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Greg was involved with the original formation of BARBUG, so I was delighted when I saw that SHBUG was planning to become active again. Living in neighbouring rural shires, we can not only share membership but offer a more varied ride program, can also share advocacy issues and support. This is fantastic for living in both the Wollondilly and Murrumbidgee shires.

## 10 Days on the South West Slopes

On the 17 April, 28 cyclists plus 8 support riders left Parkes on a circular tour of the NSW South West Slopes and Plains that would take 10 days and 580kms to complete.

"The first day saw us head to Crookwell in glorious Autumn weather. Over the following days the cyclists rode to Mandurama, Tuena, Crookwell (rest day), Boorowa, Young, Murrumbidgee, Forbes and back to Parkes.

"The beautiful scenery was well worth the extra effort to get up some of the climbs (in particular the Snowy Mountains to Crookwell section). With warm dry days the cycling was very pleasant and freezing nights making us head off to bed soon after dark. At Crookwell the overnight temperature dropped to -6 C and a huge frost heralded the new day.

"Our tour included cyclists from

Wagga, Mudgee, Kandos, Wollongong, Donald, Melbourne, Kootingal, Parkes, Forbes, Canberra, Lake Cargellico and Broken Hill.

"The catering and support was provided by Daph and Ross of Tamworth, and Jan of Wagga. The good weather allowed us to camp each night with only 2 cyclists seeking more substantial lodgings.

"Our route took us through areas renowned for gold rushes, early pastoral settlements, poet Henry Lawson, and infamous bushrangers Ben Hall and Frank Gardiner.

"This route could be ridden from April to November. There are some gravel sections, steep climbs, fast descents, wonderful scenery, excellent campsites and town facilities and good old fashioned country hospitality."

For more information about this tour (and WWBUG's coming tours to Tasmania and the Murrumbidgee Irrigation Area) and Parkes Pedallers ride calendar phone Shayne on 68635500.

BELOW LEFT: Cyclists assembled before start of ride; Frost at Crookwell.

## Muggaccinos

Many of us have heard a cyclist recount how a Big Ride changed their life. Muggaccinos has conducted a testing 100km ride every Sunday since the mid-90s and blames its origins on the 1996 "Albury to Bathurst Big Ride".

BNSW's latest BUG evolved from withdrawal symptoms after 8 glorious days cycling 615km from the border town of Albury due north to the central west. Whereupon four nurses from Royal North Shore hospital, and a few friends, suffered post-Big Ride withdrawal symptoms. Their remedy was to congregate early on Sunday morning at Turrumurra to ride NW towards Galston, Mt White, Gosford and Wyong to favourite "Nosh Stops" where they enjoyed a caffeine fix.

10 years later the rides programme is over 30 different 100km+ rides visiting Wyee, Spencer, Windsor, Kurrajong, Picton, Oatford, Austinmer and Wollongong and many more cafes in between (www.Muggaccinos.com). Experienced cyclists are welcome. A triple chain-ring helps because their First Commandment is: "Hills are your friends!"



ABOVE: Hally Bolt, a young designer, won the MASSBUG t-shirt design competition with this design. Her brief was to create a simple one colour design that represented cycling as fun for everyone in the community. The one-colour means we can reproduce it cheaply using screen prints or iron on transfers. If you want to know more about Hally's work, you can contact her at Artone Advertising & Design halcyonmutch@hotmail.com or phone 9713 8166

## Get A Gaggle Together

It's on again, Dungog Pedalfest, for the eleventh year running, and seems to have built a formidable reputation as a truly great weekend for anyone with an interest in cycling.

8-10 September will see the small town of Dungog (population 2500) alive with lycra as hundreds spread tents at the showground and fill the towns pubs and B&Bs with bodies and bicycles. There are demanding road rides and mountainbike challenges, but always there are easier options, or just tootling around town enjoying the local happenings. Lots of families.

Group should arrange accommodation early through the Dungog Visitor Information Centre (02-4922212), or members arriving early can stake out a camping territory so everyone can be together.

There's a bush dance, a Scottish fete, an Art Show, and Cattle Dog Trials. The web page gives a lot more detail - www.pedalfest.org.au - so once you know what happens you can spread the word around at your next ride. Make it a fixture on your BUG calendar each year...

For more info contact Ken Rubeli 02-49959265 luddite@wangat.com.au

