



Karen and Leeane cross the line

Sunshine Coast Bicycle Touring Club Inc

Newsletter - Spring 2010

PLEASE WELCOME YOUR NEW COMMITTEE AND RIDE REPS

The Sunshine Coast Bicycle Touring Club Inc.

Management Committee

President	John Pearson	5478 2307
Vice President	Rob Coles	5445 2400
Secretary	Tom Shapiro	5443 1258
Treasurer	Edith 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

Ride Representatives

20km	Robyn Vardy, Vince Whitburn
30km	David Robertson, Helen Gavigan
35km	Michael and Anne Jacobson, Ross Sheppard
40km	John Pearson
Sunday	Noel Green, Andrea Davies
Sunday MTB	Frank Hobbs, Matt Hawkins

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"

Incoming President's Report

Well on Saturday 24th July at the AGM I got to sit in the big chair uncontested with much applause and dare I say a real sense of relief from those present. One can just feel the love.....

To give you all a bit of background Karen and I have been members for about 18 months now and have enjoyed the various rides on the

club calendar. We met 30 years ago when we were both members of the Cumberland Cycle Touring Club and would do various rides and go to Sydney to help put together the BINSW (Bicycle Institute of NSW) newsletter. So we feel that we are returning to an activity we enjoy and believe in as a sustainable pastime.

I would like to thank Rob Coles and the outgoing committee members for all their efforts to build and keep the club responsive to its membership. But I must say that I am delighted, relieved, grateful... To have Rob take up Vice President, Tom continue as Secretary and Edith as Treasurer (she is so much more accurate and reliable than John !?!). Also I must thank Andrea and Noel for their continuing efforts with the calendar, and Damien for the website and MTB work he does. A club goes nowhere without publicity, so thank you Mandy. Let's not forget the Ride Reps as what is a bike club without them? Finally thank you to those Ride Leaders and Tail End Charlies on our various rides.

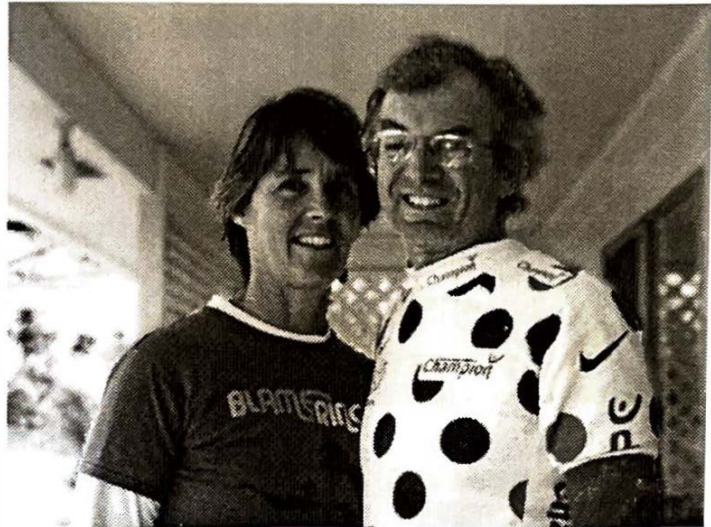
Everyone is welcome to read the minutes of the AGM and GM of the 24th July. I would like to highlight these points. The club has a membership of 220 people which we would like to see grow into the future as the trend in social cycling gains popularity as: enjoyable, healthy, sociable and sustainable. We would like to see these newer members having welcome input and participation leading rides.

Our club operates with a low fee structure and we would like this to continue, but we would like to build funds to cover the annual costs as an ongoing reserve. Also continue to sell club jerseys at cost price. This year we will support the planning committee for the end of season social which will be a more catered event to reduce work load and try something different.

As the newsletter only comes out quarterly, the email is seen as a valuable tool to keep members informed of news and events in a much more proactive way. For members without email we ask for members to update each other with personal contact that suits.

There is a strong desire to spice up and make the ride calendar reflect the wishes of club members. So if you want to lead a ride of your design, we want to support you to put it out there for other club members to also enjoy and give it a go. It would be great to see rides put forward such as:

- Ride with sausage sizzle or picnic
- Evening or night ride
- Fish and chips, High Tea or Pizza ride



(President's Report continued)

- 100 mile challenge
- Charity ride for Amy Gillett foundation
- Weekend campout
- Pick a classic club ride
- Get the imagination running and put your ride forward

Can I ask members to talk to committee members or email us to let us know what you think the future should hold: We need to know the positives. We need to know the possibilities. We need to know your concerns. Remember it's what we can do for each other, not what someone can do for you.

See you on your bike,

John Pearson

Mary and John's Excellent Adventure

John Borren and I have recently returned from a real adventure with a great story to tell. See the photo of John Borren doing some hard yards in the Amazon. Let me tell you it was very hard – the local Peruvians have not heard of oil for the cycle chain!!! The local porter must have thought we were mad wanting to pedal this rusty old contraption. They push it by hand not by cycle.

Cheers

Mother Mary



Helmet law makes nonsense of bike hire scheme

The edited article below from Melbourne Age, *July 23, 2010*, highlights the problems of bike kiosks in Melbourne. I cannot see that it will be any different in Brisbane!

MELBOURNE'S \$5.5 million bike share scheme isn't attracting many users, and Mike Rubbo reckons he knows why: the helmets. Fewer than 70 trips are being made a day on Melbourne's 600-bike system, a tiny number of journeys compared with the take-up rate seen in bigger schemes introduced in 135 cities around the world.

Melbourne is the only city in the world to have introduced a bike-share scheme and retain its compulsory helmet laws.

"It should never have been started without this being sorted out," Mr Rubbo said. "But now that it has, when it fails it will be a real missed chance." He said only a handful of cities and regions around the world had made bicycle helmets compulsory - and all but a few were in Australia.

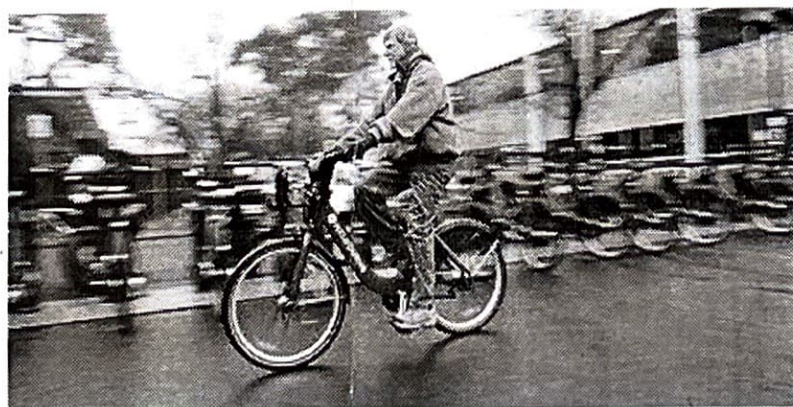
"Are helmets really justified? How do all these other countries not value the heads of their citizens as much as we do?"

Mr Rubbo said the same bikes as in Melbourne's scheme were also in use in Montreal, where they were a raging success. The bike scheme was launched there last year, he said, and the local government increased the number of bikes available from 2000 to 5000.

London will launch its bicycle share scheme this month, with 6000 bikes on the streets at 400 docking stations.

And compulsory helmet laws had not been picked up by other countries after Australia introduced it in the 1990s, he said. "Good ideas tend to travel and this idea, that you simply must wear a helmet when you cycle, has not. What does that tell you? "You are the fattest country in the world, you should be encouraging cycling, not convincing people it's dangerous."

"Bicycle helmets save lives and lower the severity of injuries," a spokesman for the minister said. "In line with Victorian road laws, helmets are compulsory for people using Melbourne Bike Share."



Mike Rubbo on a communal bike at Melbourne University.

The Noosa Century Ride

By John Pearson

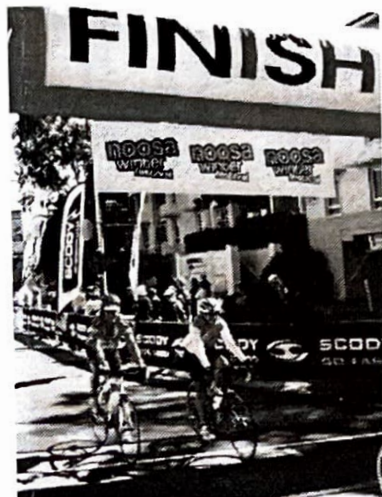
This Cycling event was part of the Noosa Winter Festival organised by USM Events who did a great job to run a most enjoyable event.

A number of SCBTC members (Chris, Simon, Leeane, Karen, Mary, Michael, Tony, Diane, Paul, etc) took part in the Noosa Century ride on Sunday 23rd May. There were two options on offer; the 100km metric century, and the imperial 160km (100mile) century. This year the ride was a Noosa to Noosa loop which I think was a better for us locals, than the previous year's Brisbane to Noosa or Caboolture to Noosa rides. USM Events organised and ran an excellent ride with lots of volunteers to point the way and rest stops at Cooroy, Eumundi and Marcoola. Providing bananas, buns, water and Endura sports drink for all. Plus medical and bicycle mechanics. It is wonderful to set yourself a personal challenge and feel delighted, a bit wearier, but proud when you achieve a result for the personal challenge you set yourself.

A number of us took the 160km option which took us the Boreen Point way and up Cootharaba Road with the word UP in double bold print if you please! I can still hear the moans of the cyclists as the road kept going up around each corner, despite the fact that we could only see blue sky ahead, before seeing yet another rise to climb. Having done that road before Pomona we then checked out Black Mountain with some more climbing to be done, before our first rest stop at Cooroy. Despite the huffing and puffing, the views and country side was a delight to pedal through as the sun rose, breaking up the long cool shadows with some warming autumn sunshine. Next was a loop west to Belli Park with its open undulating farming country side, before joining forces with the 100km riders for another well earned rest and refuel stop at Eumundi (everyone stretching, food, drink, more stretching and off we go). The weather forecast was for a sunny cool day with approx 18km/hr southerly breeze. This meant it was time to find a big guy to hide behind for the ride on to Yandina, before taking what must be one of the prettiest roads between Yandina and Bli Bli. This is just when your legs are now telling you to stop finding any sort of hill, and what do you mean there are no more cogs on the cluster? The last rest stop is at Marcoola before the last push up the David Low Way to Noosa. Everyone is singing "O Happy Days" a big thank you for the wonderful tail breeze and Ocean views. Crossing the finish to cheers, it was great to catch-up and share the story, and the satisfaction of a ride well done, while simultaneously drowning in watermelon. That was fun in an interesting way! Book me in again for next year.

Some interesting ride data for 2010: 160km ride 660 finishers with 95 females and 565 males.

100km ride 505 finishers with 153 females and 352 males.



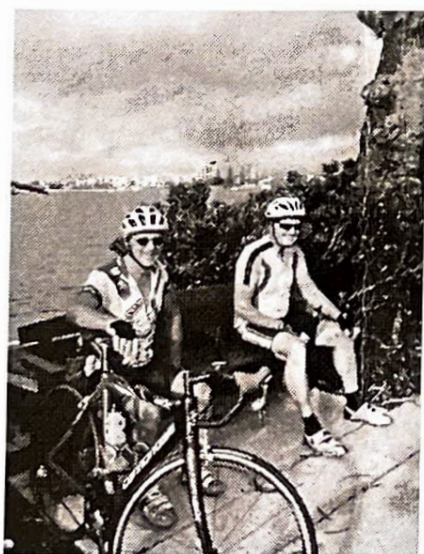
Hi Tea



On June 6th Diane and Tony Ridgeway led a ride through Palmwoods and Montville stopping for (an early) High Tea at Flaxton Gardens Winery. Some riders dressed formally for the occasion.



The lads



Paul and Derek at Caloundra



John and Mike at the Organ Donor Ride

Ride Sheets – what happens to them?

After a ride the Ride Sheet should go to the Ride Representative (list on page 2). This should be easy because Ride Reps are usually on the ride. The Ride Reps use these sheets to plan future rides, and see how popular they are.

Once Ride Reps have finished with them, if the Ride Sheet is less than a year old, it should go to the Secretary. He stores it for a year, and then discards it.

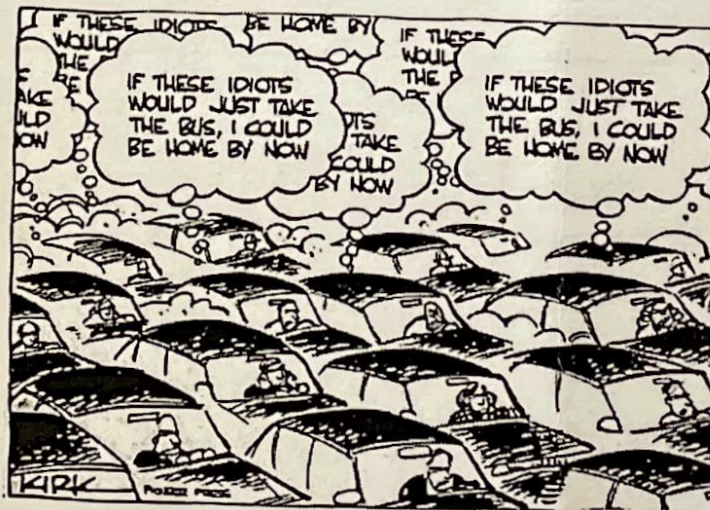
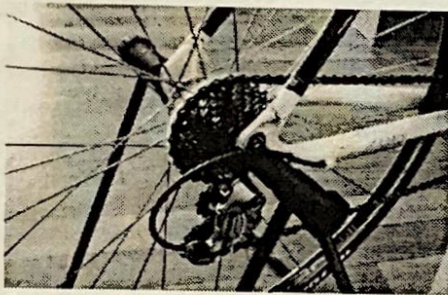
The Ride Sheet is a legal document, having been signed by all members on a ride – so if a ride sheet is required for insurance or legal purpose, either the Ride Rep or the secretary should have it. QED

FOR SALE - 2009 Jamis Ventura Race

Purchased December last year for \$1500 and would like to sell it for around \$800. The bike is in excellent condition.

Contact: Jeff: 5484 6204

or Narelle Cramb: 5447 9477



Alex accident

Some of you will know the rider seriously injured in this accident. This is a reminder to all our members to take care. While this accident was caused by other traffic, most bike accidents occur when we lose concentration, and ride too close in the peloton.

This item from the *Sunshine Coast Daily*.

A COAST cyclist has been described as a "spooky" survivor after he was dragged almost 20 metres under a car at Alexandra Headland yesterday morning.

Hospital staff says they are amazed by the 46-year-old, who remains in a serious condition with injuries to his head and chest after the crash on Alexandra Parade just before 10am.

"He's doing remarkably well, it's quite spooky really," a Nambour General Hospital staff member said hours after the horrific collision.

The Maroochydore man was riding north along the busy Alexandra Parade near Alex Surf Club when police say the driver of a vehicle parked beside the road opened his door in front of him.

The cyclist had no time to react and hit the open door before veering into the path of a black Ford sedan, which drove over him, splitting his bicycle in half.

Witnesses said as many as 10 men, including several teenagers from the skate park, rushed to help the badly injured rider.

"All these men and kids just came running from everywhere," IGA staff member Emma Lane said.

"They just lifted the car off him, this huge car, it was amazing."

The occupants of the parked vehicle were a young family on holidays from Tasmania while a Maroochydore man and his wife, both believed to be in their 60s, were in the black sedan.

The shocked local couple sat quietly, just metres from the scene among a growing number of onlookers as emergency staff worked to stabilise the cyclist as he lay on the busy tourist strip.

He was eventually lifted into the back of an ambulance at 10.25am and taken to hospital.

The cyclist was last night in a serious but stable condition in Nambour Hospital.



Geoff and Heather's Overseas Adventure

This is the second article in a series of three. This covers our adventures through Switzerland which includes a little time in Germany, Austria and Liechtenstein.

We left off on the first report in the village of Stein am Rhein with drinks in the city square. This square is one of the prettiest we have seen with many murals painted on the old building each telling its own story of the past. One of interest related back to Adam and Eve. From here we rode along the south bank of the Rhine to Konstanz and the Bodensee (Lake Constance) and along the way passed the hotel in Steckborn where we stayed on our ride in 2004. We had two days in Konstanz and took in many of the sites one of which was the Mount of Olives Chapel in Kreuzlingen just across the border in Switzerland at a local church. The Mount of Olives is made up of 300 individually hand carved figurines set around the mount and is an amazing site. On Sunday strolling along the lake shore we came across a typical German beer garden where the many drinkers were being well entertained by a group of musicians singing traditional songs.

We spent a short time in Austria here as it borders Switzerland and also Liechtenstein, and had overnight stays in both countries. The Romans had at one stage been to Schaan in Liechtenstein as there were various Roman Ruins around town.

We followed the Upper Rhine to Chur, with an occasional side trip into the hillside villages. Chur is situated at the joining of many valleys and is surrounded by snow covered Alps and has history dating back to 3900/3500 b.c. As the trade routes traversed these valleys long ago the Town was a major trading place, now these valleys provide access for the many tourists that come here.

We left Chur on Bike Route 9, and that path took us to many of the lakes scattered through central Switzerland and on to the Swiss Riviera. The lakes were very peaceful and scenic as they were surrounded by massive snow capped Alps. Many a lake had the reflections of the surrounds mirrored upon them.

Near Filzbach on the Walensee there was a bicycle warning sign that read as follows, "Radfahrer absteigen! 25%" although we were going the other way the climb up the other side was steep also. Even riding down the 25% grade made you nervous as it was not a straight section.

Rapperswil on the Obersee was a busy place on the Sunday we rode in, and is a popular place for lake cruises and water sports. The weather on the Sunday was nice however next morning it was the opposite being cold, and wet with low cloud cover. The days ride was to be around 80 km's with some lovely hill top views along the way. The rain persisted, the clouds remained low and a lot of the time you could not see the rider in front of you. The



bells of cows in road side paddocks could be heard but the cows were hidden as were the views. Our body temperatures just kept falling and in the end the day was over at 26km's in Einsiedeln. As it turned out it was a lovely place with the main feature being an Abbey that still has Monks in residence, and the Black Virgin. The path took us through peaceful country side down riverside valleys and around at least seven major lakes, and past

Kapellbrucke an old historic covered bridge in Luzern.

We cycled up and over Brunig Pass though the path was unmade in sections and a little tricky, with unbelievable views just a short while later down into a valley far below. As it turned out that was where we were going but not without some nervous moments along the way. The path takes you down a very steep but quiet and peaceful and very scenic back road. Not being good at reading German we passed a sign that we later realized said road closed. Oh darn!! Too far to go back, let's just push on and hope for the best, which meant dismantling and reassembling barriers, carrying bikes over very rough terrain and riding on rough and dirty sections.

None the less we made it, and arrived at Meiringen a renowned ski resort area and home to a Sherlock Holmes museum that we over looked during our lunch break.

We arrived in Interlaken late that day and found that accommodation prices were rather expensive and in fact the dearest we paid per night for the whole trip. The scenery around this world renowned ski area was breath taking, and from near our hotel you could see Jungfrau 4158m and Jungfrauoch 3454m, with others in view like the Eiger 3970m. You can take a train to Jungfrauoch which travel through the mountain, but the day we planned to go there was cloudy and overcast so we went to Grindelwald instead on the rack railway. Grindelwald is at the foot of these massive Alps and a majestic looking place.

We proceeded on through other renowned ski town like Zweisimmen, Gstaad, Saanen and Chateau d'Oex, before coming to the home of Gruyere cheese, Gruyeres where stayed for the night, and in the morning had our last look back to the Swiss Alps before heading to the Swiss Riviera.

Once again a fairly expensive place though with a lot of help by the staff of the Office du Tourism (French now though still in Switzerland) we were able to obtain very nice accommodation in the nearby old village of Villeneuve, with traveling around no problem as free travel is readily available for travelers staying overnight. Transport here was by cable bus. The Swiss Riviera to us looks tired and it seems that although much money is spent there not enough is being put back into up keep and presentation. Even so it is a pretty area though very busy with heavy traffic flows.

We left Villeneuve and cycled along the shores of the lake heading to Nyon, and from here you could just make out the water spout in the lake at Geneva.

And so we continues our journey through France and the Pyrenees.

That's all till next time
Heather and Geoff



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.



THIS NEWSLETTER IS PRINTED BY



Cnr Aerodrome Road and Maud
Street, Maroochydore.
Simon Baker, Ph: 5456 6822

Business cards, Stationary, Brochures, Booklets,
Graphic Design, Posters, A-Frames, Canvas,
Portable Display Banners.

