The WCC wishes to thank its major sponsors:

**Barry Bourke Motors**
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**Bike Land**
Major club sponsor
75 Queen St Warragul

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**The Official Newsletter of the Warragul Cycling Club**

September 2004
Editor—Trent Brown

Club Contact: Secretary, PO Box 416 Warragul 3820, Ph. 56268386

www.warragulcyclingclub.org.au

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**WCC WELCOMES THE ‘RIDE IT’ GROUP**

*Inaugural Ride Day*

Wow! What a fantastic day.

It all started with the registrations. Thirty nine (yes that’s 39) people signed up with the group - outstanding!

Many thanks to the existing members of the WCC who gave of their time to be on hand to make sure things ran smoothly. In particular, Monique Hanley who organised the members list, arranged for the giveaways from Cycle Australia, helped with the registration process, and then drove around the cycle route in the afternoon, keeping an eye on things. Then there was the Membership Director – Phil Gallagher who also helped with the registration process. Ross Henry was checking some of the bicycles for safety and making a few adjustments as necessary. He then followed up with a short safety talk before the ride commenced.

Ian Debruyne and Steve Jackson did a fantastic job helping the cyclists negotiate the terrain. Jake, Karin, the Jones’, the Doc and everyone else who helped deserve a big thanks for their assistance.

At about 1:00pm, after ride instructions were given, we all set out on what was hopefully for most, an enjoyable afternoon’s leisurely exercise. I think there were four riders in the advanced group, eight in the intermediate group and 24 in the novice group, making a total of 36. From the numbers it is obvious that our membership strength is in the novice group. Ian Debruyne who rode with the novice group as ‘tail end Charlie’ combined well with Steve Jackson and group leader. He reported that all riders’ on road behaviour was impeccable. They obeyed all road rules and were very courteous to traffic. Despite some challenges on the last hill the comradeship was very good. Unfortunately its well nigh impossible to go for a bike ride around our district without encountering the odd hill. Two things I have notice in my bike riding and that is there is always a hill somewhere and the wind always blows againstly!

Several people were seen making an all out attack on the hill and running out of puff before the crest. The best approach is to take your time, select a low gear and spin yourself all the way up to arrive mildly exhausted instead of utterly exhausted! It is also wise to make sure your bike and the gears are in good working order.

Anyone who actually got over that last hill (walking or riding) should be congratulated—this is no easy feat.

To help out, the club will look to run some skills sessions and instruction on bike maintenance in the near future.

Roy Hammond and Justen O’Connor

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**S K I L L  C Y C L E  S E S S I O N**

The WCC is hosting a Skill Cycle Session at the Warragul Velodrome on October 31st.

Warren Cay has been running these sessions for hundreds of people of all abilities and the response has been tremendous.

If you want to improve your skills, gain confidence and enjoy your bike more, then this is a great opportunity to pick up some excellent pointers.

We encourage new riders, club members and anyone to come along (Warren has his own insurance) and take advantage of this experience.

A yet-to-be confirmed cost of around $10 for members and $20 for non members has been proposed (subject to confirmation).

What do you do when cornering, climbing, changing gears, riding in a bunch, signalling? Find out on the 31st.

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**WHO IS WHO?**

Who are the people behind the new recreational cycling group? Everyone by now should be familiar with the person who nurtured the whole idea, Roy Hammond. Roy has taken on the leadership role to develop the group and done an outstanding job so far. He is supported by a sub committee comprising of Monique Hanley, Greg Mitchell, Wilf Tampaline, Coralie Tyrrell, Magret Rea and Michael Sterling.

For general membership queries (ride-it license, becoming a member) you are directed to Phil Gallagher at Bike Land Queen St. Warragul, ph. 5623 2398

For general club enquiries speak to Karin Jones, club secretary on 56268386

For anything to do with the recreational group, you can contact Roy Hammond on 56220919

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**Sun Tour Dinner**

Ride-it cyclists be sure you attend the WCC Sun Tour dinner on Friday the 22nd October. It is not often you get to hear first hand the experiences of Olympic champions, tour de France stage winners and National champions. This night is for everyone and it is one night not to be missed. Enjoy a 2-course meal at the O&H bar and bistro. Book your seat now through BikeLand or Karin Jones.

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**Next Ride**

The next ride is scheduled for Sunday October 17th leaving from the Velodrome at 9.00am. The same route will be ridden, except in reverse. Unfortunately this clashes with the ‘Round The Bay In A Day’ so there will be a few missing.

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What Events Will the Club be Hosting?
As the sub-committee get a chance to establish themselves the recreational group will begin to host some exciting rides that will supplement the regular Sunday jaunts. A number of one day, two-day and depending upon demand, mini tours will find their way into the calendar. Whilst the Sunday ride will constitute the bread and butter you should be looking forward to indulging in some excellent group rides. These bigger club events, where possible, will be distributed around other major events such as the Murray to Moyne, the great Vic bike ride and the Around the Bay in a Day. This will mean there is no excuse to put the bike in the shed.

On top of this you can expect some great social events to appear, starting with the Sun Tour Dinner.

Join the Committee
Be part of history and join the Warragul Cycling Club's newest and most exciting initiative. There are places still available on the committee which will meet on a monthly basis to develop the recreational riding group further. Committee members represent the voice of the membership and will endeavour to look after the safe, enjoyable rides. Helping others to enjoy a healthy lifestyle is a most rewarding experience. Expressions of interest should go to Roy Hammond (see who’s who).

What can you offer?
Becoming a member of a club is a two-way relationship. It requires a tremendous amount of work to keep a club operating successfully and it is important to remember that no one is getting paid to do the organising. If the job is left to too few committed people they will get burnt out and it could all disappear. By offering to help out where possible, doing your turn on the committee and contributing thoughts, skills and time you can spread the load and make your own cycling a much more enjoyable experience.

29th and 30th January, 2005
BUDDING DESIGNERS
The WCC is developing a new logo. If you are interested in designing our new club logo, begin drafting your ideas. If your logo is selected as the new WCC logo, a prize will be awarded. For further info checkout the website.

Newsletter
This is a special edition Recreation newsletter. The regular club newsletter will be distributed to members monthly and will now incorporate club racing as well as recreational ride news.

CLUB COMMISSAIRE
The WCC is looking for someone who is interested in cycling and would like to get involved in their Saturday afternoons to act as club Commissaire for our club racing. If you know anyone who is interested in cycling and would like to act as the racing umpire please contact the club secretary Karin Jones 56266836. You do not need to be experienced. The club will train you and support you. An honourarium will be paid to cover things like expenses incurred. Essentially you get to drive around and watch the racing.

WCC Website
Log onto the WCC website to check out the latest information from the club and around the globe. The Recreation group has its own web page (see menu LHS) with details of training rides, preview of events, a Ride It calendar, club ride write ups, photos, links and lots more. All members are encouraged to submit information by contacting the club webmaster (see club contacts page).

Tips for Beginners
Do not try to do too much too soon.

• Start by riding for 10 or 15 minutes only.
• If after several days you do not have any bad effects, start to ride for longer.
• Try to ride regularly - if possible several times each week. (3 if you can)
• Keep gradually riding for longer and longer each ride.

Cycling Carnival
Enjoy watching the track events at the Olympics? Have you ever seen a human slingshot on wheels at 60kph? If it looks exciting on TV it is even better in real life. Make sure you attend the WCC Track Cycling Carnival and cheer on the local riders as they take on the big guns. Seniors on Saturday and Juniors on Sunday. This is bike riding at its nail-biting best.

Rec Ride Calendar
The committee are taking a softly softly approach to the programming of club events. The following rides will be expanded to accommodate more people over the next few months. Stay tuned.
October 17—Sunday 9:00am
October 23rd—Saturday 9:00am
October 31st—Sunday 9:00am
November 14th—Saturday 9:00am

Gears
People sometimes think that gears are on a bike so that you can get up a steep hill. Although that is partly true, the real use of gears is to enable you to keep pedalling at a constant speed. The speed that you pedal at is called the cadence. Whilst it does not really matter what speed you pedal at if you are only going on a short journey. If you are going for any reasonable distance, pedalling incorrectly will be more tiring for you. The best speed to pedal at is between 80 - 100 rpm. Next time you go out on the bike, look at your watch, and then count how many times the pedals turn round in 30 seconds, double it, and you have how many rpm's you are doing. If you really want to, you can also buy bike computers which not only show what speed you are moving at, but amongst other things your cadence. A simple test for your cadence is if you seem to be pedalling quite fast, then you are probably about right. It is nearly always faster than you think! Why is pedalling speed important? If you pedal at the right speed, you are asking your muscles to repeatedly do a small amount of work. When muscles do more work, but slowly, it is tiring.

Starting: When starting the safest way to get moving without wobbling all over the place is to stand astride the frame, both feet on the ground. Rotate the pedals so the pedal of your less skilful foot is 45 degrees forward of straight up. Put your foot on the high pedal, then press down hard. This should lift you into the saddle and apply enough force to get you going.

Stopping: If you have gears, they only change while in motion. It is a good idea to shift into a fairly low gear (largest sprocket on back, smallest chainwheel on front) as you glide to a stop because you will have to start again at some point. Of course if you need to stop in a hurry, don’t worry about the gears.

Which brake? For beginners its probably best to stop with both brakes being applied at the same time. For people who are developing as cyclists get used to using the front brake. It is the front brake that will pull you up much faster in dry flat conditions than the back. In a panic stop, brace yourself and move back on your saddle.

Junior Track Program Kicks Off
Following the junior program launch, weekly Tuesday night training sessions will commence from 6.00pm. All interested cyclists are encouraged to contact the club via Bike Land at 5623 2398.