,100km ride from San Francisco to Denver for my first ever solo, unsupported tour and bush-camping the second night out in a freezing snow storm, 2,000-plus metres up in the Sierra Nevada mountains, California. And me paranoid about prowling bears.

5. Right or left foot down at traffic lights?

Left

6. What do you like to eat and drink on a ride?

Coffee-flavoured milk on a day ride. Live off the land when on tour - Subway, McDonalds, etc etc

7. Your favourite rest stop?

The one at the top of the hill, or in Georgia with fresh ripe peaches and oreole cookies.

8. Any cycling goals for this year?

Identical with Logan BUG's "Action Plan 2005", which you can read at <http://www.loganbug.org>

9. Where do you have your bike serviced?

RAD Cycles in Loganholme

10. What do you enjoy about the BBTA?

The friendly enthusiasm of the people and the willingness of ride leaders to share their favourite rides with the rest of us.

11. And, you have a web-site Bob?

Yes, just go to <http://www.aussiebob.crazyguyonabike.com> for four (so far) cycling journals.

Thanks Bob!



..... A few items to receive more detail later

BBTA Jerseys..... 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, or contact Vice President Bernie now, and place your order.

Equipment for Hire..... The BBTA has touring equipment for hire, and this is a great way to try touring without having to layout a large amount of money to equip yourself. Members can also hire bicycle maintenance tools. Talk with Lindsay about your needs.

Band cranks up The BBTA's embryonic band is busy rehearsing. See the next issue of the newsletter for details.

Launch of EAST BUG.... The official launch for the BUG will be on Sunday June 5th. Contact details for EAST BUG are as follows: Easy And Sustainable Transport Bicycle User Group, Contact Person - Peter Berkeley, email – advocate4eastbug@hotmail.com

Contacting the Brisbane Bicycle Touring Association

Our friendly committee members can be contacted at the following addresses:

Position	Current holder	Email address
President	Stephen Jackson	president@bbta.org
Vice President	Bernie Woodhouse	vice_president@bbta.org
Treasurer	Judy Tait	treasurer@bbta.org
Secretary	Bob Schofield	secretary@bbta.org
Rides Coordinator	Frances Wellington	rides@bbta.org
Assistant Rides Coordinator	Chris Blackmore	rides@bbta.org
Editor	Wim Verbakel	editor@bbta.org
Webmaster	Heather Horne	webmaster@bbta.org
Librarian	Deborah Lloyd	librarian@bbta.org
Publicity Officer	Jeff Unwin	publicity@bbta.org
Equipment Officer	Lindsay Fawdry	equipment@bbta.org

We can also be contacted by phoning 0413 345 315
or in writing by mail at:

Brisbane Bicycle Touring Association (BBTA) Inc.
P.O. Box 286,

Ashgrove Queensland 4060. and you can also fill out our on-line feedback/question form,
www.bbta.org , if you want to email one of our committee members.

Closing lines



ARE YOU A CURRENT FINANCIAL MEMBER? Membership subscriptions were due end-March... if you haven't had the chance yet to renew for 2005, please do so at your earliest convenience.

Would you like your Cycling Times in full colour, and on time or even ahead of time?..... if you do, and wish to receive your newsletter via the net, email the treasurer@bbta.org and we will send it to you a week before the snail mail can deliver it. The newsletter is in Adobe PDF format, it isn't too large, and you can download it simply by clicking the link in your email. If you don't have Adobe Acrobat Reader it is available from the BBTA website via a link, at no charge.

Cycling Times is the newsletter of the Brisbane Bicycle Touring Association Inc. It is published every two months. Opinions expressed are those of the contributors.

How to pay your membership:

The fees are the same as last year—\$30 for individual membership and \$40 for family membership (please list all members for our records). Fees cover the period 1 April 2005 to 31 March 2006.

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: 124030
Account No: 90133701

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.org