



Sunshine Coast Bicycle Touring Club Inc

Newsletter



Organ and Tissue Donor Awareness Ride – Mick joins the Queensland Irish Pipe Band

Winter 2010

The Sunshine Coast Bicycle Touring Club Inc.

Management Committee

President	Rob Coles	5445 2400
Vice President	Andrea Davies	5478 3371
Secretary	Tom Shapiro	5443 1258
Treasurer	John Sandifort	5499 6764

Office Bearers

Ride Calendar Editor	Andrea Davies	5478 3371
Newsletter Editor	Tom Shapiro	5443 1258
Webmaster	Damien Jones	5442 8813
Publicity Officer	Mandy Gaeth	0422 159 830
Ride Co-ordinator	Rob Coles	5445 2400
MTB Co-ordinator	Damien Jones	5442 8813

Ride Representatives

20km	Lorraine Stocker, Robyn Vardy
30km	David Robertson, Nana Ollerenshaw, Gillian Meyers
35km	Michael Jacobson, Anne Jacobson, Dick McFarlane, Ross Sheppard
40km	Rob Mabin, Steve Gaeth, John Pearson
Sunday	Noel Green, Andrea Davies

Contacts:

Mail	P O Box 5313, Maroochydore South Q 4558
Email	info@scbtc.org.au
Web	www.scbtc.org.au

Club Guidelines

Safety on rides

1. Select a ride that suits your ability.
2. Comply with road rules and be courteous to other road users.
3. Bring pump, spare tube, tyre levers, tools, water, first-aid kit, mobile phone.
4. Children under 17 should be accompanied by an adult.
5. If wet weather, contact ride leader for update.

Membership

1. Non-members are welcome to attend two rides before joining.
2. Membership application forms are available from the web-site, or from a committee member.
3. Annual membership is \$24 and \$12 for each additional family member, plus an initial joining fee of \$15 each.
4. Bicycle Queensland membership is highly recommended and has many benefits, including personal insurance.

PLEASE NOTE that our bank has advised that all future cheques must be made out to "Sunshine Coast Bicycle Touring Club Inc" - not just "SCBTC"



President's Report

All members are encouraged to attend the **Club AGM**, to be held on **Saturday July 24th at Kawana Library**. Please seriously consider nominating for committee and office-bearer positions. Nomination and proxy forms are included in this newsletter, and at the 'members area' of www.scbtc.org.au. Please post forms to Box 5313 Maroochydore South 4558, to arrive before 9th July.

A warm welcome to new members joining since January - Carol Marlow, John Heymans, Don Bealing, Kimmaree Spry, Rudi Hopfner, Frances Williams, James Greig, Shirley Hastings, Rob and Carol Ruskin, Trevor Roy, Elaine Barclay, Roger Callen, Julie McKenzie, and Fred Schneider. I hope that you will enjoy riding with us.

For all of winter, rides start at 7.30am (unless specified otherwise). The ride leader's briefing usually starts 10 minutes before the designated start time. Please ensure that you, and your bike, are ready by the 10 minute mark, so as not to inconvenience others. "Safety on Rides" is important - please read notes on front of the calendar, and on page 2 of this newsletter.

We are looking for info on shortcuts that are useful to cyclists, but which are not shown on UBD maps, due to lack of car access. Knowledge of these short-cuts is useful from a safety aspect (less traffic), in emergencies, and for integrating into new rides. (For example - UBD 78 H14 connecting Jorl to Walgarri; UBD 80 D12 the footbridge; UBD 90 D1 weir.) To assist the Cycling Reference Group's mapping program, and our club's documenting of ride routes, please send any shortcut examples to info@scbtc.org.au

Sometimes, when the weather is bleak, ride leaders are unsure if their ride should proceed. Club policy is that the ride leader should attend at the designated start time and place - a group decision can then be made. Rides usually go ahead, despite the rain. In exceptional circumstances, riders have adjourned to the nearest coffee shop until rain eases, perhaps for a long breakfast.

The ride lists are now at www.scbtc.org.au, and detailed routes are at www.bikely.com. There is still much work to do, and we need members to assist by providing route info, especially for Saturday rides. Please send route info, or any corrections to existing routes, to info@scbtc.org.au. Special thanks to John Pearson, and others, for putting all those ride routes on bikely - about 100 so far.

Thank you to those who contributed articles for this newsletter, and to the ride reps who organised the next calendar. Also to Andrea and Tom, for putting it all together. All members are encouraged to submit articles for the next newsletter, and rides for the next calendar by the end of August. Thanks also to Treasurer John, for managing memberships and finances; and to Webmaster Damien for maintaining the website.

Don't forget our special "High Tea" ride, Forest Glen to Flaxton, on June 6th - contact Diane or Tony on 0411 020778.

Internet and email are the easiest ways to keep you informed, during the three months between newsletters. If your email address changes, please advise info@scbtc.org.au. If you do not use email, please keep in contact with a member who does.

At the July AGM, Andrea and I will be retiring from our positions as Vice-President and President. So, it is time for members to think about the line of succession.

Many thanks, to all members, for your support whilst we occupied these roles.

Enjoy the ride
Rob

You are cordially invited to "High Tea" at Flaxton Gardens Winery.

Experience life at the top! \$15.00 p/p

Dress is formal (please wear your best lycra outfit)

– Men – bow tie or neck tie

– Ladies – anything fancy.

Start – Forest Glen 7:30am, Palmwoods – Montville Road, Flaxton return via Hunchy Road.

Date – Sunday 6th June 2010

Please ensure your trusty steed has good stopping power.

Diane or Tony : Ph 0411 020778

BDO Brisbane **Coot-tha Challenge**

Consider these rides ...

John has written this article in the hope of enticing others to join him next year.

On the Sun 21st March the BDO Brisbane Coot-tha Challenge 80km was run as part of bike week with 12km, 15km, 30km, 45km ride options also on the day. The overall entries were up by 50% on 2009 with 2572 riders alone taking the 80km challenge. This was a great ride to see Brisbane and the areas around the River. Also we need to support events to increase the sense that cycling is growing and needs support when Governments do any planning for the future. Riding as part of this big group was well organized by Bicycle Queensland and a lot of fun to be part of. Some of our club member results for the climb were: Paul Lucy 13:09, Karen Pearson 18:07, John Pearson 10:59, Tony Ridgway 15:44, Chris Small 13:02. So maybe have a go next year when it comes around again.

On Sun 28th March the 10th Ipswich 100 starting and finishing at the University was organized for various charities with ride options 100mile (inaugural), 100km, 50km and 10km. This was my first 100mile ride which was most enjoyable now that I have finished. Rest stops with food and drink every 25km, wonderful views and country side, quaint little country towns, no cars, well actually, very light, lots of volunteers as course marshals and helpers, and great to mix with other riders. Talking to the organizers at the end of the ride they were very keen to develop this annual ride. I would like to recommend this ride to support various charities, as country people definitely know how to put on a great event, and I am sure you would enjoy yourself too, so check the web site www.ipswich100.com.au.



By John Pearson

The GREAT BRISBANE BIKE RIDE – SUNDAY March 21st 2010

This is a brief report from two Club members - John Hawkins & Dick McFarlane - of SCBTC who participated in this GREAT event. We did not see any other club members whom we recognised on the day, but those who entered will relate to our comments. The proceeds for the event went to The Endeavour Foundation.

We left the Coast at 4am to be at South Bank at the 6.15 prescribed registration time. From our arrival through to the finish the organisational program by Bicycle Queensland was brilliant with those on registration dressed in BQ red T-shirts and all other volunteers easily identifiable on the course – there were over 250 volunteers on the day.

There were 5 events on the day with over 6500 entries. The top ride – the most arduous was Brisbane Coot-tha Challenge of 80km. We chose the number two ride - Great Brisbane Bike Ride of 45kms. Each event was programmed to depart at staggered times which worked perfectly, with signage and different coloured rego numbers. The support staff sensibly positioned worked without a hitch. Of course the real highlight was to ride through the brand new Clem7 tunnel (it was closed to motor vehicles for the day). This was a real historic day hence we considered that we may not get another chance to ride the tunnel again – being septuagenarian time is getting shorter more quickly! It's hard to paint a true picture, but suffice to say that with hundreds of riders all pushing along at their own speed through the 6km tunnel, this was a real buzz of adrenalin and common purpose. In our event there were two break points, with the first providing drinks, a bread roll and banana; and the second drinks and watermelon.

We would encourage members to plan for next year's event to make a Club effort to participate. Better still a similar event for the Sunshine Coast would be well worth promoting with the appropriate authorities.

John Hawkins & Dick McFarlane



Sunshine Coast Bicycle Touring Club Inc.
ANNUAL GENERAL MEETING – Saturday 24th July 2010

**NOMINATION FORM for
MANAGEMENT COMMITTEE and OFFICE BEARERS POSITIONS**

Nominations close midnight 9th July 2010

Forms can be handed to a member of the Management Committee or posted to
SCBTC, PO Box 5313 Maroochydore South, QLD 4558

PROPOSER

I, (name) _____ (signature) _____
Being a current financial member of the Club, hereby Nominate

(Name) _____

TO EITHER

A **Management Committee** Position of (Please tick only one box)

President ☐ Vice President ☐ Secretary ☐ Treasurer ☐

OR

An **Office Bearer** Position of (Please tick only one box)

Ride Co-ordinator ☐ MTB Co-ordinator ☐ Publicity Officer ☐

Newsletter Editor ☐ Webmaster ☐ Ride Calendar Editor ☐

SECONDER

I, (name) _____ (signature) _____
Being a current financial member of the Club, hereby Second the above nominated person to the
position indicated.

PROPOSED MEMBER

I, (name) _____ (signature) _____
Being a current financial member of the Club, hereby agree to stand for the nominated position.

PROXY VOTING FORM
SUNSHINE COAST BICYCLE TOURING CLUB Inc
Annual General Meeting 2010

I, _____
(Name of member unable to attend the AGM)

Of _____
(Address)

Being a member of the SCBTC Club, hereby appoint

(Name of proxy)

Of _____
(Address)

Or failing him or her, appoint

(Name of proxy)

of _____
(Address)

As my Proxy to vote for me on my behalf at the Annual General Meeting of the SCBTC Association, to be held on the 24th day of July 2010, and at any adjournment thereof.

Signed this day _____ of _____ 2010

(Signature of member)

Valentine's Day Wild Horse Ride, 14th Feb 2010

By John Pearson



On a clear and placid, picture postcard Sunday morning, ten of us meet at Landsborough Railway Station to do the first Club Wild Horse Mountain Ride. Leeanne was first to arrive still spitting out the petals from the bunches of flowers she walked into on her way out her front door. Sally with kisses and hugs wished everyone "especially me" a Happy Valentines' Day. While Rudie made sure no one else was waiting on Landsborough Railway Street (woops calendar typo) before joining us at the station. We started by cruising down Old Gympie Road, well maybe just a little bit faster than a cruise. But at 6.30am it was lovely zipping along in the cool shade with all the

trees, farms and glimpses of the sun rise, with all the cars still sitting in their driveways. We all remembered to turn left onto Marshes Road and enjoyed the undulations as we saw the various Glass House Mountains go by, and Pat made mental notes of all the spots that deserve a visit at a later date, this is a pretty part of the coast. Turn right at Maltilda then do that dog leg and we are on Johnson Road looking up at Wild Horse Mountain with its lookout on the top. Most of us chained our bikes to a tree and enjoyed the walking path to the top. Michael, surprisingly, needed to stop talking to catch his breath as we made our way up the 20% climb. Rob was one of the few to push his bike up to the lookout just to ride down later. We picked a top day as we enjoyed the serene views from Pumistone Passage to the Brisbane High Rises to the Point Cartwright High Rises and westward with a vista of the picturesque Glass House Mountains.

Time for the walk down and a coffee, a delightful little coffee shop beside the Mobil Garage provided the necessary conversation and drugs before the return journey, which retraced our steps, so we followed the bread crumb trail that we left, or was that sweat! The sun was a little higher, the traffic a bit heavier now but mostly well behaved. Do we detect a slight head wind from Beerwah to Landsborough? Who ordered that? But hey, we have done our 60k during the best part of the day. Now Simon was feeling totally unamused as two grown men with vast experience struggled to repair his puncture, those Kevlar beads can be jolly tight on the GP4000's. But a schooner of beer back at the Landsborough Pub washed away any self doubting memory of that frigging tyre. A most enjoyable adventure was had and now it's time for a shower and enjoy the rest of Valentine's Day.

All the Best
John Pearson



NORTHERN THAILAND AND LAOS - 2010 BIKE TOUR

Six Days and 3 Half days covering 700 kilometres on broken asphalt roads and dirt tracks. We covered all terrains: hilly, mountainous and flat roads on a TREK mountain bike. Our adventure starts in Chiang Mai and finishes in Luang Prabang(Laos). 14 riders from Australia, Britain and USA joined this tour for the bike riding in January, 2010.

But it's always about the food. Authentic Thai dishes from villages to five star garden restaurants throughout Thailand and Laos.

The accommodation is of an excellent standard, even when staying in a Hmong village resort that received the Bill and Melinda Gates Foundation Award. I can highly recommend spiceroads.com for all bike tours throughout Asia.

For further details of the above ride look on the website.



Lauren Rienstra.



Donations to the Club

Three members took part in the Super Tuesday bike count; they each earned us \$50. Thanks to David Roberson, Barry Cummings and Tom Shapiro.

Also Jane Minor donated \$16, John Fitter \$10.33, and smaller amounts from Cheryl Newman, Sally Blattman, Ross Sheppard and Michael Head.

Thank you all.

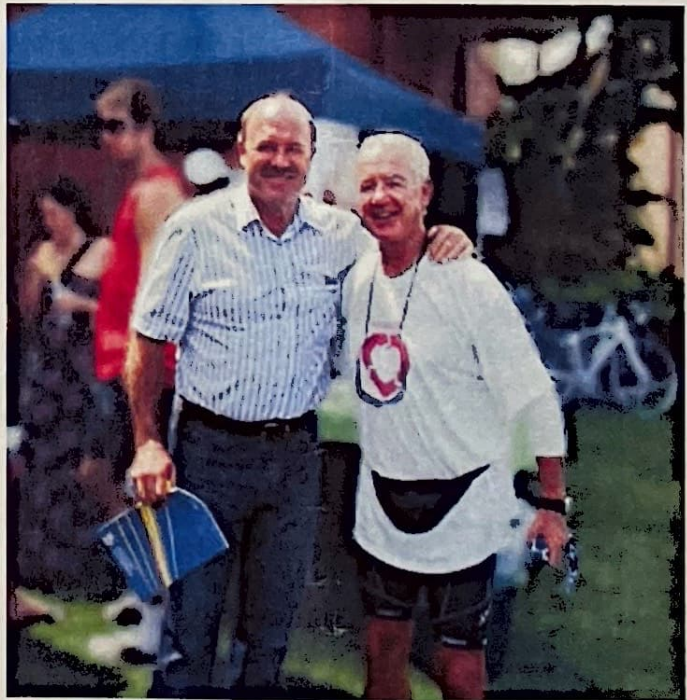
Organ and Tissue Donation Awareness Ride by John Pearson

Saturday 20th February saw the fifth annual Cycle for Organ and Tissue Donation Awareness Ride, again organized by the Queen of Hearts club member Mary Long and a band of helpers. A number of us decided to take the 80km Landsborough Railway Station option. We left with about 40 riders at 6.30am under police escort and well paced by Rein Evenhuis, down Old Gympie Road, with grey clouds but thankfully no rain. The pace was smooth and the peloton worked well to keep together. The volunteers looked after us for a complementary refreshment stop at Bray Park High School. There were three cycle distances (80km, 50km, and 20km) but we all grouped together just before the hospital, put on our awareness T-shirts, and then rode as one into the grounds of Prince Charles Hospital with pipe band and applause from all the people taking part in the day's organized activities at the hospital.

There was a host of fun activities that had taken place while we rode down to the hospital, and then also after we arrived. Our own Daniel Batemen took out the one km stationary bike challenge. The riders were treated like Royalty and we were hosted with a BBQ, salad wraps and sandwiches, fruit and drinks for all, and yes, the coffee man was there and working up a big sweat to keep pace. Leeane got the chance to catch up with her old high school flame Wally Lewis before he helped with the day's ceremonies.

After all the prizes and thank-yous, we (Karen, Leeane, Chris, Paul and John) decided to head along the bikeway to Virginia Railway Station.

As we rode up they announced that the train now arriving was bound for Caboolture, so we ran, clip clop, clip clop, and stepped aboard without a second to spare. How good was that for timing! And feel that air-conditioning! But when we arrived at Caboolture they announced that the next train to Landsborough was due to depart at 3.45pm; that's 3 hours time! So with tired legs we topped up our water bottles, reapplied the sunscreen, and reluctantly put our sore bums back on the saddle and pedaled the last 30km back up the Steve Irwin Way. But we all agreed it was an awesome day to participate in and show support for such a worthy life giving cause.



I would like to end by repeating the Organ and Tissue Donation Awareness message. Talk to your family, so they know what your wishes are. Go to the website www.donatelife.gov.au or www.medicareaustralia.gov.au and register.



Big River Ride - May 2010



15 members of the Club enjoyed the hospitality of the Harwood Sailing Club for a week.

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



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