



# The Sprocket

## January 2012

Magazine of the Geelong Touring Cyclists  
P.O. Box 504 Geelong, 3220

### A Word from Our President

Alistair Elliott

We are at the beginning of 2012 and the cold & wet winter last year made riding a challenge at times but we are now experiencing more favourable conditions. The ride calendar is full of options for all riders.

#### Mid-week rides

The club now has an active mid-week ride calendar with Peter Jones and crew successfully running these rides. This is giving us all more opportunities to get on the bike which can only be a good thing!

#### Webmaster – John Hagan

I am sure that all members would join with me in acknowledging the fantastic work of our webmaster, John Hagan. John has, for many years now, built and maintained our website with news, photos and other relating cycling issues. This is a tremendous resource for the club. Well done John and keep up the good work.

#### Paris-Brest-Paris

Many of our club members are also members of Audax Australia which is part of a worldwide endurance cycling organisation. The pinnacle event for Audax was held this year in August. It is the Paris-Brest-Paris 1200km event. The event is held every 4 years and riders from all over the world participate. GTC club members Simon Watt, Peter Donnan and David Ellis participated and did our club proud. Well done!

#### Monthly Meetings

Our meetings have taken on a new flavour of late with club members sharing their cycling experiences. Many thanks to those involved for taking the time to put together very enjoyable presentations.

Happy cycling everyone!



### “Ride for Rehab”

(13th-23rd January 2011)

By Elaine Johnson

*Early last year Elaine embarked on a ‘Ride for Rehab’ in Chiang Mai, Thailand to raise funds & awareness for leprosy. Below is a diary of her experiences. Congratulations on a great effort Elaine.*

#### Overview:

Leprosy is an infectious disease caused by tiny, slow growing rod-like bacteria called ‘mycobacterium leprae’. Left untreated and neglected it can result in damage to the nerves resulting in loss of feeling in hands and feet, blindness and physical deformities. This causes stigma due to the myths and fear that surround the disease.

14<sup>th</sup> January: Arrived in Chiang Mai 7.30am. Stayed at a Quest House, old but comfortable. Rode 34km to the McKean Rehab Centre where we met leprosy patients. Some work, wood carving, making cards etc...

15<sup>th</sup> January: Rode 80km, visited temples & a rice factory.

16<sup>th</sup> January: Visited leprosy patients who told their life stories and how they got the disease (very sad). Visited a doll museum. Went to community church service (150 people).

17<sup>th</sup> January: Went to McKean Rehab Centre. They have small concrete houses for some of the patients. We painted houses then visited the Rehab’s hospital. That night went to the night markets.

18<sup>th</sup> January: Went to elephant camp and rode them through the jungle. Fed them sugar cane & bananas. Rode in mule cart. Rafted down the river and on the way back stopped at a butterfly & flower farm.

19<sup>th</sup> January: Visited organic fruit farm run by a leprosy patient and his wife. He told us his sad life story. Visited a temple on top of a mountain. 7pm went to cultural dinner & show.

20<sup>th</sup> January: I cleaned an empty house (very large) which a doctor once lived in. Visited a silk, wood carving & umbrella factory.

21<sup>st</sup> January: Free day. Went on a jungle flight on top of the trees on a cable. At night went to a ‘Safari night’ & saw the night animals.

22<sup>nd</sup> January: Rode bike to Lake Chaing for morning tea then buffet lunch at hotel. Left for airport at 4.45pm for 9pm flight home and arrived Melbourne 1.35pm.

23<sup>rd</sup> January: Money raised - \$2,278.00. Thanks to all who helped me. *Elaine.*

*Editor’s note: for further information on the McKean Rehab Centre visit [www.mckeanhosp.org](http://www.mckeanhosp.org)*

## Rider Profiles

*In this edition of Sprocket we talk to one of our members who enjoy long distance riding and touring.*

### Geoff Christmas

#### What is your earliest bike memory and/or who got you into bike riding?

One of the early memories I have of bike riding was in Balwyn as a young boy (which seems so long ago) when I used a lamp post as brakes for my bike. The brakes failed and I was going down a street that gradually became steeper so I took what I thought was the only option at the time. I do not think dad was not too happy though.

Another memorable occasion was when the family moved to Mt Eliza I brought a bike from the brother of my younger sisters best friend. It was the envoy of all the kids in the neighbourhood.

The bike was a semi racer with three speed Sturmey Archer gears.

Another relates to Rohan's first bike (which also was Heather's first bike). When our boys were finished with this bike it moved into the caravan and was ridden regularly by many people as a means of transport usually to and from the toilet. It was not unusual to ride it to the toilets and then have to walk back. Friends and neighbour's all utilized it. It became known as the local bike.

The bike had another life when it returned home to Dookie as Heather's father who was having knee and hip problems used the bike to go down to the shed to check on Heather's brothers. I think it is still around today though the wheels are a little wonky as Toby was a very solid build.

#### What is your favourite bike?

I have 2 bikes that I can call favourites and both of them are Treks. They both were purchased for different purposes and I really could not split them.

The road bike which was fairly up market when purchased has been great and is utilized for all road type riding such as Audax Events anywhere between 50 to 360 km. My bike does not like going too far and neither do I. Club rides and events like the Great Victorian Bike Ride, the NSW Bike Ride, and the Queensland Bike Ride, and also when riding with the Sunshine Coast Bicycle Touring Club when on our annual trip to Queensland to by pass the southern winter.

The other bike which is sort of a mountain bike though rarely has off road tyres fitted is also a Trek. This bike was purchased as a touring bike and is light and allows me to travel overseas without weight problems on airlines. This bike has toured in Europe three times and also used on the Tour de Dave a few years back. Both suit their purpose and have many happy memories associated with them.

#### What is your favourite ride?

This is a really tough question as there are many. Rides that spring to mind are the Alpine Audax, the Bellarine Peninsula, and on and on they could go. The one ride that is memorable and has lasting memories was our ride across the Pyrenees in 2009. Towards the end of a twelve week cycling holiday we

rode from Argeles-sur-Mer on the Mediterranean to Hendaye on the Atlantic. The scenery was unbelievable and virtually all the climbs were well known Tour de France ones. Really any touring adventure would qualify as a favourite.

#### Toughest ride moment?

Once again a few come to mind especially my two 200 km Alpine Audax rides which are always tough. The toughest though must be my altercation with a truck in Noosa Junction Qld back in June 2007, which put me in a Brisbane hospital for ten days and then kept me along way off my best riding for many years, which to me was extremely frustrating and very hard to deal with. Thankfully this is behind me now and the accident did not deter me from hopping back on the bike.

#### Dream riding location?

Really anywhere where there is good quality coffee and the more stops the better. Riding in France though is possibly the dream place as villages, towns and cities are close together so the scenery is never boring. There is that much history there that it is really hard to get your head around. In 2007 we visited La Roque St Christophe which dates back 33000 years, and other sites in the area 55000 years BC. The Vikings the Romans and the Cathars are some that spring to mind.

#### Favourite bike accessory?

I asked Heather what was my favourite bike accessory and she informed that it was her. Thinking about the answer it is true as we ride together regularly and have experienced so much over the years and I could not imagine going touring here or overseas without her. Second choice my Polar computer that gives so much information that is great to look back on at times.



Heather & Geoff dining out in a classy restaurant area in Lyon (France) earlier this year.



On Le Tour de Dave 2007.  
David, Heather, Karen and myself.



## Cycling Funnies

(sourced from the internet)

*In an attempt at some humour, here's some cycling jokes aimed at the tandem riders amongst us, for which I don't think there are any! Feel free to make contributions with a cycling theme if possible.*

### 1. Two blokes on a Tandem

Two blokes, dumb and dumber, are riding along on a tandem, when suddenly, the one on the front slams on the brakes, gets off and starts letting air out of the tyres.

The one on the back says: "HEY! What are you doing that for!?"

The first bloke says, "My seat was too high and was hurting my butt. I wanted to lower it a bit."

So the one in the back has had enough. He jumps off, loosens his own seat and spins it round to face the other direction.

Now it's the first bloke's turn to wonder what's going on. "What are you doing?" he asks his friend.

"Look mate," says the rider in the back, "if you're going to do stupid stuff like that, I'm going home!!"

### 2. A Tough Climb on a Tandem

Jack and Jill have just climbed Le Alp de Huez, one of the steepest peaks in the Alps on their tandem.

"Phew, that was a tough climb" said Jill, leaning over, breathing hard. "That climb was so hard, and we were going so slow, I thought we were never going to make it."

"Yeah, good thing I kept the brakes on," said Jack, "or we'd have slid all the way back down!"

### 3. Going Deaf

A tandem rider is stopped by a police car.

"What've I done, officer?" asks the rider.

"Perhaps you didn't notice sir, but your wife fell off your bike half a mile back . . ."

"Oh, thank God for that," says the rider - "I thought I'd gone deaf!"



## Recipe's

*Being cyclists we all love our food, some more than others! This edition's contributions are from Pam Morrow who is well known for her culinary delights.*

### Classic Cupcakes

#### Ingredients

- 2 cups self raising flour, sifted
- ¾ cup caster sugar
- ¾ cup milk
- 125g butter, melted & cooled
- 2 x 59g eggs, beaten
- 1 teaspoon Queen Natural Vanilla Essence
- Sprinkles & lollies, to decorate

#### Icing

- 1 ½ cups pure icing sugar
- Pink food colouring, optional
- 1 to 1 ½ tablespoons water

#### Method

- Preheat oven to 200 deg c. Grease a 12 x 1/3 cup capacity muffin pan. Alternatively, line holes with paper cases. Combine flour and caster sugar in a bowl. Make a well in the centre.
- Add milk, butter, eggs and vanilla to flour mixture. Using a large metal spoon, stir gently to combine.
- Spoon mixture into prepared muffin pan. Bake for 12 to 15 minutes, or until a skewer inserted the centre comes out clean. Stand in pan for 5 minutes before transferring to a wire rack to cool.
- Make icing: Sift icing sugar into a bowl. Add food colouring and water. Stir until smooth and well combined. Spoon icing over cupcakes. Decorate with sprinkles & lollies.

## Apricot Slice

### Ingredients

- 1 x 200g packet diced dry apricots
- 2 cups self raising flour, sifted
- ½ cup sugar
- ¾ cup shredded or desiccated coconut
- 185g butter, melted

### Method

- Soak apricots in hot water for 2 hours then drain.
- Add flour, sugar and coconut. Pour over melted butter.
- Mix well and press into a greased 30 x 20cm slice tin. Bake at 180 deg c for 25 minutes. Remove from oven and leave in tray to cool.
- Once cool, slices can be cut up as is or you can make lemon icing to drizzle on top.



## **GTC Warehouse Shopping Trip in aid of Breast Cancer Research.**

**By Heather Christmas and Pam Morrow**

*Once again, Heather and Pam organized a profitable and fun warehouse shopping trip. Heather & Pam's efforts need to be applauded in organizing this.*

Retail Therapy was a winner on Saturday 2<sup>nd</sup> October with our forty two enthusiastic lady shoppers. Breast Cancer Network Australia (BCNA) was also a winner as they will be the recipient of the money raised which will be at least \$2,300.00.

Although we had some showers during the day, they never dampened our spirits, or our efforts to find bargains. We visited twelve warehouses, and spent a total of \$9,862.00. The Field's Knitwear was the most popular outlet. \$1,872.00 was spent there on quality items. Our last outlet, 5 Star Direct was also popular as everything was half price. We spent \$1,060.00 there. Clive our bus driver was scratching his head as to where the goodies could be put.

Our McHarrys' bus looked fabulous with BCNA's Pink Ladies on the windows (Three ladies saw the bus and gave us a monetary donation) We are extremely grateful to Ashley McHarry for his assistance with the bus and driver. Michelle our hostess for the last five years was once again humorous and well organized.

Pam Morrow's wonderful cake and slice making skills were appreciated at morning tea along with Fiona's dips, crackers, celery and carrot.

Lunch was a gourmet picnic prepared at the Christmas household. (Thanks Geoffrey) Keeping to the pink theme, we had pink cutlery and serviettes.

Our raffle raised \$288.00 on the bus. We had ten prizes. Contours Gym at East Geelong donated the first prize of three months gym membership with assessments and support. They also donated five, two week memberships. Pam Morrow was able to

source three prizes which were a tool set, a picnic back pack and back pack. Merryn Rowlands (Audax member) donated four home made jams and a soap.

Gifts donated by the warehouses were also given away during the trip home.

It is a great feeling to know that the work we put into organizing this fun day in order to raise money will go towards supporting women who have, and who will be diagnosed with breast cancer.

Next years shopping trip will be on October 20th. The bus and hostess have already been booked. Put this date in your 2012 diary.

The Sprocket' is the magazine of the Geelong Touring Cyclists.

Editor: Alistair Elliott [alistair@ajedesign.com.au](mailto:alistair@ajedesign.com.au)