

SPOKE SPEAK

Official Newsletter of the

Sunshine Coast Bicycle Touring Club

Newsletter
March 2008

The club for recreational riding.
Cycling for health fitness and socializing

No, this is not a bad photo. It is us in the clouds at a
Montville lookout about 5:45 in the morning
See more in the article on Page 8
Yes, it was fun



The Sunshine Coast Bicycle Touring Club

MANAGEMENT COMMITTEE

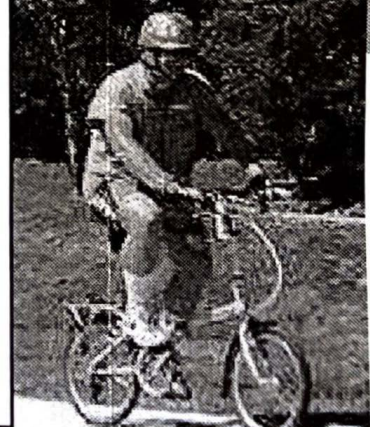
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Vice President	Damien Jones	5442 8813
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Editor Newsletter	Vince Whitburn	5492 6677
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Ride Coordinator	Damien Jones	5442 8813
Mountain Bike	Ev Willis	0408 748 588



On the Easy Social rides, it doesn't matter what bike you have. Can be anything. Kmart bike, Been in the shed bike, foldup bike. Doesn't Matter. Ensure the breaks work well. Chain oiled and tyres pumped up. But we will help you anyway. Most important, bring along a great smile and a good sense of humour





PRESIDENTS REPORT

The Saturday rides are becoming very popular and for very good reason. They seem to be full of good natured people who just want to go for a pleasant ride. .

It is becoming obvious that the Medium riders are now quite fit. Good onya and pleasant to see. But it is starting to get out of the Club's intention for that ride. Which is to ride between 20 – 25 kph? And only about 35 km long. It has been mentioned to me that the ride is creeping faster and longer. Don't get me wrong and I encourage you to get fitter.

But this is now leaving a gap between the Easy Social group and the Medium group. No worries at all. Let's create another ride for those who are a bit fitter than the Easy Social riders and the fitter Medium group. May trial some soon

Here is the drum for a few loose guidelines

Easy Social Ride Speed 15 – 20 kph flat but sometimes a slight hill gets in the road.
20 – 25 km long. 50% bike path, 35% back road 15% major road

Next group Need a name. Speed about 20 – 25kph reasonable flat with a couple of smaller hills for good measure

Medium group May need to change the name. Speed sort of 25 – 28 kph but maybe more depending on the wind, downhill etc. 35 – 50 km long with flats and whatever hills are in the way

But I must stress that we are a Touring Club. This has all sorts of interpretations. We only ride for recreation reasons. In a nutshell, that means no racing, no Peleton styles, no drafting. We insist on safety which can mean "Give your mates space".

Touring could also mean riding at your own pace, not having to conform to a pack speed. It's also being courtesy to the riders around you. Don't cramp their style by sitting on their back wheel.

Because we give each other space, we have very few accidents. And if we do, they are only minor. All major accidents Club members have are on other rides during the week. Never on Club rides. Keep up the club reputation and ride safe with space.

Newsflash

Newsflash

Newsflash

In this newsletter, there is an anonymous Ride Critique who has analyzed the new rides. Just like they do for movies on TV. To me it looks good and gives me a good overall view of how the new rides suit me. Read it. Very interesting



Smiles on dials



Smiles on dials



EASYRIDERS, CRUISERS & SOCIALISERS



Ahhhh.....Saturdays! Sheer joy in our house and the only day of the week an alarm is welcome. Anticipation of a fabulous morning of exercise and fun with the SCBTC motivates us to be in the pack, at the designated car park for a 7am start. What a buzz to be part of this brilliant cycling club, with the awesome Sunshine Coast region as our sporting venue!



Question: How many cyclists will stop to help with a puncture?

Answer: When it's *BEFORE* our coffee stop.....ALL of them!

The thought of a treatful local cafe is always a real motivator for our stop, where we get carried away with huge coffees, good talk and some excellent tucker! Suddenly, some fun-buster will say that we have been sitting on our butts for up to an hour and might like to finish the ride!

Leafy cool laneways, wide flat bikeways, new routes, boggy mud patches and sudden heavy downpours are some of the pleasures of our social Saturdays. Our fitness improves markedly without burn-out and the regular group speed reaches 20 km/hr. Active, friendly, good-natured folk ... help you out of a spill or puncture.... make you feel welcome ... laugh with you ... and look forward to seeing you again.



Redefining "The Latte Set." You'll not find a nicer bunch of thirsty, sweaty, friendly folk who live for their club rides and coffees on Saturdays!

You can't miss meeting Vince. The President of the club is a walking road-map who can invent a route as he goes or when disaster strikes, and still look as cool as a cucumber. Vince has awesome coastal knowledge, makes time to help with bike troubles or questions and can usually be found up-front with the cruisy mob, every single Saturday! Look out if you show up too often, he'll have you trained-up to lead a ride, next calendar. (Rise to the challenge!)

*One must never underestimate the potential of a little bike.
It's all about what is powering it from above!*



*Introducing one of our newest members....
."Dick in a Deathroll" or is it
"Dead-End Dick?" (Twin Waters Comedy Ride)*

Lately the cruisy outings have been enough to make my mascara run either from unmitigated laughter or a sideways scud of belting rain! Even with all the wet weather, the rides are never cancelled, so we can guarantee your new brand new bike and clean white joggers, will finish up really grubby and you will still be so pleased you came!

And do we aspire to graduate, and join those intrepid intermediate athletes? That's always an individual's choice.



Submitted by member
Mandy Gaeth (nee Close)



"Oh, Bummer! I just dropped the tiny nut for the whirly spring thingy off the silver twisted gizmo, that makes my whole bike work!" exclaims John.



Our latest discovery...the groovy Mudjimba Cafe. Now what was it about "lip gloss" that had us in stitches?

New Ride**New Ride****New Ride****Cobb's Run to Caboolture**

By the Club Ride Critique

Organized by Mark Fulloon

This is an excellently planned ride. A lot of thought has gone into it. The Club has never tried this before. It is a ride for all Sunday riders and the Medium Saturday ride. First time someone has combined Sat and Sun riders. Sorry Easy Social and "Smell the Roses" riders, we don't mean to leave you out. But please look at the ride review for 1,2 or 3 Hill Dare.

The start at Nambour is really only for Greyhounds. Please don't contemplate it if you're not a Greyhound. Be wise. No room for average riders. It is still definitely recreational. Definitely not racing, nor peleton, nor Tour De France. We don't condone that stuff. It's for the fitter recreational riders, Bless them, I wish I was built like them. But I'm not.

The start from Landsborough is for all of us average cyclists. Mostly rolling hills with some flat areas. Rolling hills you say????? Similar from Landsborough to Glasshouse Mountains. Very Very scenic, fresh air, and "Take in the gum trees"

This is a straight through ride with coffee at the end. But there will be the regular regroupings and some rest stops. Trust me, I believe all Medium and Sunday riders can handle it. But if in doubt, ring Prez Vince 5492 6677 or Mark 0408 756 377 to discuss it

Average members, don't undersell your self, if in doubt do it. Do the Landsborough start. We will look after you

Remember, we catch the train back to Landsborough or Caboolture so allow time and money for it.

New Ride**New Ride****New Ride****Tony's and Diane's Straddie Ride**

By the Club Ride Critique

Organized by Tony and Diane Ridgeway

What else can I say? The spiel on the ride calendar says it all. A true touring ride. A great day out. Something absolutely different. Literally and practically, it will be a breath of fresh air. A bit of a distance away. But so what. Early Sunday morning, little traffic on the road which means a good trip down there. **If in doubt, just do it**

New Ride

New Ride

By the Club Ride Critique

A VERY SCENIC LEISURELY RIDE

Organized by Pat Turner and Sally Blatman



These two women know their stuff and have organized this one to be a ride for all reasonably fit cyclists. No, you don't have to be a greyhound, fast bike and lycra. It is designed for the average Joe Blow with an ordinary bike. If you can do an ordinary Club 80km ride, at your own pace, definitely not fast, on the coast, then you will handle this one.

80km??? but it's 100km!!!! Ahaaa but there is a combined 20km of beautiful downhill exhilaration throughout the ride. Also there are plenty of regroupes. Also several rest stops with one Brunch stop at beautiful Kennilworth. Designed to allow us to recoup to tackle the famous Obi Obi.

If you're gung-ho and want to go fast with only a few stops then this is definitely not for you. This is a challenging, time consuming ride. We want to "soak in the scenery" and "smell the cow poo" also "listen to the beautiful Bell Birds" near Kenilworth. The time of year has been specially chosen to suit this ride. Provided the weather is "normal" for that time of year, it will be fantastic. A bit chilly to start but warming to a beautiful 25° sunny day. With slight easterly breezes which gives a sort of tail wind from Connondale to Kenilworth. Just what the Sunnycoast is all about. Let's hope the weather remembers to behave

The OBI OBI. Just like the Ogre, what's his name, looks scary but gentle underneath. Forget the hype, here is the truth. It's a measly 3km hill. (you want a real hill, try NZ. This is a puppy) The first 2.5km is just like Palmwoods to Montville (and that is a 6km climb!!) The next 300m is a bit steeper but, hell, it's only 300m. Then you walk, except for Prez Vince, the last 200m. Mind you, he only goes as fast as you walk, great company. Big fat Prez!!!! Surely you can do it too. But no worries just walk the last 200m. Recoup at the look out. Then only an easy 5km to Mapleton for a Steak, beer, coffee, cake or whatever.

A sad wagon is trying to be organized for those who can't continue up the Obi Obi. If you feel you may need it, give Pat or Sally a ring the night before to see if it is organized. But no worries. If you can't do it. Stay at the bottom and someone will come and get you when they finish. It's called mates looking after mates.

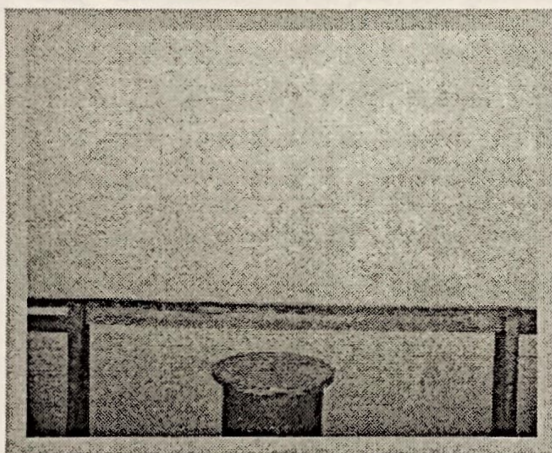
Conclusion

Big fatbelly Prez Vince is definitely going to do it. And he is mega slow up hills. If he can do it, you can do it. If in doubt, just give it a try. Probably back about 3.00pm

* "The Odd Bod" ride Aka Maleny Views.

At three o'clock it was "Go away" from Rob. And the rain did. By 4.30 we were at Mary Cairncross with torches at the ready to "Friend or Foe" any sus arrivals

Tall Trish tried to stop her rolling car with her body Weight which was not sufficient. Her hand brake worked better. By 5, with the precision we have come to expect from Rob, nine stalwart supporters surged forth into the mist. Our arms felt ganglier and more hairy than usual.



No, this isn't wallpaper. It is the views from Montville lookout. Trouble was, we were in the clouds

There was cloud obscuring the sunrise at Bald Knob, but with optimism we air brushed the scene and were satisfied. Some pink was reflected.

Back via Hovard's Road then off towards Montville. Legs warm, weather and enthusiasm holding - a pattern to be repeated throughout the ride.

At Balmoral Lookout we huddled, and, for the first of four times, the heavens parted, but only once we were comfortably sheltered. Trish led a Mexican Wave. Tom and Rob were not inclined to wave their arms.

With renewed vigor, bellies aching from laughter, on to Maleny along Mountain View and Stanley River Roads. Again, rain on arrival at McCarthy's Lookout.

Ken's tube quietly expired adjacent to Up Front Café – fortuitously, as I did hear potentially mutinous mumblings from the ranks. Trish, Trish and Pat could smell coffee!

We were snug and refreshed, as the rain piddled down.

Howell Knob Lookout was both a riding challenge and a visual highlight once we started breathing again. Paul was a late arrival (Ken's recalcitrant tyre tube) and wanted to document the effort with a movie of us. We suggested he tilted the camera as we weren't prepared to re-intact the whole blooming hill ride.

Good nature prevailed and we obliged. (Partially)

Sally

* Vince's name for this ride.



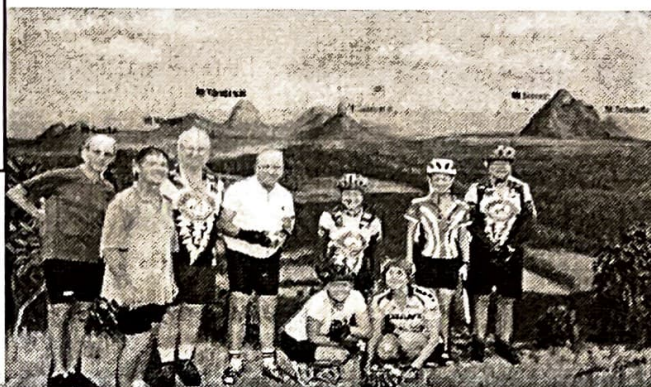
The Odd Bods with big smiles on their dials And yes, the smiles are real



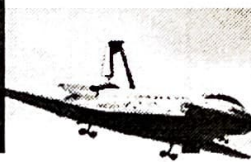
Thank you Ken for getting the puncture. It was a good excuse to take shelter and get out of the pouring rain at Maleny

Fact, fiction or were we just plain dilousional

Definitely real, the moocow, lush green grass, cloud over the Connondale ranges, definitely The Sunshine Coast Hinterland



Maybe diusional, cant remember the names of the Glasshouse Mountains in the sky



Can't remember an airport in them there hills, probably fictional



Thankfully true, it was teaming rain so Ken decided to get a puncture. This way he could get out of the rain and under the shop awnings in the middle of Maleny



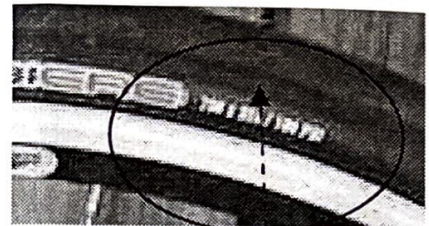
A bit of all. The sun poking through laughing at us, probably diliousional. Rain clouds under the lookout shelter, definitely could be true but I think fictional. Smiles on our dials!!! Definitely true, but a sign of madness????



*At the end. True and diliousional. 5 am start, wet, in the clouds, 55km hilly ride all true. We at this stage were diliousional. What the heck, so we went to the kiosk and had a great social time with a big breaky and a cuppa.
Conclusion we all really loved it*

TYRE PRESSURE The Phantoms workshop

If your tyres do not have the correct pressure, you will feel like you are riding through mud. Also it feels like the brakes are slightly on. Have a look on the side of the tyres and you will see the recommended tyre pressure. Mostly it has a minimum and maximum pressure. Most mountain bikes range between 40–60 psi (pounds per square inch) Hybrids 60–85 psi and road bikes 90–120 psi. The tyre material governs the pressure of air in the tyre.



This one reads
700 32C / 100 psi

The hand pump on the bike is only an emergency pump for when you get a flat tyre on the road. They take ages to pump a tyre. Often won't pump up to high pressure.

In a nutshell

- 700 is the wheel diameter
- 32 is the tyre width at the widest point
- C is the type of rim
- 100 psi is the recommended pressure



The electric pump is quite

good but noisy, but you have to buy a really good one quite often over the \$100.00 mark. Reason being, they run for ages to pump up to the correct pressure and that means a lot of movement in the little piston. Also pumping up to a high pressure puts a lot of pressure on the little piston which is only about as big as an index finger.

The large hand pump I recommend buying a good hand pump like the type shown. Keep it in the car boot.

- They pump a lot of air in the tube quite quickly and easily. They handle the high pressure well, are robust and reliable. They come with a combined nozzle which goes onto the long skinny valve and the car valve.
- They have a pressure gauge which is a must
- They stand upright easily



How often should I check my tyre pressure?

Just before each ride. Tubes have a natural tendency to let air through the rubber. Ever left your bike in the garage for six months only find the tyres dead flat? Try it out, pump the tyres up to the correct pressure, say 80 psi. Then in seven days check the pressure and you will find it about 60 psi. Of course, different tyres have rates of leakage. But they all leak naturally.

Why buy a pump when I can just go to the petrol station and put air in?

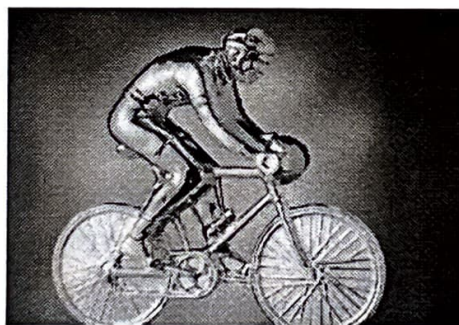
Good question and sounds practical. Unfortunately, many garages have their compressors set low to about 50 PSI. Most cars only take 35 psi. Also the human factor comes in and we often forget to check it on the way to the ride. Good if you know of a garage that has high pressure and you do it the day before. But with your own pump, you never get caught flat. Tight tyres means a happier ride.

This is an email Mary sent to me Prez Vince

My sincere thanks to all club members who supported and helped make the ride the success that it was. Special thanks to the "Working Committee" – Rein (who was outstanding), Vernon, Julie, Terry, Vince, Des (Chancellor Cycles), Dr. Jo English, Merv Merritt and Neville Barry (both from Caboolture). I feel truly blessed to have such wonderful friends that have embraced the cause of Organ and Tissue Donation Awareness. Hoping to see you all again on the '09 cycle.
Mary

PS Lets do it again next year - Vince

Certificate of Appreciation



**Awarded to
SUNSHINE COAST BICYCLE TOURING CLUB**

**Thank you
for your support and participation
in the Cycle of Giving 2008 bike ride!**

Mary Long

Did you hear about the Chinese couple that had a blonde baby?
They named him "Sum Ting Wong". Boom Boom

RIDER PROFILE

Jim Hortons Life before the SCBTC

We do this every now and then. Interview someone in the club. We all ride and are good mates but how much do we know about each other.

Jimmy has been with the club for a long long time. I remember his first ride although now a bit hazey. I have always loved him being on the ride. That cheerfull smile is great. When I turn up for a ride and Jimmys there, it makes my day.

Anyway, enough dribble. Let's get into it

Jim was born on the 10th. December 1937, in the south of Portugal not far from Portuguese / Spanish border. His dad was an accountant at the local copper mine, and his mother was the daughter a mine worker.

In 1939 (start of the war) he moved to Carcavelos near Lisbon, as his dad had been drafted to work at the British Embassy. Carcavelos was very handy, as the Eastern Telegraph Company, now Cable and Wireless, was based there, as was the only English school in Portugal. Needless to say, there was also a very English sports club

By the Phantom Scribe

My goodness. Jim's life make mine look real dull. I've been nowhere, done nothing compared to him. Jim, here's to you mate. Good onya

in Carcavelos (tennis, cricket, football, golf ect)

In 1948 he remembers going to his first international football match between England and Portugal, which England won 10-0. These were the times of Stanly Mathews, Tom Finney, Tommy Lawton etc.

In 1955 he left school and stayed in Carcavelos for a further two years, in which time he played football for the local Portuguese side.

In 1957, he left for England. He

Jim at Stonehenge 1957



enlisted in the British Army, Royal Artillery, and was posted to Oswestry on the English / Welsh border. Then it was on to Larkhill on the Salsbury Plains, not far from Stonehenge, for Artillery Survey training. After a year at Larkhill, it was on to Celle in Germany, where he served for two years before being demobbed in 1960.

In 1960, back in England, he joined Ground Surveys Ltd. and worked in Glasgow Scotland. Basingstoke, Colwyne Bay, Sunderland, Liverpool, Leek, Ipswich, While in Germany he acquired his famous Lambretta scooter, and while there in 1959 he did the overland trip to Portugal

In 1964 after a month at Tossa del Mar in Spain (of Fred Smith fame), he decided to emigrate to Australia. For \$20.00 he left London in a B.O.A.C. 707 and arrived early in the morning to a very large crowd, Ringo Star of the Beatles had arrived at the same time.

In Sydney he worked with the W.C.& I.C. (water mob), and ended up in the town of Finley in the Riverina, N.S.W.

Here he met Rosalind his wife, and they were married in Bowral in 1967. For their honeymoon Jim & Roz decided on a sea trip back to Europe, calling in at Aden, Suez Canal (last ship through the canal before the 1967 Arab / Israeli war), Athens in Greece, Genoa in Italy, past the rock of Gibraltar, and on to Southampton in England.

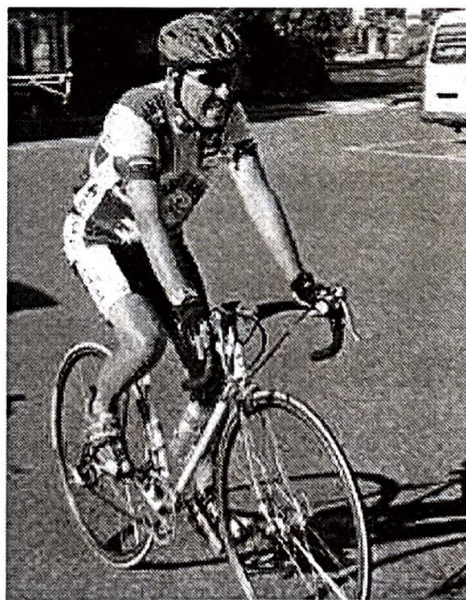
Here Jim worked with the Opencast Coal Board of Yorkshire, but after a cold winter in England and a January trip to Scotland, he got a job in sunny Bermuda in the West Indies. Jamie his son was born in Bermuda, but after two years he returned to Australia.

Jim got a job with the Lands Department of N.S.W. in Maitland. In 1971 he was then employed with the Lockhart Shire Council where Mareena his daughter was born In 1973, he moved to Orange City Council.

Here he moved into his own home, until he retired in 1996. During this time he did make another trip to Portugal. In 1988 he acquired his third nationality and became an Australian citizen.

In 1997 he moved to Queensland, where he has settled down very well in Mooloolaba, thank you very much.

Jim joined the SCBTC in 1997 and has been enjoying it ever since



This is the Jim we know today. Fit and healthy. Although he did have a heart scare last year. He advises for everyone to keep riding as fitness helps to recover better. Good onya Jim. I can certainly take a leaf out of your book

Why Bike? TopThree Reasons to Ride

Lots of people ride bikes for lots of different reasons. Here are the top three reasons why you should be out there too.

1. For Your Body

Riding a bike offers many health benefits. Here are just a few:

- cardiovascular fitness
- increased strength
- balance and flexibility
- endurance and stamina
- increased calories burned

It can be done by people of all ages, from childhood up even through the adult years when achy joints don't allow for exercise like jogging.

Our club has a history of success rates. Many of our members join unfit, or unhealthy, or had heart problems or had the lot. Now they ride like the wind. *Just look at these healthy specimens*



2. For Your State of Mind

Our club promotes recreational, stress free and smiles on our dial rides. Riding a bike is a proven stress releaser. Regardless of if you are riding purely for pleasure or for a specific purpose, you will arrive at your destination feeling relaxed, energized and happier. Plus, being out on your

bike or with the Club is just flat-out fun. The more time you spend riding, the harder it is to take yourself too seriously. Look in the next ride calendar for Freds "Smell The Roses" rides. We also promote friendliness. *Typical example of mateship. What a friendly sight.*



3. For Your Community

Being out on your bike is good for the people around you as well. You are able to go the places you want to go and yet put one less car on the road.

You don't bring with you the noise that a car generates and are actually able to interaction with people as you move. From my bike I can wave to a neighbor, say hi to a kid, smell someone's dinner cooking and be a warm and friendly human presence on the streets.

Operating a bicycle does not harm the environment. There is no polluting exhaust released, oil or gas consumed. And the energy and materials used to make one automobile could be used to create a hundred bikes

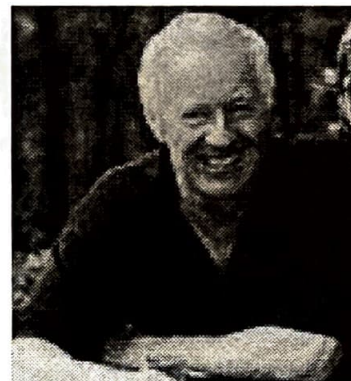


New Ride**New Ride**

By the Club Ride Critique

1, 2 OR 3 HILL DARE

Organised by Richard Tallens



This is a ride for everyone in the club. Yes, everyone. Including the Saturday morning Easy Social riders and Fred's 'Smell the Roses' Riders. How can that be??? Hills???? Come off it!!!! Get Real!!!

This ride was thought up by a group of members over coffee. I reckon they had many coffees and got hypo but seriously looking into it, I can now see they weren't away with the fairies. Is has a hint of brilliance.

We all gather at the start on the calendar. The Easy Social and Smell The Roses groups can ride directly to Landsborough down the Bruce Hiway then Steve Irwin Way. About 20km or so. The whole road has a good shoulder. Ride at your own pace, keep aware of your surroundings, keep to the side, ride single file and you will be safe. Ride like you do on Saturday and you will get to the coffee shop well and truly before the others.

The others ride up Tanawha Drive to Ilkley Road. Those who want to the Ilkley hill do it. The others go to Eudlo via Chevellum Rd. All regroup at Eudlo. Then they everyone goes "Over the Wall" to Mooloolah and regroup.

Here the mountain bikes can go the dirt track into the National Park and through the old Heritage Railway tunnel. The rest choose going over the challenging Tunnel Ridge hill. Or ride the flat/rolling hill way down Mooloolah Connection, along Steve Irwin Way to Landsborough.

We have previously found that by going over Ilkley hill and the flat way through Chevellum Rd to Eudlo takes about the same time. Same from Mooloolah to Landsborough. It's about the same time going through the tunnel, or over Tunnel Ridge hill, or along the Steve Irwin way. Different distances but the same riding time.

Conclusion

This ride is "Thinking out of the square" and is an excellent ride for everyone in the Club.

FOR SALE!! \$999 ONO

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(Purchased new May 2006 – STILL UNDER WARRANTY)

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WHEELS: Richey Aero Tour

FORKS: Carbon
SPOKES: Richey Aero Tour
FRONT DERAILLEUR: Shimano
REAR DERAILLEUR: Shimano Deore ST
BRAKES & LEVERS: Avid
TYRES: New Specialized "Armadillo"

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New Ride New Ride

by the Ride Critique

Smell the Roses

Organized by Fred Smith

As a critic, this is very challenging, and oh so intriguing. Just what is Fred on about?

Fred?? Who is this guy?? After a bit of research, he has been described as the gentleman of cycling. A bit of history. A passionate man both as a husband and with the Club. Been in it forever. Held committee positions. Had a heart attack. Recovered, just. In the ambulance on the way home he had another one. How lucky (or unlucky) is that. Yes I know this guy personally. My guess is that Fred is very thankful for a third chance at life and wants to share it with everyone.

This brings a fuzzy feeling of slow down, be gentle, enjoy life. OK enough of the soppy stuff. Let's get on with it. Prez Vince, at he meeting the other night, said that we are all growing older and in five or ten years we are going to appreciate Fred for inventing this ride.

It is for cyclists who can do about 50 to 70 km at the Easy Riders Saturday morning pace. Sound confusing??? Fred rode with them once and enjoyed it. A bit too short he thought but great fun. Then got the idea. Why not a longer ride based on the same principals. So there you go Easy Social riders. A feather in your cap.

But as Prez Vince said at he meeting, this new style of riding is in the embryo stage and need to be nurtured. In a nutshell, the ride will be about 50km, mainly for the more mature who want to really slow down, smell the roses, see the scenery, listen to the birds.

My opinion, it is not for those who can't make it with the faster riders and be in the front of this group. Forge it. This ride is for those who just want to mosey along. Nor is it for slower riders who think this may be a steeping stone to getting fitter. Forget it. Respect this ride. It is only for those who very genuinely want to "Smell the Roses"

Fred and 'Smell the Roses' Riders. Go for it.

The Good Oil

From the Phantom's workshop

Note:- These are very basic tips for those starting cycling

As you get fitter you will find your own best method

The chain is very important to easier riding. A dirty or rusty chain creates a lot of friction and every push of the pedal takes a lot more effort than that of a well oiled chain. Then multiply this downward stroke by thousands as that is the amount of time each left and right foot goes down.



Motor and 3in1 oils tend to flick off

Don't get too technical about oil; just make sure it's oiled with something. Despite the oil you use, only put it on the on the chain. Not the sprockets. All this does is allow sand and grime stick to the sprockets. The important part is the inside of the rollers in the chain.

Ensure enough oil is on the chain to soak into the inside of the rollers. Then wipe and wipe the chain with a clean rag. You can't wipe enough. Try and do this the day before a ride. By all means do it just before you ride but it may not soak in sufficiently. Also the excess oil tends to fling off onto the wheel rim, frame and your legs. Put a heap on then go for a ride. Note what happens.



Motorbike and WD40 stick to the chain

Types of lubricants

The real oils like motor and 3in1 oils are made to allowed metals to slide past each other with a small film of oil between them. But don't have any "stickability" to stay on the chain and flick off over the bike

Silicones like WD40 stick to the metal surface and provide a smooth surface on the metal. It tends to dry while leaving a smooth surface between the metals.

Motorbike chain oil is made to stick but attracts a lot of grime
Bike chain oil, such as Rock and Roll from the bike shop probably is the best but not cheap. I use it and find it good.



Bike chain lube sticks to the chain, doesn't collect much grime, and keeps the chain and sprockets looking good. I feel it's a good investment. But make sure you follow the instructions

There is no "Best". Each rider has his own 'perfect' method

Whatever you use, stick t these basic items

Apply it liberally 24 hrs before riding to ensure it soaks inside the rollers

After applying it, spin the chain slowly for about ten turns to work it in

Wipe it as clean as clean as possible. Before riding the next day, wipe the chain again. Excess oil in the rollers will be outside the chain

Whatever you use, keep on using it. Don't mix lubricants

If in doubt or in a hurry, just oil it. Being all technical really is good. But so what if the excess oil goes everywhere. At least you will have a happier ride.

Dear Members,

This is an email I received from Nana Ollerenshaw, a prominent Saturday ride organizer. One day, Nana and I discussed her love for prose over coffee. This is another typical example of the silent talented people in our Club. When we ride next to someone, ask ourselves, "I wonder what hidden talents this person has?"

Thank you Nana for sharing your talent with me

PS Yes, it is very suitable for this newsletter

Prez Vince

Hi Vince,

Here is my poem, if you think it is suitable for the newsletter. It comes from a book of poetry I've had published, where the themes are mainly people, places and nature.

Yesterday's Bike Ride

The blue day lingers
after the gravel road,
the undulating hills,
the valley filled with cane,
after the country homes,
the cluck of fowl,
the scrunch of tyres
and always the road
spelling the heat and the distance,
suspended in dust,
cycling on, part of the day,
part of the sun,
part of the sweat, the dirt
and the land we've become,
taking it with us.

Queensland Country Petrol Station

A petrol station in country QLD was trying to increase its sales, so the owner put up a sign saying, "Free Sex with Fill-Up." Soon a local pulled in, filled his tank, and then asked for his free sex. The owner told him to pick a number from 1 to 10. If he guessed correctly, he would get his free sex. The bloke then guessed 8, and the proprietor said, "You were close. The number was 7. Sorry." A week later, the same bloke come along with his mate, Bluey, pulled in for a fill-up. Again he asked. The proprietor asked him to guess the correct number. The bloke guessed 2 this time. Again the proprietor said, "Sorry, it was 4. You were close."

As they were driving away, the bloke said to his mate, "I think that game is rigged and he doesn't really give away free sex."

Bluey replied, "No, it ain't, Bill. It ain't rigged -- my Missus won twice last week."

Thanks Noel

Wrong email address! *This one is priceless...*

A couple decided to go to Florida to thaw out during a particularly icy winter. Because of hectic schedules, it was difficult to coordinate their travel schedules. So the husband flew to Florida and his wife was to fly down the following day. There was a computer in his hotel room, so he decided to send an email to his wife. However, he accidentally left out one letter in her email address and without realizing his error sent the email.

Meanwhile, somewhere in Houston, a widow had just returned home from her husband's funeral. He was a minister who was called home to glory following a heart attack. The widow decided to check her email expecting messages from relatives and friends. After reading the first message, she screamed and fainted.

The widow's son rushed into the room, found his mother on the floor, and saw the computer screen which read:

To: My Loving Wife
Subject: I've Arrived
Date: March 9, 2008

I know you're surprised to hear from me. They have computers here now and you are allowed to send emails to your loved ones. I've just arrived and have been checked in. I see that everything is ready for your arrival tomorrow. Looking forward to seeing you

P.S. Sure is freaking hot down here!

Thanks Noel

**Have fun, keep fit, and remain healthy.
Enjoy the rides and keep them stress free.**



THIS NEWSLETTER IS PRINTED BY

BERWICKS

Corner Aerodrome Road and Maud St, Maroochydore

Simon Baker, Ph.5456 6822 Fax 5443 6811

Business cards . Stationery . Brochures . Booklets . Graphic design .
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