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Contents

	Page
From The Editor	1
Recumbent Team – Lake Wendouree Classic	1
Melbourne Come and Try Recumbents Day -Report	2
Geelong Race Days 2012 - Report	3
She's Going the Distance – Rebecca	6
Great Southern Randonee 2012	8
Membership Renewals 2013	9
Annual General Meeting 2012 - Outcomes	9
Next Newsletter	9

From The Editor – Pete Heal

Hello Bent Folks.

Yes, you read that right. Pete Heal as HUFF editor once again.

At the recent AGM, Steve Nurse stepped down from both President and HUFF editor roles leaving a bit of a hole in the ranks, but if you don't mind my style of newsletter editorship for HUFF, he we go again!

Thanks to the members who have responded to the call for content including Rebecca, Steve and RobertW.

Please have a go at writing something for the next HUFF and send it along to huff@ozhvp.org.au

Sorry this issue is somewhat late or early depending on how you look at it since the last issue was No. 75 in September 2012.

Hopefully HUFF will be produced quarterly from now on as we have attempted to do in the past, so next issue will be out March 2013.



Recumbent Team for Lake Wendouree Classic,

Steve Nurse is looking for riders to join a HPV team for the Lake Wendouree Cycle Classic, on Sunday February 10 2013.

Steve wants to form a 12 person team (with 4 riders on the course at a time) and see how many laps the team can do in 2 hours and a bit.

Information: <http://www.ballaratcycleclassic.com.au/pages.php?page=12>

You will need to enter the team code when signing up and the basic cost is \$20.00 per rider.

Team code: **ste236** Team Name: **Steve's Slowpokes.**

Despite the name, we could end up being the fastest team as was the case a few years ago when John Reynoldson organised a team.

[You Tube Video](#)

Contact Steve if interested [Steve @ OzHPV](#)



Melbourne – Come and Try Recumbents Day – Robert Waryszak C. & T. R. D. IS ALIVE AND COOL!

Robert Waryszak
robvx1101@yahoo.com

'Come & Try Recumbent Day' started in Melbourne a few years ago. It now attracts more than a handful of participants with very unusual and interesting bents. We meet on the first Sunday of every month at the entrance to St. Kilda Pier, St. Kilda between 10-11am. This is a voluntary occasion and many VICHVPV riders come and show off their home made and commercial HPVs. We also occasionally have visitors from interstate and abroad come with their bents. The event is announced on our website: <http://sports.groups.yahoo.com/group/vichpv> and on <http://www.bicyclenetwork.com.au/find/ride/community-ride>

Recently we had ROTOVELOs, electric bents and unusual home constructions. Rob C. showed up on his <http://www.yikebike.com/>. He now comes regularly to the event as he received a lot of attention from onlookers and he loves showing off his creation. Getting attention, being praised for the effort of building a bent, and being appreciated is at the core of C&TRD success. It is to this end that Rob C. decided to build his own. But commercially built bents are also highly admired, photographed and tried. Glen E. who is one of our regular 'BE SPON' riders, came a few months ago on his Greenspeed 'Magnum' trike (<http://www.greenspeed.com.au>). Everyone had a ride on it as it was one of the first in Australia and just fresh out of the production line. He now gets even more attention having installed a little 200W (<http://www.cyclone-tw.com>) motor on his trike and commuting to work on it regularly.



One of the big attractions was Alan's B. Evolve trike (<http://evolvetrikes.com>). This is one of those inventions that attracts attention not only on C&TRD but also internationally. The trike is the first in the world that folds neatly in seconds and can be stored even in a Smart car. Many ask if it is already on the market. It probably will be soon in 2013 in many configurations and models.

In January 2013 we had a pleasure to host on our C&TRD John Tolhurst, the Australian inventor of Cruzbike (<http://www.cruzbike.com>). He was there with his brother Kim who is a Cruzbike Australia-wide distributor (<http://www.cruzbiking.com.au>). They brought a full fleet of Cruzbikes: Sofrider, Silvio, Quest and Vendetta. There were also a few Cruzbike owners showing off their bents. The interest from onlookers was great and no injuries were recorded from newcomers who tried the bents. Cameras were everywhere and many photos will probably appear on Facebook, family and friends albums.



As you can ascertain from the photos, the C&TRD in Melbourne is a fantastic event for young and old. I am sure there are more hits lately on <http://www.ozhvp.org.au/> and more subscribers to our Forum - <http://sports.groups.yahoo.com/group/vichpv/>

Our motto is "Heads Up Feet First".



Geelong Race Days – October & November 2012 – Steve Nurse

A couple of years ago the topic of a Geelong OzHPV event was raised. There is a conveniently located and almost brand new Criterium track near the centre of Geelong and at least a few HPV enthusiasts, a race team and a bike dealer are based there, as well as a fine set of Audax rides starting in and around the area.

In May last year, the track was booked for a couple of meetings and after a long wait, a couple of events were held. I tried to get some Geelong newspaper and radio publicity about the event. After setting up several press releases and a webpage full of publicity photos and a bit of correspondence with journalists we ended up with 2 newspaper articles about OzHPV. A lot of hard work but worth it in the end.



Left to Right are Alex, Christine in tent, (unknown) Cicely, Ryan, Ken, Graham, Simon, Neil, Mike K, and Steve Nurse



Paul, Simon, Mike, Neil. (Simon was Marshall and team selector....)



Lineup for the 1 lap race: Kim, Paul, Mike K. Neil, Graham, Damian, Steve



Mike K., Paul, William, Damian, Graham, Neil, Steve



Mike K., Mike B., Damian, Steve

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October 28:

We had 8 competitors and a really wide range of vehicles turn up, 2 Velomobiles, several Cruzbikes, a front wheel drive Raptobike, my Monsterbike, a Challenge Hurricane, a Greenspeed trike, a Rans Xstream, a homemade trike by Mike Bear from Ballarat,. So amongst that lot were every combination of long and short wheelbase / rear and front wheel drive bikes. We were missing a Delta trike, maybe next time!

Ben Goodall from Trisled pedalled across from Dromana on his Rotovelo, Ken Houghton from Trisled came along to watch and let his son hoon around on a trike and Kim Tolhurst and Cruzbike provided the "Headquarters" tent. All these photos are by Kim. Special thanks to Willem Reid, he had travelled from Horsham for the event and delivered the Ozhpv timing gear, serviced and checked free of charge.

The final race was exciting, 2 teams of 2 in a relay race with Neil Collum, Steve Nurse, Mike King and Graham Signiorini. We had 3 front wheel drive bikes and one (throwback!) rear wheel drive bike. Bikes and riders were all fairly evenly matched and the event rounded off the short but enjoyable race day.

November 11



One of the Spectator's bikes

For the 2nd event we had a small but enthusiastic group of racers and many onlookers and enthusiastic volunteers. Robert W's "Be Spon" contingent of 3 trikes and a bike joined us for a short time at the start.

Graham S. was the star of the show, winning both of the distance events despite keen competition from Mike King, and despite riding a lazy 60k there and 60k back from Newport to attend. Mike King had a spill on the Cruzbike Vendetta attempting to overtake Graham on one of the last turns of the 3 lap race. His elbow and leg were patched up and he carried on as if nothing had happened afterwards. "Used to it as a bike racer", he said!

It was good to see Ballarat's Mike Bear again and he won the slalom and was enthusiastic trying out lots of other bikes.

Sig from Clifton Springs came along with a very nice bike and trike for sale. He was really keen on the slalom and took to it like a 5 year old kid, with a huge grin on his face after attacking the course with gusto and lifting a wheel at every opportunity. Sig is a keen cycle tourist and new ozhpv member, welcome on board Sig.

Look forward to more Geelong OzHPV events in the future, this was as fine a way to spend a Sunday afternoon as I know. Big thanks to Christine who held the fort at the reception desk on both of the race days.



Damian Harkin & Hurricane Bike



Official's Tent

The Results!

GEELONG HPV RACES									
OCTOBER 28, 2012									
NAME	#	BIKE TYPE & NAME	OFF ROAD	1 LAP	3 LAP	SLALOM TIME	PLACE	RELAY	
Graham Signiorini	1	LWB Rans Xstream	4	4	2	57.13	4		
Neil Collum	32	Raptobike Lowracer	1	3	4	47.2	2	2	
Mike King	8	FWD Cruzbike Vendatta	7	5	1		6		
Steve Nurse	3	FWD Moutarde Highracer	2	2	5	38.44	1	1	
Damian Harkin	88	Hurricane Lowracer	3	6	8		6		
Paul Riggs	42	Velomobile	5	1	3		6		
William Reid	2	Greenspeed Trike	6	8	7	61.2	5		
Mike Bear	7	"Grizzly" Homemade Trike	7	7	6	49.94	3		
Ammended 10/11/12									
NOVEMBER 11, 2012									
NAME	#	BIKE TYPE & NAME	OFF ROAD	1 LAP	3 LAP	SLALOM TIME	PLACE	RELAY	
Steve Nurse	3	FWD Moutarde Highracer	1	3	3	43.3	2		
Damian Harkin	1	Hurricane Lowracer	4	4	4	47.6	3	2	
Mike Bear	7	"Grizzly" Homemade Trike		5		38.2	1		
Graham Signiorini	42	Rotovelo	3	1	1	54.6	4	1	
Mike King	8	FWD Cruzbike Vendatta	2	2	2				



She's Going The Distance – Rebecca Edwards

So you've decided that this is the year you're going for your big ride. I'm not talking about 20km, or 50km or 100km. No, I'm talking about a few days at least, where it's just you, some wheels on the bitumen, and nothing else but the bloody flies to keep you company. After all, how hard can it be? You just get on your bike and ride into the sunset.

Back in 2010, I decided it would be a good idea to ride my recumbent from Perth to Melbourne. I had 35 days to do it, and at roughly 3,500km point to point, it was only 100km a day. No need for a support crew, I would tow everything in my trusty (cheapo) bike trailer. To cut a long story short, I

made it. But, and this is a very big but. I was completely under prepared for the journey, and in the end it was only my stubbornness, and sheer dumb luck that got me through the ride.

Looking back on the ride, the planning was rushed. I decided to do the ride one night, and only a few weeks later I was on my way. This was despite having a total lack of training rides under my belt, a complete lack of fitness (I had just finished two and a half years of chemotherapy), and the wrong (too much) camping gear. Add to that a death in the family just a couple of weeks before I headed off, and I really shouldn't have done the ride at all.

I had worked out that 100km a day would be easy to ride, because I could do 50km in only a couple of hours, three at the most, so that would give me about 7 hours a day to cover the other 50km. It only worked out to 10km an hour, and factoring in breaks along the way to sightsee (never happened) I would only have to average about 12-13km/h. I did a couple of test rides, and yes, this pace could easily be set. But like Robert Cocking and his parachute, what I didn't factor in was the weight of the trailer, the supplies, and water. My total payload was around the 50kg mark, and that's a lot of dead weight to lug around behind you.

Have I put you off doing a long ride yet? Well I hope not, because I for one am currently planning out my next big ride, but it won't be for about another two years unfortunately. But then again, this gives me time to plan better.

So what should you consider when planning out a ride?

First of all, work out where you want to go. I know it sounds crazy, but actually map out the ride. You can do that easily enough on Google Maps these days, and there are lots of places you can find out the topographical information too. Knowing how many hills you will be riding up can make a big difference as to how far you can ride each day. If there's one thing I learnt on my big ride, it's the fact we may be girt by sea, but we are not as flat a countryside as people think. While a road may look straight and direct on a map, you could be doing the whole thing in the lowest gear, cursing your burning calf muscles all the way.

When it comes to the planning, work out what you need to take with you, and then half it. Ok, that sounds drastic I know, as there are things we all can't live without. Look at bits and pieces like sleeping bags (if you plan to camp out), and find one that is low weight, very warm, and doesn't take up a lot of room. The one I had was great I thought, until I saw the one a friend had after my ride, and it was rated equally, but about a quarter of the size when rolled. If you're going to ride town to town, work out if there is accommodation there or not. Last thing you want to do is arrive somewhere and find out there is no room at the inn, or it closed three years ago.

Work out just what clothes you will actually need. Are you someone who has to wear fresh things all day, or are you happy to wear the same outer wear for a couple of days, as long as you have fresh underwear? Do you need that 4m by 3m 1000 thread count bath towel, or are you happy to dry off using a tea towel? It's very easy to pack with out thinking, but you will certainly be thinking about it when you have to lug all the junk around.

If you are going well off the beaten track, how much food and water will you need? Speak to a dietician and find out just what you will be burning off each day, and what will be the best way for you to find the right balance of food intake, and supplies needed.. While I was planning on losing a bit of weight on my ride, I ended up losing around 15kg. For the energy I needed each day, that was too much weight loss, and that was costing my performance each day. As I said before, I was well under prepared for what happened on the ride.

So what's a good starting point for doing long rides? Well here's a few dot points that might get you thinking. After all, who doesn't like dot points?

Training is a good way to start, and by that I mean work your way up to the kind of distances you plan to ride each day, while carrying the weight of all the things you plan to take.

Get your bike serviced, and know how to service it yourself. This will mean you can fix things on the go, and also you will get to know exactly what tools you need to fix any issues you may have.

Get to know what places are along your route where you can restock supplies. Everything from food/water, tyres, bike parts. If you can't get it, do you need to carry a spare?

What is your escape route? If it all goes to hell in a hand basket, can you get public transport to get you home? Is there someone willing to come and get you in the middle of the night?

What time of the year will you head off? If you're riding interstate, weather can change quite a bit, so get to know what to expect.

Plan rest days. If you're going to be riding for more than a week, make sure you have days where you don't ride. You really need a chance to recover, or things start to break.

Have baby wipes. Seriously, I don't go anywhere with out these things. If you can't shower at the end of the day, they're great for making you feel a bit fresher.

Last of all, get out there and do it.

I never thought I would actually ride 1,000km in a year, let alone more than triple that in a little over a month. Now, it's not a case of if I will ever do it again, it's a case of when, and I'm revved up ready to get out there and do it. Curse having to work for a living.

Oh, and one last word. Before my ride, I planned to carry one of those gas stove things that work on butane, but instead I was convinced to buy an MSR Whisperlite stove and pots. Now as anyone who regularly reads my ramblings knows, I'm the last person in the world to do any advertising, let alone free advertising. But seriously, this stove was the best thing I had on the trip. It didn't matter what the weather conditions were, I got a hot breakfast, and hot dinner every day and night. For the size and weight, it really packed a punch, and these days I don't tour anywhere with out it. When you are stuffed from a long day of riding, it's amazing what a warm meal can do.

I hope you can get out there and experience the fun of a long ride, and I for one look forward to reading about it in HUFF soon.



Great Southern Randonee, October 2012

The Great Southern Randonnee or GSR is one of Audax Australia's premier long distance events. It's a 1,200km ride starting from Anglesea VIC and taking in a range of roads and terrain along the Great Ocean Road and up into the country of West Gippsland and the Grampians.

The challenge is not only to complete the 1,200km within the time limit of 90 hours, but to deal with the weather, hills and other issues such as sleep and food.

In 2012, 60 or so riders lined up for the 5th GSR ride which is held only every 4 years.

There were a number of recumbent riders taking part in varying distances.

Unfortunately, that weather thing kicked in early taking out a number of bent riders doing the 100km distance who were "zapped" by a sudden rise in temperature to around 35C early on their first day climbing the challenging hill to Lavers Hill village and they quickly ran out of precious water. Several of these riders withdrew.

Others were challenged by marginal direction notes and ended up well off the course and subsequently withdrew.

A hardy few kept on, dealing with the same dodgy directions and other extreme of weather including rain and squalls to complete their rides.

Participating recumbent riders:

- Steve Nurse on first 1,000km distance ride
- Peter Mathews 1,000km
- Duncan McDonald (NZ/QLD) 3 x 200km rides
- Paul Bertolino 1,200km
- Pete Heal 1,200km (3rd time)





Membership Renewals for 2013

Generally, all memberships are due for renewal at 1 January 2013.

There are a couple of members who have joined during the year and the Treasurer or Secretary will contact them as needed to arrange an adjustment.

If you would like to renew your membership, please use the form attached to the newsletter.

Membership fees remain as:

Single \$25

Family \$35

An additional \$15 is applicable if you would like to receive your newsletters and correspondence by Australia Post Mail.



Annual General Meeting – 1st December 2012

The 15th Annual General meeting for OzHPV was held at Myrtleford VIC on 1st December 2012.

12 members attended. There was the usual lively discussion about planned events and other issues.

The retiring President's and Treasurer's financial report is attached to this HUFF.

The new elected committee for the 2012 – 2013 period is as follows:

President – George Durbridge,

president@ozhpv.org.au

Secretary – Ken Smith,

secretary@ozhpv.org.au

Treasurer – Pete Heal

treasurer@ozhpv.org.au

Committee – Steve Nurse

mailto:steve@ozhpv.org.a

Public Officer – Andrew Stewart

publicofficer@ozhpv.org.au

Webmaster – Peter Heal,

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Next Newsletter

The next HUFF will be produced March 2013.

Please send your contributions to huff@ozhpv.org.au

