

Sunshine Coast Bicycle Touring Club Inc.



Newsletter



Tony Abbott, Amgen and carers at Pollie pedal

WINTER 2012

The Sunshine Coast Bicycle Touring Club Inc.

Management Committee

President	John Pearson	5446 2879
Vice President	Roger Watson	0428 760 476
Secretary	Chris Small	5448 5001
Treasurer	Paul Glass	0414 297 612

Office Bearers

Ride Calendar Editor	Tom Shapiro	5443 1258
Newsletter Editor	Lorraine Stocker	5437 7881
Webmaster	Ian Jope	0412 675 119
ARSE Co-ordinator	Vince Whitburn	5492 6677
Ride Co-ordinator	Roger Watson	0428 760 476
Mountain Bike Co-ord	Nil	
Publicity	Daniel Bateman	0439 864 297

Ride Representatives

20km	Robyn Vardy, Vince Whitburn
30km	Donna Shields, David Robertson, Ian Jope
35km	Daniel Bateman, Michael Jacobson
40km	John Pearson, Simon Covey
Sunday	Rob Coles, Roger Watson, Chris Small
Sunday MTB	Frank Hobbs, Matt Hawkins
Sunday Split	Daniel Bateman, Vince Whitburn

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.

President's Report June 2012

A date for your diary is Sat 21st July at 3pm in the Community Hall, Mudjimba. This will be our AGM and GM and I hope you all can attend this important meeting for your club. All positions are up for election and all of us want to see these positions refreshed with new members and new ideas for the future.

Put your thinking hat on and bring your ideas to the AGM. We need to develop our direction for the future of our club. What are your ideas on: Newsletter, Club Jersey, Ride Calendar, Christmas Party, Bike Trailer, Club Shirt, Club Website, Touring Rides, MTB Rides, Sunday Split, Club Fees, etc?

Print a nomination form from the club's website, and put forward the person you think should fill one of the club's positions.

We see a steady growth of Saturday riders and attendance at the once a month ARSE. This is great, and let's continue to encourage and welcome the new faces. Sunday rides still do not see the growth pattern as the Saturday rides do. I would encourage all members to try a ride or offer up their ride for Sundays as this is a great day for reduced cars on the road. Please support the Sunday Split, which Helen and Michael Gavigan have put forward as an easy and fun Sunday pedal on more level ground. Also, it can be a hassle getting ride leaders, so offer and make it easier for ride coordinators.

It's nearly that time of year again when we are glued to SBS to watch the Tour de France (30th June to 22nd July). Will Cadel make it two in a row? How will Green Edge go? A lot of late nights for cyclists coming up!

Please remember to make your voice calls and hand signals when you are riding, so that other riders know what you are doing and what is happening. This will help keep us all as safe as possible while riding our bicycles. We have now put on our website, a guide to hand signals and calls, also a guide to riding in a group. This is for newer members but old members can always do with an refresher. So have a look at the Club-info web page.

See you on your bike

John Pearson



Geoff and Heather Christmas's Pannier ride in New Zealand



It started with an early shuttle ride on Saturday 11th February for our flight to Wellington where we stayed at Richmond Guest House in Mount Victoria. The owner John was caught in a fire at the premises years ago and was badly burnt and disfigured as a result. He has a funny humor and has the ability to upset guests regularly. The price was right and the location excellent, so why worry. Next day we managed a trip in the cable car to the botanical gardens and some time in the Museum named "Te Papa" which is all about New Zealand's history. It is very impressive and called us back a few more times at the end of our trip.

Riding started on the Monday when we headed north via Lower Hutt then Upper Hutt on very busy major highways. Just after Upper Hutt we headed up the scenic Akatarawa Valley on a much more pleasant country road. Along the way we came across an old vintage car that turned out to be a 1928 Graeme Paige and apparently there are not that many left in existence. After chatting to the couple for some time it was then off to Staglands where we had a pleasant lunch and were entertained by the lovely scenery and some local animals. The road became fairly narrow on the way to the top, however, from the top to Waikanae is virtually all downhill with lovely views of the countryside. There was little to be seen in Waikanae. Next day we were on State Highway 1 with no other options so had to persevere with constant traffic all the way to Foxton Beach which sits on the Manawatu River and the Manawatu Sanctuary. It is a breeding ground for birds from all around the world.

The ride to Palmerston North was pleasant as we kept off the major highway most of the way. We stopped at Rangiotu for a rest and refreshments and were immediately joined by a local farmer who was ready for a chat. He told us plenty of history of the area. Here we caught up with Robert and Robyn. Robert was a student at Dookie Agricultural College and from there has gone onto be a Dean at Massey University, a very well respected institution. At a lovely dinner at their home we were introduced to green lip mussels a local product which are very nice and we tried them again and again on the trip. Robyn provided us with a guided tour of the gardens bordering the Manawatu River and Massey University and its grounds. Both were lovely. Robert introduced us to Japanese Dining, the following night at their favorite little restaurant. The food was magnificent and the night, as was the night before, tied up in memories as Robert knew Heather back when he was at Dookie College and Dookie is Heather's home town.

We left Palmerston North via the Pahiatua Track heading east over the mountains then turned south to Eketahuna through lovely lush farmland for most of the way. There we stayed in a lovely guesthouse just on the outskirts of town with cattle in the paddock behind and great views off into the hills that we had just left. Next day we headed to Carterton where we visited Paua World and purchased some nice small presents then headed back to Wellington the next day and the Interislander Ferry the next. The only problem being the Rimutaka Hill at 555m. Although the scenery was pleasant the road is unfriendly for cycling as when you really need the inside of the white line to ride in, it is not there. This is not unique to New Zealand though as happens here quite often to. This route was first discovered in 1841.

We are now on the South Island and Picton which is a quiet little village near the head of Queen Charlotte Sound. We stayed at Waikawa in backpacker accommodation which was really like a good motel with cooking facilities in the community room. Waikawa has a very active yachting fraternity and is a few kilometres east of Picton. Our plan was to ride the east coast route to Blenheim, however, our host who had driven the route the day before strongly recommended we go the direct way which reluctantly we did. It is a pity as the scenery along the coast is meant to be very nice. Blenheim is the biggest centre north of Christchurch and is a major wine growing region though we never had the time to explore it. On the day we arrived, the rain that held off all morning commenced and kept up for the remainder of the day. Whilst looking out of the hotel window I witnessed a car knock a cyclist off his bike on the roundabout just below the window. I considered the motorist to be at fault and as the police were called I gave them my account of the event and perhaps I will hear something later.

The ride to Havelock at the head of the Pelorus Sound which is home to the green lipped muscles, was uneventful. There were plenty of mountains around, though the ride was mostly flat. Dinner was down by the water with muscles on the menu together with a good bottle of New Zealand Pinot Noir. Next day was off to Nelson. The ride to Pelorus Bridge of about 20 klms was easy and here we had a lovely morning tea at the café. We then rode up the Rai Valley with two relatively longish climbs and a shorter one just before heading to the coast about 10 klms north of Nelson. This part was flat; however, a very strong south-westerly breeze met us and stayed around all the way to town. The area around here is quite pretty when the tide is in. However, the tides go out a long way and change the whole complexion which was the same all the way up to Farewell Spit.

Motueka was next with the wind still blowing though it had changed direction and was still blowing in our face when we headed north after Richmond. So what is new for us cyclists? It did make the last 9klms into Motueka along the shoreline harder than we needed though. The next day's ride was pleasant to start with, however, when we reached a junction in the road where we could go to Abel Tasman National Park or Takaka, it changed immediately and we were on the Takaka Hill which is a fairly long ascent peaking at 791 metres. It was an overcast day so the views were limited. Once at the top it should have been an easy ride to Pohara Beach though once again, the wind was extremely unhelpful staying in our face all the way to Pohara Beach. Again it rained after arrival, spoiling the scenery that would have been great at the northern end of the Abel Tasman National Park. A short walk looking for somewhere for dinner failed to find much so we settled for frozen meals from the Caravan Park kiosk and heated them up in our shoe box motel unit. Hence we did not return as planned and on our way out the next day made a booking at the Junction Hotel in Takaka after checking out another motel which was \$140 for the night. It did include cooking facilities, so Heather was informed. The hotel cost us \$70 and was very nice. For \$140 on our return, we had an ensuite room, fully cooked breakfast and a roast mutton dinner.

The ride to Collingwood was quite scenic with views of the Tasman Sea and some very unusual pastoral land with lumps and bumps all over the place. Some of the bays/coves we passed were also cute though the road did have quite a number of ups and downs and we were happy to arrive in Collingwood. This is a pretty little village on the Ruataniwha Inlet and it also has a harbour that was initially for the transportation of timber and the only way to bring in supplies before the road over the Takaka Range was formed. The route was discovered in 1844 though not completed until 34 years later. The country north of Takaka Hill really produced some lovely people who are of the old country type, which is friendly, talkative, and always ready to wave and acknowledge us.

Tides around here really change the scenery as the sea goes out for kilometres and it is really hard to believe the vast change to the coast this creates. Our trip to Farewell Spit started off similar to our bike ride back in 2004 when the bus broke down on the way to Lake Tekapo. Our bus ran out of gears on the causeway to the spit, stopping traffic for some time. In the end it was towed off backwards and we climbed aboard another one. All their buses are Bedfords as it is all the boss will buy, though this one must have been purchased many years ago. The Spit is some 30 odd klms in length and home to many sea-faring birds and the stopping off point for migrating species also. It is all sand and continually drifting to the east with the lighthouse near the far end. It once had 3 families living there

to run the light which has now dwindled to nobody, as power was run down the middle of the spit some time ago. We had morning tea in one of the houses. After leaving the spit we then went on to Cape Farewell which is the northern most point of the south island. North of Collingwood there are many small settlements and they were mostly built on very low coastal areas. Not ideal if predictions on climate change eventuate. The local Post Office had an interesting tee-shirt for sale which the front read "It's only a hill get over it" It fits many situations though it is really appropriate for us cyclists.

From Collingwood we retraced our steps back to Havelock then over Takaka Hill. This was even harder than coming from the other direction as the climb is shorter in distance. Back in Havelock we had a day on the Mail Boat delivering mail to out-lying properties in the Marlborough Sounds. Most are farmers though the quality of the pastures is not what it was and the expense to fertilize them is not feasible so some farmland is now returning to its natural state. Many holiday baches (holiday homes) are spread around the shorelines and access by water is in many cases the only way to access them.

We left Havelock on the Queen Charlotte Scenic Road heading towards Picton and at Linkwater where we turned off and followed the Kenepuru Road that follows Kenepuru Sound on our left and the famous Queen Charlotte walking track somewhere up there on our right. It is really a lovely scenic area. Though there were no big hills on the day, the ups and downs were numerous and in fact the amount of climbing we did turned out to be more than the days with big climbs. Nice coves, lovely aqua blue water and peace and quiet were all around; what a magnificent place to ride. There are a couple of resorts along the way. Just after the first one, we came across the Queen Charlotte Track for the first time. It is fairly wide and well maintained and really looked like a major highway rather than the walking tracks I have been on. Further on we had lunch at Portage, the other resort which is in receivership though from what we were told, the problem relates to other areas of the business not the resort.

Not long after lunch the road turned into gravel which thankfully was only for the last 5-6 klms of the day. We had to climb to the Queen Charlotte Track to get to our accommodation, Mahana Lodge on the other side. It was then down towards Punga Cove Resort with Mahana Lodge close by. It was a lovely place to spend 2 nights. On the first night, there were 10 Australians sitting around the dinner table enjoying a lovely three course meal and of course local wines. The next day was magic and we took up the offer of two kayaks and had a very pleasant and peaceful time exploring the shoreline and then relaxing in the sun in the afternoon. That night we had eight new dinner guests who included a German couple, a wine maker and his wife from Canada and a New Zealand couple. It was another lovely meal and also another great night, followed by a sight-seeing tour to the glow worms close by. The amazing thing about the place was that everybody who stayed there with us arrived either by foot or bicycle. As we were on wind-down or just going soft we took the ferry back to Picton which gave us great views of most of Queen Charlotte Sound. The Marlborough Sounds truly are very picturesque and from the air on our return flight, looked spectacular.

Back in Wellington, we climbed Mount Victoria and went to the lookout which gave us splendid 360 degree views. Te Papa and the water front were revisited as was the Cable Car though this time we explored the Botanical Gardens as well. The journey home was uneventful and it was nice to be met by Pam's friendly face at Gull and driven home; we really appreciated this.

There is no follow up to this ride as yet, though the mind is continually running ideas. Perhaps the next one might commence from Rotorua and include Mt Egmont; time will tell.

Written by Geoff with guidance and input from Heather.



Recently I went over to Clearwater Florida USA for a months holiday. Needless to say, the day after I stepped off the plane, I was out with my friend buying a bike to get around on and explore whatever bike trails I might be able to find. After a bit of research on the net, I found that there was one called the Pinellas Trail that went about 18 miles north to Tarpon Springs and 30 miles south to St Petersburg and it went right through the centre of Clearwater. It's pretty well concrete all the way and well signposted.

I printed off maps of the Trail, mounted my handheld GPS onto the handlebars and took off one morning. A great thing about Clearwater is that there is next to nothing in the way of hills; just the odd incline. But there are enough typically American things to keep me interested without having to sweat it out on any hills; cutesy cafes, strangely decorated gardens and rundown shacks. I met some interesting characters along the way and of course, cyclists, which look exactly like we do, strangely enough!



Then the trail ended, I know because the sign said so.... Hasta La Vista, I'll be back I'm sure. My next adventure is in March when I explore the Otago Rail Trail, South Island NZ.



Cheers Judee O'Leary



Ipswich 100 on April fool's Day

Four club members participated

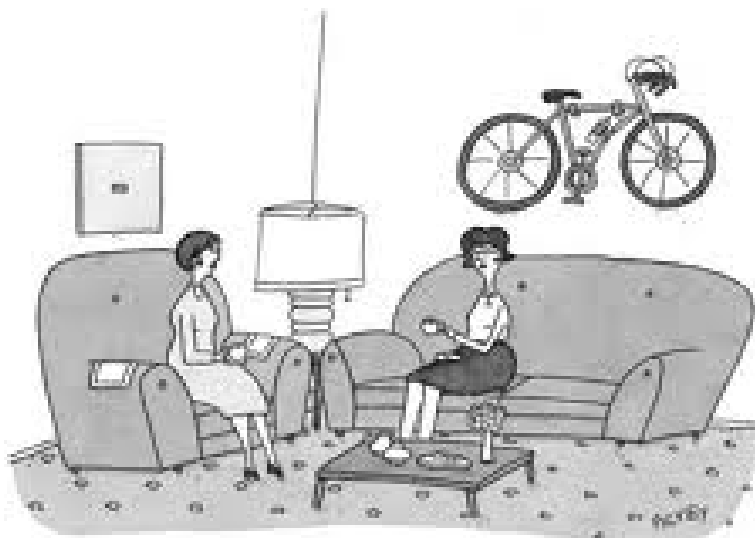


Why is this ride so great?

1. You are in the country immediately. No stop/starting in traffic lights.
2. For 80% of the ride there is no traffic at all.
3. Scenery is beautiful.
4. The course is undulating to flat. There are no big climbs.
5. Most club members would be able to do this.
6. We would be able to put a peloton of 20/40 together for this ride and stay together!
7. It's easy to get there. Freeway all the way past the airport - 1.5 hours.

Cheers Simon Govey

P.S. I'm putting this in my diary for next year now



"Howard's gone on the Tour de France without his bicycle again."

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 \$90 per annum or \$125 for households – (pensioners and students \$65)

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***JETBLACK fluid trainer. Little
cost \$299, will sell for \$100.***

ct: Rob Mabin 5445 2958

This newsletter is available in full colour at scbtc.org.au

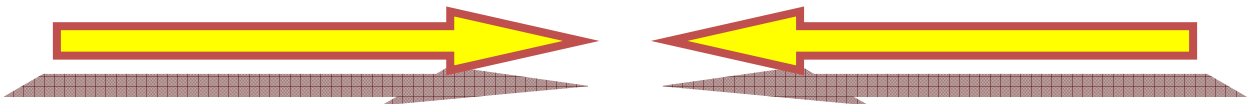
**Sunshine Coast Bicycle Touring
Club
AGM and GM
3pm Community Hall, Mudjimba.
Sat 21st July**

*******The Sizzling Winter Party*******

*3pm to 8pm Community Hall,
North Shore Multi-sports Complex,
Cr Mudjimba Beach Rd and David Low Way.*

UBD 59 F12

*The Sizzling Winter Party is \$10 per head and you must
pre purchase ticket(s) see Paul Glass*



2012 ARSE at Mooloolaba. Big thank you to Vince and his helpers

Sunshine Coast Bicycle Touring Club Inc.

ANNUAL GENERAL MEETING

Held at Community Hall, Mudjimba on Saturday, 21st July 2012 at 3pm

NOMINATION FORM for

MANAGEMENT COMMITTEE and OFFICE BEARERS POSITIONS

Nominations close midnight 6th July 2012 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 ☐ Webmaster ☐

Newsletter Editor ☐ Ride Calendar Editor ☐ After Ride Social Co-ordinator ☐

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.

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for your notes