



Sunshine Coast Bicycle Touring Club Inc.

SUMMER 2009



Nine days on the road...

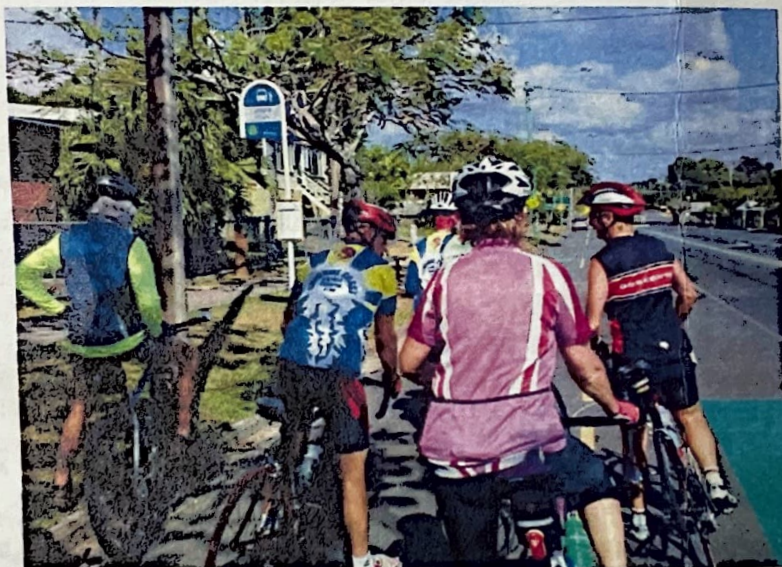


SCBTC Christmas Party

Crummunda Park, Coongarra Esplanade, Currimundi. UBD 90 F19
Saturday Dec 12th 2pm

Members and their families welcome. The club will provide finger food.
Please bring your own drinks and seats or a picnic rug.

Further details: Andrea 5478 3371 or Edith 5499 6764
RSVP essential by 7th Dec.



Children on club rides

Our club has evolved into one which caters primarily for adults. No doubt partly due to the fact that "bicycle touring" requires the maturity to cope with vehicular traffic - all of which is dangerous, and some of which is less than friendly.....

Some members have asked for clarification of club policy, regarding having children on a club ride. Existing policy is more or less as stated on our current calendar, viz: "Select a ride that suits your ability", and "Children under 17 should be accompanied by an adult".

Your committee interprets this policy as follows:

The child should have the speed and stamina to keep up with other riders.

The "accompanying adult" is totally responsible for the child at all times.

No such responsibility is to be imposed, directly or indirectly, on other riders, on the ride leader, or on the club.

If members have any proposals to modify this policy, please email me at info@scbtc.org.au.



Great Northern Loop November 1st 2009

By Nicole Lait

In recent times, I have had the great pleasure of riding with a number of people from the SCBTC. I'm not able to come along each week; however, when I do I'm always impressed with the friendliness of others on the rides and the ease in which I can have a chat with other people in the group.

On this particular morning, I awoke to the rolling grey drizzling clouds above me. Normally on a day like this, I'm happy to put the covers back over my head and keep snoozing away! However, today I thought, 'No! Get out there and enjoy the ride!'


I arrived at the Napier Road car park at Eumundi, to be greeted by like minded riders who were keen to get out there and see the local sights on the road. We were a small group of nine; Leeane, Rein, John, Karen, Mary, Chris, Rob, Sally and I.

It was the "day of punctures," six in total for the total duration of the ride! What I enjoy about these rides though is that if you do get a puncture, there are always other riders from the group who were willing to get in and give the 'puncturee' a hand in replacing their tube. It was also my first experience of seeing CO2 cartridges in use, a quick and easy way of inflating a tyre on the run. This can be especially handy when you are 50km from home and you want to make sure that your tyre is properly inflated to prevent further punctures. I feel like my hand pump just doesn't cut it in comparison!

The roads were wet from rainfall the previous night. This was a valuable learning experience for me and taught me that yes, I could ride successfully in wet conditions! One of the highlights though was attempting to draft on the back wheel of the rider in front, only to receive a face full of mud and watery grit! I was able to talk about this experience with some of the other riders and laugh about the variety of things we experience whilst on the road. I can also certainly now relate to the extreme conditions that many professional cyclists ride through when competing in Tours.

The ride was a delightful combination of flat roads, undulating hills and one challenging climb at the start of the ride (a really great way to warm up the legs!). I particularly enjoy the scenery and rural backdrop of many of the rides, as well as the opportunity to ride along many quieter and less travelled roads. The Great Northern Loop contained a diversity of backdrops, Ridge Roads and riding along a Range, Coastal Scenery and farmland between Coolumb and Yandina.

One of the great rewards of riding with the group is the Coffee Stop along the way. Today's coffee stop was at the Blue Moon Cafe, after our initial choice of coffee shop was closed. We all huddled close together in the garden at the back of the cafe under the shade cloth umbrella enjoying warming drinks, while the heavens opened above us. Lucky we made it to the cafe before the rain poured down! Then it was just a case of riding a short 12km back to Eumundi.

I would like to thank the other riders who always make me feel so welcome during the group rides. It is a wonderful opportunity to see some of the beauty of the Sunshine Coast, while discovering new and scenic places to ride. Fitness is improved, whilst in the company of friendly fellow cyclists who enjoy the coffee stop and a friendly chat just as much as I do! 



Delighting in the Downs

By Trish Pease

In early September I was fortunate enough to be able to participate in the 2009 Cycle Queensland ride 'The Darling Downs Loop.' A 10 day cycling holiday covering around 560 km and touring through some of the smallest as well as the largest towns that the Downs have to offer.

To anyone new to cycling this ride is a complete show stopper- featuring close to 1000 cyclists and cycles of all different shapes, sizes and states of repair or disrepair as the case may be.

The group start in Toowoomba was adjacent to the magnificent Queens Park which was a mass of flowers ready for the Carnival of Flowers. They were no match though for the brightly clad zealots loopy enough to take up the Cycle Qld challenge. We were in for an absolute corker of a ride.

What more could you wish for – cycling out of the garden city with the scent of the jasmine in the air, the support of exuberant volunteers all along the route, and very helpful and watchful policemen to smooth our path.

We were soon out into the quiet country roads with minimal traffic woes and maximum views across the Downs. I was struck by the simplicity and beauty of the fields of green and gold, the haystacks, the silos and the barns. The kilometres seemed to slip away quickly, though not always easily as we found out after a morning of strong headwinds [which even had Vince looking knackered].

Some of the smallest towns we encountered put up the biggest welcome you could imagine. Goombungee – population 700 - put on an art show for us with wine and cheese, whilst animated senior citizens showed us enthusiastically around their beautifully kept historical museum and their solitary pub ballooned out to accommodate the thirsty ones.


Not to be outdone tiny Kaimkillenbun – population 300 - also had a wine and cheese tasting for us, and their very talented local school teacher entertained us at night with a magnificent repertoire of rock and roll dance tunes.

Dalby turned on a thunder and lightning show for us. Luckily for me I just happened to be passing a public house when this storm broke so I was able to seek shelter there and stay dry [on the outside at least] .

In Oakey I was encouraged by several thirsty club members to try my hand at helping out behind the bar. This required a crash course from the barmaid on how to 'pull' a beer with the correct amount of 'head.' This skill required a little practice and led to my first poor attempts being donated as free samples - to other club members of course.

A morning tea stop in Back Plains saw us visit a tiny primary school which has only 1 teacher and 17 students. All 17 children greeted us politely as we filed in to demolish their cake and coffee stalls. Had they ever seen so many people before?

The best part of the trip was the camaraderie evident amongst the cycling community. Meal times saw us all sharing tales of the road and listening intently to the advice/ encouragement/ and admonishments of the accompanying policeman and the Cycle Qld organisers. The SCBTC was well represented with both cyclists and volunteers participating wholeheartedly.

I would like to acknowledge Cycle Qld for the great job they did in organising a very enjoyable, safe and well supported event. 

Robyn and Vince tackle their first BQ 9 day ride.



Cycling for a Good Cause

Isabel Cooper joined our Club a few months ago, and then entered the Annual Bicycle Qld Ride for the first time. Wanting to make the challenge count, she used the event to raise funds for the Cancer Council of Queensland, and raised \$2,500. Great work Isabel!!

Taking the good with the bad, Isabel says: My hip started hurting on Day 2, so from then on I had to make regular stretching stops every 15km or so to manage the pain. A lot of cyclists asked if I was OK as they rode by and some even stopped to make sure, which was appreciated. Others made passing comments such as (when I was stretching up) "That blue stuff is the sky" or "Are you frightening the magpies away?" or my favourite (when I was stretching down) "Say one for me". 🚴

NEWS >>



PHOTO: FORREST: Isabel Cooper, Brisbane, prepares for her cancer charity cycle.

Picture: Chris Higgins

Isabel ready to ride in fight against cancer

NORTHERN TIMES, FRIDAY SEPTEMBER 4, 2009

CLUB JERSEYS

Club jerseys are available from our Treasurer, John 5499 6764.

A range of sizes is available, and at \$70 each (\$80 long sleeves), they are exceptional value.

Get yours today!!



Top left: **Magnificent Mary**, 25th October.

Above: **Bikes Ahoy**. Ferry to the Noosa North Shore, 18th October

Left: **Tuesday Bike Riders** visit the Boondal Wetlands.

The Gate Man

By Don Chapman

After doing four Cycle Queensland rides, I decided I wanted to see the dark side of the trip, yes the Volunteer (the Vollies) side. Well I very quickly realised that I knew very little of the real workings of a huge logistical undertaking which is Cycle Queensland's annual trip with 1000 riders and 300 odd auxiliary/volunteers people.

The job I was given as a first year Volunteer was "The Gate Man". If you have ever been on a Cycle Queensland 9 day ride this is the guy that welcomes you when you arrive into camp at the end of a long day on the road, he is also the one who checks that you have your ID around your neck when you come back into camp after a four hour stop off at the pub. He is the same guy who stops the local boy's driving into the show grounds in their V8 Utes to check out the party etc etc. I was one of a team of 5 who manned the entry gate from 6:00am till 9:00pm every day of the ride.

I put my hand up to be the guy who goes to the next day's camp and helps to set it out. This sounded like a good idea at the time. Get away from camp early, no problem as I am an early riser. Help set out the next site. Great and challenging, all sounded good, until the first morning of reality. Go on the first truck out of camp I am told. Fine. John who drives the camp kitchen truck for the shower semi-trailers is my new best friend, as he has the only spare seat out early.

The two shower semi's and John leave at 6:15am, this is good for me, as I need to be on the ground at the next camp at around 7:15am. I start to work back from 6:15am and run into a few logistical problems that did not seem important when I had first put up my hand.


- a) As a gate man I have to have a radio, which I have to obtain from HQ and sign for before I leave camp.
- b) As a gate man who cannot leave the gate once on station I have to have water and lunch which I have to obtain from the kitchen before I leave.
- c) I have to have breakfast before I leave camp.
- d) I have to pack up all my stuff, bed, sleeping bag, clothes, eating gear etc. (in the dark).
- e) I have to go to the toilet.
- f) All this is on the Darling Downs in September and it is freezing.

Ok, so the first morning does not go well. I miss my new best friend John who doesn't know me well enough to wait, as I am way late. (He does later in the week however)

So I decide to go on the next truck, except there isn't one, not for the next hour anyway. I end up getting a lift with one of the camp followers, and arrive for my first day as helper for the camp layout chief (and my boss) Chris, about one hour late. The great thing about being a Volunteer is they can't sack you, not on the first day anyway.

Yes I do get better going from (a) to (e)

John and I trade live stories going from camp to camp between 6:15 and 7:30am every morning and do become best friends.

And I get to meet every rider on Cycle Queensland 2009 and get to become a minor celebratory for a week as "The Gate Man" 



Cycle Queensland – a Beginner's Tale

By Michael Head

I joined the Sunshine Coast Bicycling Touring club in January 2009 with the idea that I would see if I could get "bike fit" enough to enter Cycle Queensland 2009. It was easier than I thought it would be.

My training was a Saturday or Sunday ride (occasionally both). A few mountain bike rides thrown in – lots of hills and sweat, and a weekly 20 km ride from my home half way up Buderim, so hills and sweat again.

What is Cycle Queensland? For those who don't know, go to www.bq.org.au/cq, and start planning for next year. If I can do it, so can you. If you can do a 30 km ride on a Saturday and not feel totally exhausted, then you can do Cycle Qld.

I have a complaint, though!!! Too much of the 4 "F"s (you know the ones) Food, Fun, Fabulous food and Frothy Beer. I put on weight, and no, it isn't the transfer of body fat to muscle.

A Typical day – up at 5.30. coffee. Breakfast. Pack gear. Load gear onto truck. Hit the road at 7am. Ride 60 – 100 km. 3 or 4 stops along the way. Eat lots. Into the next stop between midday and 3 (depends on your road speed), put up tent. Have shower. Sleep in hot tent for 30 minutes. Have a beer or 2. Eat evening meal. Talk, laugh, meet lots of people, listen to music, watch movie, or whatever takes your fancy. Yawn a lot and asleep by 9 pm (at the latest).

And after about 600 km in 9 days, I could still walk, ride a bike, and more importantly, sit in a chair. So if you are interested, ask around and find someone who has done it and ask them what they think.

Ask me - I had a ball. 



JOPE'S GIANT EFFORT!

From SCBTC correspondent Mandy Gaeth

Ian Jope can be forgiven for feeling like he was being pursued by GIANTS as he led his very first ride on Saturday 24 October he was! Six of his followers were mounted on new Giant CRX machines.

Ian, on his trusty Apollo, led a memorable outing from Mudjimba along wide, shaded paths to the base of Mt Coolum (he was undeterred by an enterprising young Magician with a home-made footpath stall, in a top-hat and bow-tie costume, who wanted to thrill us all with making certain things disappear for the sum of just \$2!).

From there, we circled the area and met the challengea surprise sequence of sly hills! How did he get away with that? As the heat built, he cruised past the golf course and spontaneously into one of the many Coolum coffee venues, only to meet up and share awesome coffee with the 35km riders.

The return trip included sea breezes, stingray viewing, a photo stop and lots of laughs. Great to follow a leader who knows the lay of the land, has planned his ride and likes a few 'curly bits.'

Yes Ian, A GIANT EFFORT! 

Bicycle Qld Ride

By Ria Green



A good contingent of club members participated in the 2009 Bicycle Queensland Ride. The ride started and finished in Toowoomba covering nearly 600km over nine days, which included a rest day mid way. The organization that goes into the ride is amazing and an absolute credit to BQ. The logistics of moving the small 'town'

each day to the next camp site was mind boggling but it was carried off without a hitch. Being my first BQ ride and not knowing what to expect, I came away with not one complaint. If you are thinking of ever doing the ride, I can only say, "WHAT ARE YOU WAITING FOR?"

Of course, there are always memorable moments that one never forgets, such as the below freezing night in Warwick where we awoke to ice covering everything from the top of the tents to bicycle seats and tyres; Someone travelling with a rather large mirror and make up bag (no names Deb) and managing a makeover twice daily (we were camping!); Someone turning up with a blow up mattress over 20 years old that of course had to be replaced after a couple of sleepless nights (good one Vince); Someone deliberately riding in late each day so that her tent buddy (me) had the tent and beds already set up (very cunning Robyn); A particularly grumpy camper that woke half the camp up that night in Dalby yelling, "Bloody men snoring!" whilst poking the poor guy through the tent next to her in the ribs (Deb again); Someone pitching their tent in the open instead of undercover like the rest of us did and getting her bedding wet when the storm hit Dalby (Di?); Someone crawling into camp each night after a session at the local pub (surely not Charmaine); Someone getting a flat tyre 400m from the finish (you're kidding Mick); And another displaying their dancing prowess (very impressive Dr Trish).

The real highlight for us all though, was riding through the banner at the end of our cycle adventure and realizing that we'd completed an amazing challenge with an amazing group of people all with one thing in common – WE LOVE RIDING!

Bring on the next one! 



Brisbane – Gold Coast Ride, Sunday 11th October

By Bevan Painter for the Team: Bevan and Steve

It was always going to be an early start to the day for Steve to get up and travel from Caloundra down to South Bank in Brisbane, in time to meet me at 6am prior to the start of our ride. It was a later start to the day for me as I spent Saturday evening in Brisbane, so my alarm was set for 4.45am.

Steve and I nominated to ride in the 25-30km/hr group which I had ridden the previous year on my aging mountain bike, and knew it was the ideal group for us, especially as I had recently upgraded to a new Fuji Absolute flatbar commuter road bike.

By the time we rendezvoused at our pre-arranged meeting point, the number of participants was growing quickly. We lined up waiting for the +30km/hr group to get underway. By 6.45am we were off, and within 100 metres were on to the Busway. For those who have not yet done this ride, the Busway is absolutely fantastic to ride. A smooth surface, no traffic and plenty of room for about 15kms through to Eight Mile Plains. Just perfect to assist in spreading riders out after a bunched-up start.

The morning was cool which ensured we had to ride at a reasonable pace to keep warm. After about only 2kms along the busway we saw club members Andrea Davies (Vice President) and her hubby, cycling along-side another club member Tom Shapiro (Secretary) and surprisingly I was the only one who was wearing our club shirt. Steve and I saw these guys periodically in the early stages of the ride but by the time the rain started at Slacks Creek, we lost sight of them and never saw them again, however in a group about 9500 riders it was surprising we saw them at all.

The rain cooled the temperature down and slowed the pace somewhat, but it was by no means uncomfortable. The first official rest stop was at the Beenleigh School at the 40km mark, where we had a brief stop and carried on. During the next section we passed a couple of participants who were doing the ride on "Push Cycles" and they were getting along pretty well and then we came across a coupe of "single geared" cycles. As I came along side one of the guys I commented on how tough going it must be having only one gear and his reply was "no mate, its great fun". So there was variety, and not every one was on multi-gear cycles.

There were many team groups and riders of all ages and sizes tackling the 100km distance which was so good to see. At the 77km scheduled stop (another school), the weather had warmed up, and complimentary refreshments provided included a fresh bun, bag of jelly beans (for a sugar hit), sports drink and bananas, so there was plenty to fuel up on for the final leg.

The start of the final leg saw us refreshed and energised and we soon got into our riding rhythm. This final leg felt good as we neared the finish and with about 5kms to go, the pace quickened, and we crossed the finish line with ease.

If I had \$1 for every puncture I saw being repaired during the ride it would buy me several cartons of beer or well earned beer. Fortunately Steve and I completed the ride without any mechanical or physical hic-ups.

Many thanks to Steve for his company during the ride which incidentally was Steve's first ever 100km distance ride, congratulations.

I hope we will see more club members participating next year.

Our stats:	
Total Distance 102.5kms	Average speed – 26.4km/hr
Actual ride time - 3 hrs 53 mins	Max Speed Recorded – 55kms/hr (down hill of course)

Geoff and Heather's Overseas Adventure, 8th April till 1st July 2009 – Part 1

By Geoff and Heather Christmas

At the time there seemed so much to write about however it now seems so long ago and memories have faded. Therefore to start the write up for the Club will be good and help bring back many exciting times.

Heather and I talked about the newsletter and decided that it would be better to split the trip up into three sections namely Germany and the Black Forest, Switzerland and Liechtenstein, and then France and the Pyrenees Mountains, rather than bore you all to tears. Hopefully this is not the case and our trip inspires others to pedal into the unknown and have as much fun and enjoyment as we have had on this our third overseas adventure.

Germany and the Black Forest

The idea started in 2004 when we were in Freiberg Germany and a friendly lass at the Office de Tourismus gave me a small booklet on riding in and around the Black Forest.

The area impressed us and the idea of riding there one day stuck and became the starting point for the ride at Mannheim. Here is the junction of the mighty Rhine and Neckar Rivers, and the start of the Castle Road. Obviously there is a Castle here which is now the Mannheim University. Mannheim was a very neat and tidy town with a very unusual street numbering system in the city centre. Each block has a letter that remains constant I think in a clockwise direction and the shops etc are numbered from 1 to whatever, i.e. A1, A2, A3 and so forth. Very confusing at first but became easier as time went on. Street names are nonexistent. There are many parks and gardens which are well utilized especially on weekends. The main one is Luisenpark which is fenced and entry fees apply, which did not deter the locals. We had five days here before the start of the ride and had two day trips one to Heidelberg to celebrate Benita's 70th birthday in a well renowned location, and of course the site of the famous Heidelberg Castle. The other was to a medieval village near by with the name of Speyer, where you can view the Crypt and Tombs of the Emperors in the Cathedral. At the local bike shop we also saw an amazing sight; it was a vending machine for bicycle tubes.

We rode out of Mannheim on a lovely sunny day along the Neckar Bike Path visiting Heidelberg again and then on to Neekarsteinach for lunch by the river. There were three castles here though two were ruins. Then on to Hirschhorn a picturesque little village beside the river and overlooked by another Castle sitting on the hill overlooking town. There were great all-round views over the river, town and the countryside from the spire of the castle.

In the morning the weather was not so kind it was wet and cold and the average temperature for the ride was only seven degrees. This was soon forgotten when we obtained accommodation in Marbach in a 1578 building that features regularly in the literature about this walled city. They had big books scattered around the village in recognition of the 250 year anniversary of Freidrich Schiller.

The next day we moved on along the river in improving conditions and stayed at Bad Wimpfen. Another pretty medieval village where we located a bicycle shop to buy Heather a new computer as the old one just stopped. We had dinner at a lovely restaurant located high on the cliffs overlooking the river.

The days just ticked by and the views did not disappoint with a number of castle ruins sighted, until we came to Tübingen another beautiful village with yet another castle perched on a high vantage point overlooking the village and all around. Our accommodation was a hotel run by Greeks and it just happened to be Greek New Year celebrations so we had to partake and managed to look after a few shots of the their national drink.

Here we left the Neckar River and headed off into Schwarzwald (Black Forest).

The scenery changed to what you all perceive to be the Schwarzwald, many hills covered in pines and the likes and the buildings are now all made of pine and designed to shed the snow that falls regularly. Our chosen route was on back roads and although there was a lot of very hard climbing the views well and truly made up for the pain. In this area we stayed overnight in Triberg the home of cuckoo clocks, and had a very exciting phone call early in the morning from Rohan our son to advise that Rachel had just given birth to our first grandchild Imogen, a very happy occasion for us and the whole family.

Our next stop was Titisee on Lake Titisee which is a popular holiday destination for day trips and longer stayers beside the lake. Accommodation is rather expensive in the centre however we plucked up courage and enquired at a rather swanky hotel "Hotel Baren".

where we were informed that they had a special deal for bike riders today, and it included dinner, bed and breakfast plus a mid afternoon snack. It gets better; we had to celebrate Imogen's arrival and what better way during our six course silver tray service dinner. It even gets better as during the meal Nigel, our other son rings to advise that he and Janine were engaged. Guess what we had to do it all again the next night.

Heather and I rode some of the River Danube Cycle Path in 2004 and we decided that we should go and see the source of the Danube at Donaueschingen. The Doneauequelle is a spring beside the Furstenberg Castle and flows into a river by way of a Shrine and just a little down stream at the junction of the Breg and Brigach Rivers the river becomes the Danube and starts its 2840 km journey to the Black Sea.

We rode the Danube Cycle Path out of town before heading south and on to Stein am Rhein which was our first time into Switzerland this trip, though Germany remains on the other side of the Rhine for some time yet.

We celebrated our arrival with a well earned drink in the City Square outside our Hotel. Peter and Benita had stayed in the same Hotel on a trip they did along the Rhine from the source to the Ocean a few years ago.

That's all till next time, Geoff and Heather 

From The Melbourne Age, June 18 2009

Cyclists found to have killed or seriously injured a pedestrian will face penalties of up to five years in jail or a \$68,000 fine, after tough new laws came into effect today.

"Cycling is becoming a legitimate form of transport," Roads Minister Pallas said. "But (with the recognition) that this is an important means of transport comes increased responsibility. "This Government will come down hard on bad behaviour because there is a real consequence."

Over the last decade, two pedestrians have been killed by cyclists.

The new maximum penalties under the laws, which come into force today, include:

- * \$284 or seven days' prison if property is damaged by a cyclist and the rider does not immediately stop and offer assistance
- * \$13,610 or prison for 12 months, or both, for dangerous riding
- * \$681 for careless riding
- * \$68,052 or five years in prison if a person is killed or seriously injured by a cyclist and the rider does not immediately stop and offer assistance

Under previous bicycle laws, cyclists could only be fined up to \$567 for riding in a dangerous, careless or reckless manner.

All penalties are effective today, except those for the new careless riding law, which will come into force later this year.



Bicycle Queensland

Everyday Cycling Every Day

Many members may be aware Bicycle Queensland

works to:

- Increase cycling facilities in Queensland
- Make roads and bike paths safer for cycling
- Encourage more people to ride bicycles for fun, health and transport

BQ provides great FREE member services, including:

- Personal accident insurance for damage to you if you crash while cycling.
- Third party personal and property insurance.
- Twelve month subscription to Australian Cyclist magazine (6 editions).
- Twelve month subscription to Queensland Cyclist newsletter (6 editions).
- Discounts on entry to our great events including Bike Week & Cycle Queensland.
- Discounts at many bike shops.
- Free legal assistance for any incident when riding.
- Advice on most cycling matters, and
- A contribution to national cycling advocacy.

Please help cycling and yourself by considering joining BQ, See www.bq.org.au or phone 3844 1144 for membership information. (Normal membership \$70 per annum or \$90 for households – pensioners and students \$65.

Everyday cycling everyday



I don't think so!!!

Darwin Road Sign submitted by Jane Minor.

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