

D.O.R.C

DARWIN OFF ROAD CYCLISTS

CLUB REGISTERED!!

August injury of the month belongs to tree hugging Kyle. Would you vote this man in as club president?



Initially it looked as if starting a new club would be a simple matter of signing the required paperwork, handing over the coin and getting on with business. Not to be quite that easy! Back in the 'good old days', that was all it took. Now there are a lot of considerations to be made. First it is quite obvious that a club needs members to survive-or even get off the ground. So a meeting of interested parties was called. And no better time than after a group ride and where else to hold it but at a pub! So in the beginning of April we got together after our regular Lee Point ride at the

Beachfront Hotel

This informal meeting was really held to make sure that there was the interest to get the club up and running. A variety of comments went back and forward across the table with all comments taken on board. Some very qualified riders made interesting remarks and helpful comments about how to go about starting and running the club. A couple of note were Kate Roper, previous president of the Canberra Off Road Cycling Club and Col Smith who has vast knowledge about running events in the Territory.

At the end of the evening it was voted to continue with starting the club.

So what's happened since then? The first move forward was to register the Club as a association with the N.T. Department of Justice. This happened over a few weeks but it all went smoothly and with success.

A bit of a lull followed before the initial AGM was planned to take place prior to the first ride on the September/October ride calendar.

As some of you are aware, we had our first AGM on Sunday the 3rd of September to vote in a committee. To keep proceedings short and to the point, the meeting was held prior to the September Lee Point ride. The decision to hold it prior to the ride was made so that it was guaranteed to finish quickly as nothing gets in the way of a ride!

All positions for the new committee were filled by enthusiastic people after some very close votes. So here they are
President- Kyle Bawden
Secretary- Dave Wells
Treasurer- Emma Winterflood
Public Officer- Matt Hubber
Committee Members- Steve Bryan
Michael Burt
Dave Neilsen
Tim Ellison
Pete Svava

The coming weeks will see registering with MTBA and opening up a bank account. Then we need the members so grab a membership form and soon we will be ready to take applications.



D.O.R.C.'s first AGM.

Inside this issue

- **Club update**
- **Ride reports**
- **History**
- **Photos**

Newsletter



After weeks of hard work, or should I say a few hours of hard work spread over several weeks, this edition of our club newsletter is ready for distribution. But it is the last one in this format.

The next newsletter will be in a new format that Michael Burt is working on. Hopefully a lot easier to work with and read. I did intend scrapping this one but I had spent so much time on it that I decided to finish it.

Michael has also been working on a club logo which has been accepted so will appear on next issues of this newsletter and any club stationary in the future.

Any ride reports will happily be accepted for inclusion in the upcoming newsletters.

Ride Report-Palmerston 10th September



Another of Kyle's classic rides. A good mixed group of 15 riders showed up at the Caltex Palmerston to tackle an unknown ride.

The ride headed off along the escarpment track before then heading in the general direction of Virginia following 4wd tracks which meandered along the edge of the mangroves. The initial part of the ride was actually part of a circuit that the Darwin Mountain Bike club used some years ago as a race circuit.

Due to high tides a few days prior, parts of the

track were quite damp. Some in fact resembled thick black quicksand! It also proved to be quite slick with a number of riders throwing themselves on the ground as they tried to tackle mud.

The tracks were generally dry and rough. With the sun getting lower on the horizon behind us, there was some questions as to whether Kyle actually knew where we were going! But then realizing that it wasn't Richard leading the ride, the group confidently followed behind.

A group of short climbs

made a few work a little harder and the pack became a more spread out. Regrouping near some creek crossings didn't help much either as a few riders lost the group as the the darkness took the place of daylight. Luckily a mobile phone was on hand relocate the wayward ones and all returned safely to the starting point. Some worse for wear but happy to have competed this great ride.

Thanks Kyle

Howard Springs Race

Just a few quick lines to say thanks to Tim for holding another successful event. Results are through yet but will be during the coming week.

And also a big thanks to

all of his band of happy helpers. With out them it isn't possible to hold such and event.

Just a last quick line. Drinks are supplied by various riders who go out

of their way to ensure they are available. An honesty box is there to pay for these drinks. Could all riders remember to use it please.

Darwin MTB History

Something that has been on my mind for quite some time. Mountain biking has been around the top end for many years. Some of the original riders have moved on but many of our sport originators are still around and riding well.

Riders like Mark, Richard, Troy, Martin and I guess myself. If not for this small group maybe we wouldn't have such a wide variety of areas to ride. How many of us have heard the southern visitors comment that 'there is no where to ride mountain bikes around Darwin'. How wrong they

are.

Mountain biking is about making the most of where you are and having an adventure. Which brings me to the photo on the right. This is Bluey from Mt. Wells near Hayes Creek. Mark and myself met him while exploring the area many haircuts ago. Maybe he was the first mountain biker in the Territory! Just look at his bike. We had a huge weekend down there. Checking out the amazing mines dug using very basic equipment by the Chinese inside of the 'mountain' and

the old battery. Followed by a meal with the few locals a jolly old night on the rum. Then a huge 70km ride the next day exploring the area in stinking hot conditions returning just after the water ran out. But that's part of the adventure....

There's still lots more out there to see. Just needs some more adventurous riders to lead the way. But then, Mark and myself still have a bit of spare time. And I know Martin has a few rides secreted away.....



Bluey from Mt Wells tin mine

The Silver City Bush Treadlers

By Noeleen Beckett

In late July/early August of this year I took part in a ride organized by a Broken Hill based group, the Silver City Bush Treadlers. This group has a bush ride every year, each time over a different route, as a fundraiser for the Royal Flying Doctor Service. This year's ride, from Port Augusta out to the Gawler Ranges, was their 10th ride. We covered about 700 kilometres, over 2 weeks.

There were 40 riders, ranging in age from early 30s to mid 70s (fit old buggers too!). We were accompanied by a very efficient group of volunteers who took care of trans-

porting all our gear, track marking, and providing morning and afternoon tea stops along the way. There was an out-back catering company to take care of meals. The food was very good, and there was always plenty of it. There were even a couple of people to massage out the kinks and cramps caused by long days in the saddle. Oh, and in case you were wondering, one of the publicans from Broken Hill comes along as well, in his 4wd, towing a trailer containing a very large esky. The cost of grog is not included in the ride fee.

I would recommend the rides organized by the SCBT to anyone who would like the opportunity to travel to out of the

way places they would otherwise never visit, with a group of people who are dedicated to having fun, both on and off their bikes.

I think the plan for next year is to ride from Broken Hill to Lake Mungo. I hope to be on it, but first I have to retire.

For more information you can contact me on 0405671377, or the SCBT (08)80876881 or (08)80887594, or email tony.downing@gmail.com



Our first rides into the Litchfield area meant a Saturday night camp at Walkers Creek. Here Stuart is shown carrying everything except the kitchen sink!!

Re-printed from *Mountain Bike Action*, November 2002, pages 34-38

TIPS FOR RIDERS WHO ARE TIRED OF LOSING TREACHERY, DECEPTION AND DIRTY TRICKS

WARNING: Don't let your riding buddies read this section! Read it in the privacy of your own home and keep it to yourself. These little titbits for beating your riding/race buddies are not the usual goody-two shoes advice we've all tried in the past and to no avail. We are warning you upfront, these are dirty tricks that will not win friends or influence people. On the flip side, they don't require you to train for hours, eat healthy, stretch or buy even more expensive bikes or components. They work straight off the start line.

DIRTY TRICK ONE

LEAVE EARLY

The ride starts at 7:30am Sunday morning to tackle the rocky hills of the Adelaide River track. This track has been the bane of your entire riding career. The lead riders drop you at the first slight incline and have rested for 10 minutes before you reach the top. However, at the next Adelaide River ride, you're going to leave the start line at 7.00am. If you have parked your car near the start, leave the following note under one the wiper blades;

Guys, Left a little early this morning. I'm sure you will be able to catch me up. C-Ya

Come to think of it, if you leave that note, better start before 7:00am, because the rest of us are going to be throwing down an effort that would make Lance Armstrong proud. (That is as long as an un-named rider doesn't crash during the effort)

DIRTY TRICK TWO

IMPROPER POSITIONING

At little extra effort at the right moment is a very effective tool for giving yourself the upper hand in your battle for supremacy. This overly obvious situation happens when our group ride is riding on a dirt road, fire break or 4WD track. The rider to hit the single-track first has the advantage and can set the pace. The problem is that every rider who has graduated from the bike path is clued into this manoeuvre. Save your lungs and let the other guys fight for the single track entrance. You are going to do your positioning on the single-track.

For our example, let's say a left turn is approaching. Instead of sitting behind the rider in front of you, you want to pull along his left side before the turn. Don't try to overtake him, simply match his pace. When you arrive at the turn, you control the inside. You can pick the best line and let your opponent either slow down to tuck in behind you or take the long line around the outside in the loose stuff. (Ask Dingo about this manoeuvre)

This dirty trick works even better going in "S" bends, because if you get your slight advantage going into the first bend, your partner has to hit his brakes as you pinch him off on the next bend. Can you still be friends after a move like this? Probably not.

DIRTY TRICK THREE

CUT THE COURSE

This dirty trick takes premeditation. You have to know the trails well enough to plan a shortcut and you have to get your timing right. Let your victim – race opponent – set the pace. It is best if you are out of sight when you take the detour; make sure there is a gap between you and your opponent. Encourage them. Cheer them on. Tell them how strong they are riding. Instruct them to follow the main track and wait for you at a predetermined landmark. If you do your homework, you have just sent your "friend" on a loop that includes a gut-busting section and massive water crossing before they see having an ice-cold beer under a tree.

When they ask you how you got there so fast, innocently reply that you forget to tell them about "that left turn" at the bottom of the climb.

DIRTY TRICK FOUR

THE RUBBER BUMPER

You may pay a price (landing on your head) for trying this one, but after a little practice, you should be able to pull it off without causing physical harm to yourself. You have to start this trick early, because it won't work once your victim gets a gap between them and you.

Ease up behind the other rider and carefully, with the utmost sensitivity, let the side of your front tyre come in contact with the sidewall of their rear tyre. This is tricky because if your victim is on to you, they will slightly turn into the direction from which you've made contact. If you don't move in the same direction, the joke will be on you.

The secret is not smash into the other person's wheel. Just rub it. The knobs hitting knobs will make a racket and the other rider will feel noticeable drag. The experience is so distracting that it will give you the opportunity to attack and either bridge a gap or at least beat him to the top of the hill.

MTB RIDES September October 2006

DATE	WHERE	WHEN	HOW LONG	HOW HARD	WHAT YOU NEED TO KNOW
3 September 2006	Beachfront Hotel	4.00 pm	2.5 hrs	Moderate – some technical sections but A and B lines available	Meet in park opposite pub to elect committee members for DORC's. This is an important step to forming the club. At 4.30 Bill to lead a ride out to Lee Point and environs. Good idea to bring rid for mozzies, better idea to stay for a beer after the ride.
Wed 6 Sept 2006	Ski Club, Vesties Beach	6.00pm	1.5 hrs	Not technical but a quick pace	Chad to champion the Ski Club / Charles Darwin night ride. Need light with at least 1 hour burn time. Stay fro chicken schnitzel and beers at the Bali Bar after. No dress standard applies, dogs on a lead OK.
10 September 2006	Caltex Palmerston	4.30 pm	2 hrs	Moderate	Kyle to lead a ride out through the chase and past the Elizabeth river using some new tracks returning via the chase.
17 September 2006	Howard Springs Pine Forest	4.00 pm for a 4.30 start	2 hrs	XC racing	Return to Tim's King of the Forest Points Score round 2. Multi format XC racing. Esky provided
Sat 23 & Sun 24 September 2006	Adelaide River Pub	Sat 5.00 pm Sun 7.30 am	2 hrs 4 hrs	Moderate to Hard – some rocky, hilly terrain	Saturday do an exploratory ride on a station to the north of Adelaide River. Camping at the pub overnight or drive down for the Sunday ride starting with hangovers at 7.30. Will ride the more established tracks to the south and definitely no mountain climbing. Bring 3 litres water and fuel for the ride
1 October 2006	Charles Darwin NP	4.30 pm	2 hrs	Somewhere between moderate and fun	Top single track. Doesn't get any better. Rid for mozzies recommended.
8 October 2006	Seadogs Cullen Bay	4.30 pm	2 hrs	Easy to moderate	City ride with a bit of cycle paths and single track, whatever can be found. Stay and swap lies with BYOG beers and pizza after the ride
15 October 2006	Holmes Jungle	4.00 pm for a 4.30 start	2 hrs	XC racing	Kyle to lay out a cross country race track using a bit of altitude in the natural terrain. Better bring body amour. Esky provided.
22 October 2006	Shell Truck City	4.30 pm	2 hr	Moderate	Revisit some of the Berrimah tracks. Be prepared for anything.
Wed 6 Sept 2006	Ski Club, Vesties Beach	6.00pm	1.5 hrs	Not technical but a quick pace	Chad to champion the Ski Club / Charles Darwin night ride. Need light with at least 1 hour burn time. Stay fro chicken schnitzel and beers at the Bali Bar after. No dress standard applies, dogs on a lead OK.

29 October 2006	Acacia Gap Store, Stuart Highway	7.30 am	3 hrs	Moderate – expect some rocky, hilly country	Exploratory ride using the hills to west of the highway and around the dams. Dick to bring the GPS, tacking device, breadcrumbs, compass and a map.
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Contact Details Steve bh 8924 7020 or ah 0429 195 894 or steve.bryan@nt.gov.au

Riders are advised to wear a helmet and appropriate safety equipment, bring water and spares

MTB riding is a hazardous sport. All rides are undertaken at your own risk. No club affiliation or public liability risk insurance is implied or available.



Darwin Off-Road Cyclists Membership Application Form 2006

Forms should be either given to a DORC Committee Member or posted to

Darwin Off Road Cyclists ::GPO Box 120:: Darwin NT 0801

Please direct any enquiries to the DORC Membership Officer
(email cyclezone@bigpond.com)

Name: _____

Address: _____ Suburb: _____ State: _____ Postcode: _____

Phone: (h) _____ (w) _____ (m) _____

Date of Birth: __/__/____ Sex: *Male* *Female* email: _____

Sponsor(s): _____ School: _____

Application Type: *New Member* *Renewing Member* # _____

DORC reserves the right to accept or reject new and renewing membership applications at the sole discretion of the DORC Committee.

SENIOR RACE	\$10 DORC Membership + \$80 MTBA Membership	Total = \$90
JUNIOR / UNDER 19 RACE	\$10 DORC Membership + \$60 MTBA Membership	Total = \$70
SOCIAL / NON-RACE	\$10 DORC Membership + \$42 MTBA Membership	Total = \$52

FAMILY ADDITION Applicable to families of existing DORC members. Select one of the above but only pay the MTBA Membership. Do not pay the \$10 DORC component.

This Family Addition is linked to full member (name) _____ (MTBA Membership Number) _____

If you post this form to DORC, please attach a photocopy of your drivers license, passport or birth certificate as proof of age.

I apply for membership / would like to renew my membership of Darwin Off-Road Cyclists (DORC). I agree that DORC reserves the right to accept or reject new and renewing membership applications at the sole discretion of the DORC Committee. If accepted, I agree to abide by the rules of the association and I have read and understood the MTBA waiver on the reverse of this page.

Member Signature: _____ Date: __/__/____

If you are under 18 years of age, this form must also be signed by a parent or guardian.

Parent / Guardian Signature: _____ Date: __/__/____

Club Certification: I certify that the application has been received by DORC and that proof of the applicant's date of birth has been sighted.

Club Officer: _____ Signature: _____ Date: __/__/____

Payment Details

Amount: \$ _____ Payment Method: Cash Cheque Money Order Visa Bankcard MasterCard (*circle one*)

Card Number: _____ | _____ | _____ | _____ Expiry: ____ / ____

Name on Card: _____ Signature: _____



Membership Receipt (produce this at races until your membership card is received from MTBA)

Member Name: _____ **Club Category:** _____ **Date of Birth:** __/__/__

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Club Officer: _____ **Signature:** _____ **Date:** __/__/__

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This receipt is proof of membership and is valid for one calendar month from the date of issue.

Mountain Bike Australia (MTBA) Inc. MTB Rules and Liability Release.

MOUNTAIN BIKING IS A HAZARDOUS EXPERIENCE OR ACTIVITY WITH VARYING SURFACE AND ENVIRONMENTAL CONDITIONS. It is different from road bicycling in that it is done on partially improved and unimproved trails and roads, as well as on naturally rugged terrain.

In CONSIDERATION of receiving permission to enter events locations from government authorities and/or private land holders, the undersigning/participant (hereinafter collectively "participant"), hereby releases, discharges and forever acquits MTBA, government authorities and/or landholders collectively and all respective officers, directors, servants, employees and agents of from any and all liability claims, demands, warranty, whether expressed or implied of MTBA, government authorities and/or landholders and their respective officers, directors, servants, employees and agents, while on the locations and/or participating in the aforementioned activity.

This liability release shall be binding upon the assignee, distributees, heirs, next of kin, executors and administrators of the undersigned and may be pled by MTBA, government authorities and/or landholders as a complete bar and defence against the claim, demand, action by or on behalf of the undersigned.

By execution of the liability release, the participant hereby acknowledges and expressly represents that:

1. The participant is duly aware of the risks and hazards inherent upon entering the event location and participating in events at these locations.
2. The participant elects voluntarily to enter the location and ride the mountain bike on these locations.
3. The participant assumes the duty of knowing the present condition of the location.
4. The participant recognises that the locations may become more hazardous and dangerous during the time that the undersigned is present on the location, riding his/her mountain bike on the location.
5. By virtue of participant's presence on the location, participant acknowledges participant's acceptance of the condition of the location and all risks attendant thereto. Participant agrees to operate his/her mountain bike only on marked trails.
6. Participant recognises that falls and collisions with pedestrians, other mountain bike riders and vehicles do occur and assumes all risks and responsibility for such incidents and injuries.
7. I understand that HELMETS ARE MANDATORY and I agree to wear a helmet at all times. Helmets must meet Australian Standards or equivalent international standards as promulgated by Mountain Bike Australia from time to time. Full Face Helmets are compulsory for DownHill Mountain Biking. If I sustain any injuries as a result of any of the aforementioned risks and hazards, I AGREE NOT TO SUE any of the above named parties.
8. Participant is over 18 years of age and is of sound mind, or that if he/she is under 18 years of age, he/she is accompanied by a parent or guardian who is over 18 years of age and of sound mind who has read the foregoing liability release, understands it and signs it voluntarily. Furthermore, the undersigned being at least 18 years of age indemnifies the aforementioned entities against any and all claims which may result from minor's participation in the aforementioned activity.

EXERCISE CAUTION! MOUNTAIN BIKE RIDING IS DIFFERENT FROM ROAD RIDING. WHILE RIDING ON OR OFF ROADS OR TRAILS, YOU MAY EXPERIENCE OTHER BIKES AND VEHICLES, LOOSE GRAVEL AND DIRT, WET SURFACES, HOLES, DOWNED TIMBER AND OTHER OBSTACLES. YOU MUST REGULATE YOUR SPEED IN ORDER TO AVOID OR NEGOTIATE SUCH OBSTACLES. ON COASTING EVENTS SLOW DOWN AND ENJOY THE RIDE.

I UNDERSTAND THAT MOUNTAIN BIKE TRAINING, ORGANISED SOCIAL RIDES OR RACING COMPETITIVELY IS MORE HAZARDOUS THAN RECREATIONAL RIDING. I/WE REALISE THAT INJURIES ARE A COMMON AND ORDINARY OCCURRENT OF THIS SPORT.

9. In exchange for and in consideration if the above named parties making the events locations available to me, participant CONTRACTUALLY AGREES that any and ALL DISPUTES between myself and the above named parties arising from my participation in their events and INCLUDING any claims for personal injury and/or death, will be GOVERNED BY THE LAWS OF THE STATE and EXCLUSIVE JURISDICTION thereof will be in the state court residing in the district where the alleged tort occurred.
10. This release shall be binding to the fullest extent permitted by law. In an event any section of the release is found to be unenforceable, the remaining terms shall be enforceable.

Further, full permission is given to use any results, photographs or movies taken during events or training exercises for any purpose in promoting Darwin Off-Road Cyclists and the sport of Mountain Biking.

I have read and understand the above paragraphs and am voluntarily participating in this activity.