



# **Sunshine Coast Bicycle Touring Club Inc**

## **Newsletter**



When the tough get going ...  
Ev Willis tackles the Brandenburg Bash

# **Summer 2010 - 2011**



(Presidents Report cont.)



Quote of the week: "People don't care what you know until they know you care."

See you on your bike,  
John Pearson

Picture from 'Sunshine Coast University, Ride to Work and Travel Smart Day', 13th Oct.

## **ORGAN AND TISSUE DONOR AWARENESS RIDE**

### **Sunshine Coast to Brisbane**

NOTE THIS DATE IN YOUR DIARY – Saturday 26<sup>th</sup> February 2011

The Cycle of Giving is a ride to raise awareness of the need for organ and tissue transplantation, and to give thanks to our Donor Families and Transplant Teams. The 2011 cycle will be the sixth year that the Sunshine Coast Touring Club and Sunshine Coast Racing Club have given support to this cause. This ride would not be the success it is without the wonderful support of all participants and the loyal band of support workers that remain committed to assisting. It is an enjoyable ride for all cyclists, with a warm welcome awaiting at The Prince Charles Hospital.

**Contact: Mary Long 5445 3706 or 0404 860 865**


## **Golden Triangle Ride**

**by Andrea Davies**

Congratulations Daniel Bateman on a great Golden Triangle ride Sunday 24<sup>th</sup> Oct.

After a very early breakfast we arrived at Tewantin for a 7.00am start. We were greeted by an enthusiastic albeit a little nervous Daniel Bateman. With Bikely directions on hand, he was organised to go.

Having done this ride some time ago I had forgotten how tranquil and picturesque it was. Sure there are a few climbs to conquer but the quiet country roads more than make up for the huffing and puffing. I always remember two things - the hills are my friend and what goes up must come down. Downhills that is!!

Daniel was organised, ensured there were regular regroupings and checked that the speed of the ride was appropriate. Thanks Daniel for a great ride. I look forward to doing this ride again. - If you have never led a ride before – have a chat to Daniel. I'm sure he will tell you what a great experience it is!! 



# CYCLE ZONE

M O O L O O L A B A

## Cycle Zone Donates Three Bike Maintenance Vouchers

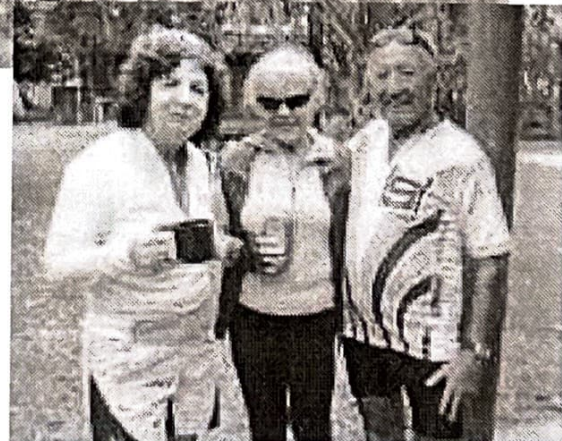
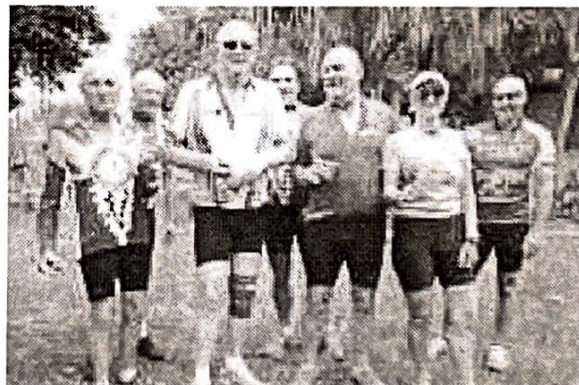
The vouchers, valued at \$150 each, were auctioned by our President and highly qualified auctioneer John Pearson at the A.R.S.E. (After Ride Social Event) on the 25<sup>th</sup> September.



President John presenting the vouchers to:  
Bevan Painter,  
Candice Sims, and  
Michael Fitzsimmons

*As a sponsor of our club,  
please consider giving Cycle  
Zone your business next  
time you need cycle parts,  
service, clothes or a new  
bike.*

## Seen enjoying the A.R.S.E.





## Bogged In Bilo

by Don Chapman

I survived Bicycle Queensland for another year but only just. Being part of the non riding volunteers, my job for the second year was part of the set up team. I had to be up at 5:00am to breakfast, ablute, shave and move on to the next camp site in the next town.

Unbelievably they had a spare vehicle this year, so I had the luxury of having a car for virtually my own use. Meaning I could leave all my personal gear in it and did not have to rely on the luggage trucks to take my stuff to the next town, and all the hassle there in. If you can imagine 1000 cyclists and 300 volunteers and all their gear moving approx. 100km every day and the jumble trying to find your own bag, you would understand how wonderful it was to have my very own vehicle.

Of course Murphy's Law took over. Going through some of the driest parts of Queensland in the dry season with 6 heavy semi trailers and 18 smaller trucks, it started to rain and more or less continued for 4 days. The quick result was the whole shooting match only travelled as far as Mt. Morgan before bogging down. Mt. Morgan/Biloela received its highest rainfall in 10 years, 87mm in 24 hours. The road had chest high water flowing across it at one stage, so the Police called off the ride for that day. A working example of how efficient cycling is on the movement of people in the city. It took 25 buses to shift the group up the road 106km to Bilo, with Bicycle Queensland taking a huge hit to their bottom line. Unfortunately the buses couldn't take the bikes, leaving the small problem of 1000 push bikes for the volunteers.

Being the absolute martyr and going against all the tested Army traditions, I volunteered along with a few dozen others, to stay back and load the bikes. Mind you at the time I still thought I would make it to Biloela in time to have a few beers around 5:00pm. I arrived in town at 11:30pm that night absolutely stuffed.

Things I leaned that day. Really, really big semi trailers only take 135 bikes at a time. We loaded them very carefully nose to tail with running gear protected by bubble wrap and cardboard in between each bike. Each bike was handled the same way, with the \$10,000 numbers and the \$100 bombs packed identically. The semi took around 3 hours to do the round trip, with lots of smaller trucks doing the run as well taking around 35 bikes a trip. We were cheered to hear later in the night that the cyclists had given us a 15 minute ovation back at camp. The trip ran fairly smoothly after that, but I would lay bets that this will be the Bicycle Queensland trip that will be remembered long after all the fair weather trips past and future. Funny but I think I will volunteer again next year if all goes well.

Don Chapman



2010  
**CYCLE**  
QUEENSLAND  
*pedal away from the everyday*

**Yeppoon  
to Bundaberg**  
**4 to 12 September 2010**

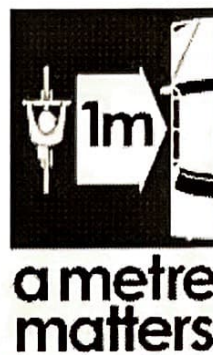


## A Metre Matters

Members may remember being asked to petition the Roads Minister asking that the Queensland Road Rules be amended to ensure that cars leave at least a metre when passing bikes.

Even though: "The Bligh Government is passionately committed to getting more people cycling, We actively promote cycle safety through the Share the Road campaign and last year spend \$100m constructing bike paths around the state", the government decided against changing current laws because:

- The Queensland Government have adopted the *Australian Road Rules*, and they want to remain uniform with all states.
- The present rules provide that a driver must not overtake a vehicle unless the driver can do so safely and that an overtaking driver must leave sufficient distance from another vehicle, including a bicycle, to avoid a collision.
- The introduction of a specific rule to restrict vehicles to keeping one metre from cyclists would be, in many cases, detrimental to cyclists. The safe distance between a cyclist and a vehicle varies considerably depending on the speed the vehicles are travelling.



## North Haven Hub Ride

October 9<sup>th</sup>, a group of 25 cyclists settled into a camping ground in North Haven for a week. 30km South of Port Macquarie, this is one of a string of little townships following the gorgeous coast.

Most of us were from the Sunny Coast, and it turned out a great week of cycling and socialising. "Lino's Ride" gives friends from Sydney, the Sunshine Coast, and points in-between a chance to get together twice a year. Great to see new places, and get together with old friends.

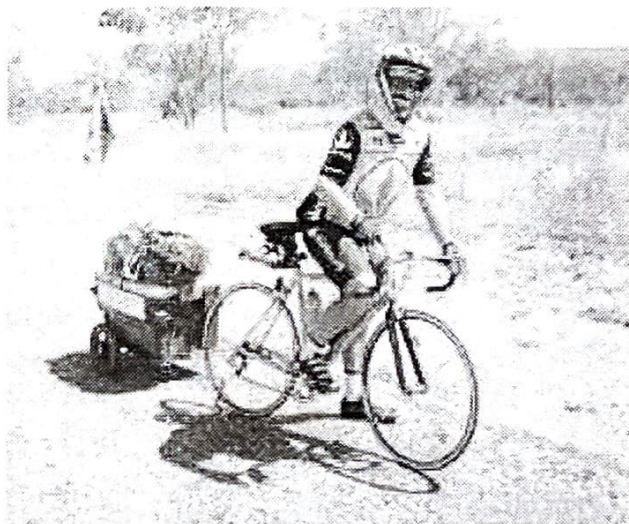
Tom Shapiro, Andrea Davies, Lino Boss and Trish Brindise somewhere.



## **Hello SCBTC, from Richard and Dawn.**

Just an update from Richard Tallents & Dawn Morgan. We are presently in Perth after moving south with the temperatures being 35 to 39 degrees around Derby and Broome. We haven't been on the bikes since the last trip home in July/August. Dawn washed her bike in Exmouth while I washed the Motor Home and while I spent an extra 4 hours doing the vehicle, she went for a short ride and returned with a puncture, that after 5 weeks has not been repaired and is still sitting on the back, again looking like a red bike from the red dust from the outback roads that we have been constantly on.

On our way to the Bungle Bungles we overtook a cyclist travelling on his own on a yellow Cannondale road bike with solid tyres & towing a trailer. The temperature was well up in the 30s, so we went ahead about 4 kms and then pulled off the road. Dawn put on the kettle & I put out the awning and table & chairs. By the time he caught up we had a glass of water, a cup of coffee, banana and cake, etc ready for him, he gratefully stopped & really enjoyed our hospitality. At the time that we passed him he was riding along thinking that his water is getting low and



it was a long way to his next overnight stop where he could get some more water, we then topped up his supply with 2 and half gallons.

We met him and chatted the night before, 70kms south in a Halls Creek caravan park and the next day while as he was riding along hallucinating in the hot conditions, thinking at the time when we passed him on the road, about how wonderful and lucky he would be to find a nice lady like Dawn to ride with him all the time around Australia and then a miracle, he again saw Dawn waiting on the side of the road, he thought that his dream had come true. Dawn is a bike junky although not all that keen on his life style, so he is still looking.

He, Douglas Knowles, is the same age as Dawn, to the month, 75 in January. This is his 3rd time of riding around Australia. He was riding to Alice Springs to ride the Masters Games in October 2010 before crossing to the east coast and then south.

Before he started riding, he was in business, not exercising, not healthy and not well, so he went to the doctor who said that he needed to change his life and eat and exercise properly. So he thought about it on his way home and then discussed his thoughts, of changing his life, with his wife. Telling her that he was going to ride a bike around Australia. His wife said she would not agree with this, as she would be worried about him all the time, either being sick or having an accident or being hit by a car or truck and that if he continued this crazy idea, that she would divorce him. He put his arms around her gave her a big hug and said thank you dear, so they divorced and he has been riding ever since!

He is a nice guy; It would be good for the club to make contact with him and maybe catch up with him and maybe even have a ride with him if he gets to the Sunshine Coast.

Douglas Knowles Check out: [www.elqanna.bigblog.com](http://www.elqanna.bigblog.com) or [www.elqana.com.au](http://www.elqana.com.au)

To get in touch with Douglas, email: [elqanna2@yahoo.com.au](mailto:elqanna2@yahoo.com.au)





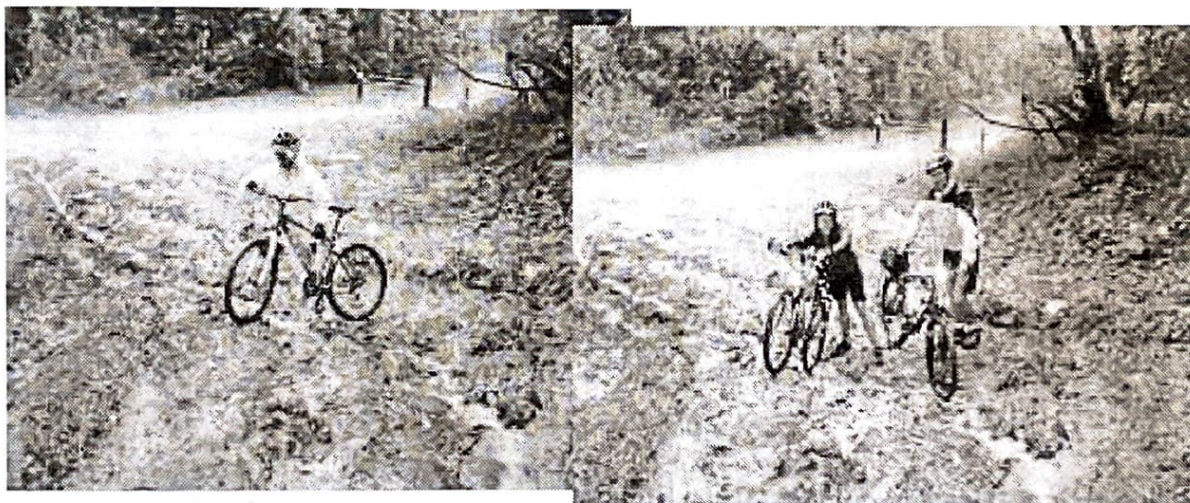
Dawn and I will be home for a few weeks from mid December.

Regards,  
Richard Tallents & Dawn Morgan



### **The Brandenburg Bash, October 10<sup>th</sup>.**

While other rides were cancelled due to the weather, the Bash went ahead.



Sally Blattman, Ev Willis, and Brian Mather



Cyclists having fun on the BQ Ride.



## Cairns to Cooktown Cardiac Challenge

by Simon Govey

### Day 1 135kms.

#### Cairns to Mount Carbine.

Stunning morning.  
We all set off at 6am  
with a police escort.  
The foot of the



Kuranda range to Kuranda is 17kms. 4kms is 6-12%. The distance not the gradient makes this a very challenging climb with more ups and downs until you reach the top. Police escort but with a temporal limit. Only half the pack attempted the range. I stopped twice very briefly. At the top the group split into 12 different packs each with a front and rear support vehicle. I choose pack 2. We tried to average 28kph and I found this ok for the remainder of the day but mainly because it was pretty flat. I love the way they run the pelotons ( In group 2 to 4 anyway ). 2 abreast with the left lane moving faster than the right and then the person front left crossing to the front of the right column and so on. The kms just shoot by. At the end of the day I was very hot, sore and tired but it had been an exciting day.

Day 2 115kms Mount Carbine to Lakeland. I'd heard this leg had lots of hills and so decided to drop down to pack 4 for the ascent. It turned out to be a good decision. After 20kms there is a climb of 10% all the way although it is only 1.5 kms. It was very hard, but I just made it with a brief 1 minute stop. The scenery reminded me of the Californian desert. I felt ok at the drink stop at the top and decided to join pack 3 who were just pulling out as we arrived. This was a mistake; they were faster than pack 2 and trying to average 31 kph. It also meant I did not take a break. I stayed with them for 40kms but when we stopped for




drinks I was exhausted and very hot. It was 38 now and there was no shade. I waited for pack 4 and just made it to lunch which was another 35kms. As one of the guys said, I'd like to see that chap from 'Man vs. Wild, try and survive in this environment.

Day 3 2km time trial at 7am. New experience for me. Went faster than I thought I could, but have not yet seen the age grouped results yet. 80kms Lakeland to Cooktown. Worried about the excessive heat again, I rode with pack 4. Average 25 kph. Partially cloudy today and so much cooler. The road was gently undulating and so it was a comfortable ride to the finish. There is not much in Cooktown but it is very picturesque. The place is teeming with wild-life. I really liked it. We flew back to Cairns in a 12 seater 1 prop Cessna. The 40 minute flight back to Cairns was spectacular.



In summary:

- Great N.Qld. Hospitality.
- They cater for all standards. Some seriously unfit/overweight people take it on. I really admired them. It must have been hell on earth.
- The locals handle the heat very well, although this was the hottest it has ever been in the 4 years it has been running.
- It is very well organized. They even have volunteer masseurs on the road with you.
- You need your own support vehicle really to carry camping gear. It was only because my CEO made the trip that we stayed in people's houses. There is very little non-camping accommodation.
- You get to know the signs for cattle on the road and how to run cattle grids.
- The locals love having you along and bend over backwards to help.
- We raised over \$300,000 for the hospital.
- Don't underestimate the heat.

Would I do it again? I think it's more I've lived to tell the story but I would. If you like a challenge and something a bit different give it a go. I think I'd prefer to take the coastal, non-bitumen, mountain bike road from Cooktown to Cairns next time. It's meant to be even more challenging with lots of climbing, but with less direct sunlight in the rain forest. 

## MUSCLING AROUND THE BROOK

By Jim Adam

In early October I went to visit my daughter who recently took a job in Muswellbrook (known by locals as The Brook). Robyn and I stayed in a cabin at Lake Glenbawn which is 25km North West of Muswellbrook. Expecting rough country roads, I took my hybrid bicycle. The tail light assembly vibrated off somewhere in the first four days. The mirror fell off after crossing the Page River causeway on Brushy Hill Road. Luckily I took the helmet with cable ties because I was Magpie bombed everywhere.


I joined the Muswellbrook Cycling Club Saturday ride consisting of club President, one other male adult and three high school boys. I wanted to include a photo of the Muscles of The Brook, but I forgot the camera the first Saturday. The second Saturday was eight degrees and over 50 kph wind.

We went the back roads roughly north from The Brook to Aberdeen. This was classified as a flat 17k ride. It included two hills like Parklands in Nambour. On reaching Aberdeen the locals were going to do some "hills." *Stuff the hills*, I thought, *I am riding back to The Brook*. If hills are not enough to challenge the muscles, every day there are strong winds – so strong you need to have a brick on the BBQ lid. Even if you start in the stillness of daybreak, the winds arise within an hour.

Lake Glenbawn is a dam on the Hunter River surrounded by hills. Every day I went for at least a 20 k ride to Aberdeen, Scone or Rouchel which would begin with the ascent of a 1k hill.

Highlights – riding down Brushy Hill at 62.2kph. Making it up Brushy Hill (light am headwind). No punctures!

Lowlight – walking the last 250 metres up Brushy Hill (strong pm headwind).

Thanks to Cardia – the God of Hearts and Pulmon – the God of lungs 



# SCBTC CHRISTMAS PARTY

Saturday 11<sup>th</sup> December at 1:00pm  
Bridge Seafoods, Brisbane Road, Mooloolaba  
*Make a note of the date right now*

\$10 per person for members, their family and friends  
(The Club will subsidise another \$10 on your meal)  
Bring your own drinks

## ACT NOW - DON'T DELAY!

Pay for the CHRISTMAS PARTY and your next year's SUBSCRIPTIONS at the  
same time.

Send a cheque to the treasurer, or direct deposit: *BSB 124-001 A/C 10345377*  
*Those that have not pre-paid can pay \$20 at the door.*

## Bicycle Queensland

*Everyday Cycling Every Day*

### 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



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



Cartoon by OSLO DAVIS. Published in the Age.

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## **The Sunshine Coast Bicycle Touring Club Inc.**

### **Management Committee**

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President	John Pearson	5478 2307
Vice President	Rob Coles	5445 2400
Secretary	Tom Shapiro	5443 1258
Treasurer	Edith Sandifort	5499 6764

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### **Office Bearers**

Ride Calendar Editor	Andrea Davies	5478 3371
Newsletter Editor	Tom Shapiro	5443 1258
Webmaster	Damien Jones	5442 8813
Ride Co-ordinator	Rob Coles	5445 2400

### **Ride Representatives**

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

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### **Contacts:**

Mail: P O Box 5313, Maroochydore South Q 4558  
Email: [info@scbtc.org.au](mailto:info@scbtc.org.au)  
Web: [www.scbtc.org.au](http://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.

Ride on mower





## President's Report

Let me start off by saying welcome to new members of our Club. We hope you enjoy cycling with us. I must also say thank you to those members who have expressed positive endorsement for my role as the incoming President. I would like think that I am continuing all the positive work done by previous members of the executive.

The Newsletter and Ride Calendar are published four times a year, and if you are like me, it is with great anticipation as you open the envelope to read past adventures and the delights of what is possible! However, I am often finding that I need to communicate with members more often than this. So to keep members up-to-date with news and events of cycling interest, I have been sending out an email update almost weekly. There are a number of members who do not have email access and I would ask members to do their best to keep each other informed. If you are not getting these email updates, please email me your details to [info@scbtc.org.au](mailto:info@scbtc.org.au) and I will put you on the Club email list. Please understand that I am not a computer expert and I only try my best with the technical problems that can arise.

If you ride on a Saturday you may have enjoyed one or more A.R.S.E. (After Ride Social Events). These seem to be popular as a way for all members to socialise and get to know other members from all the ride distances. The idea is to skip buying a coffee at a local Coffee Shop during the ride, make this the donation, catch up with all members and support the club. We hope to continue this ARSE once a month after the Saturday rides finish. So please remember to bring your cup and donation to help finance these events. Except in December when we have our Christmas party at the Bridge Seafood Mooloolaba on 11th December at \$10 per head.

It was great to see a good number of Club members waving the flag and enjoying the events and food at the recent Ride to Work morning at the Sunshine Coast University. This was also the launch of the Travel Smart and "a metre matters" Amy Gillett Foundation media campaign. Edith and John Sandifort with Club Jerseys were front of story on the Channel 7 local news that night. It's good to see some movement in the right direction for cycling, and to play a small part in it.

Don't forget it is your Club and if you have an idea which you would like to try do not be afraid to tell us, as chances are there will be a number of other Club members who are thinking of it also, and would like to support you. Eg \*A night ride, \*30km flat Sunday ride, \*Weekend camping or Pub stay, \* Charity ride, \*after ride BYO picnic. The possibilities go on, so let's hear from you.

I looked at the updated website statistics the other day and have set out some details below. This shows that the interest in cycling is growing on the coast with people checking out what is possible. Please keep sending me the photos to put in the photo gallery which has now expanded to the contact page as well. Unique Visitors:- May 2010, 72: Jun 2010, 240: Jul 2010, 252: Aug 2010, 274: Sep 2010, 264: Oct 2010, 152. Total=1254

May I also say a big thank-you to Noel Green who is stepping down from Sunday ride coordination. Many of you will remember his beautiful dulcet tones on the telephone as he checked for ride leaders each calendar.