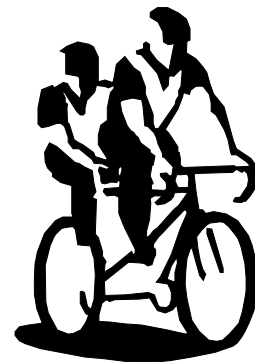


October 1998

TANDEM CLUB OF AUSTRALIA



NEWSLETTER No. 78



2-Up 98

It's on again, even better than last year. Places are booking up fast, though, so please send your entry soon.

Castlemaine really is one of the very best bases for bicycle touring in Victoria and last year's ride only whetted our appetites.

Dinner will be at the Old Castlemaine Gaol, with a tour of the gaol beforehand.

A twilight tour of the Art gallery, a highlight of last year's ride, will be on again, as will a time trial on Sunday, while the less driven will be riding to historic Maldon for morning tea.

We've increased the range of accommodation, this year, particularly for families with children. In addition to the Midland Private Hotel, there is the Campbell St Motor Lodge and the Old Castlemaine Gaol.

So come along and be part of another wonderful Two-Up.

Contributions to future issues please to John Harland, 11 Ford St., Brunswick 3056. (03) 9387 4086 jch@matilda.vut.edu.au

Stoker saddle woes

Stoker saddle problems are normal, partly because tandems have tight rear ends and the stoker saddle is usually so directly above the rear axle that their saddle rises one inch for every inch a bump pushes the wheel upward, while the captain is in the rocking chair and their saddle rises by some fraction of that inch.

Basic saddle stuff first, of course—wide enough to support the ischia (those two little “sit bones”), no pressure points elsewhere on the tissues that can never be hardened enough to support weight for a long time.

Then make sure you have enough give in the saddle suspension to handle bumps, with sprung rails or a shock post or both. Bumps make a bottom sore faster. Make sure your stoker’s shorts have some padding.

Since your weight distribution on a bike is a three point system of weight on butt+hands+feet, padding is needed in the gloves too, so the hands don’t get numb or sore, leading to more weight on the saddle. Even shoe or foot problems can lead to more sitting. Cadence as another of the factors affecting weight on the pedals.

All that only goes so far, and then the ischia get sore. Best cured by lots of riding, but that isn’t always practical. When we first started tandeming Barbara had me make her a stand for her saddle out of a plywood circle with a 4x4 post with a hole in the top that a seatpost fitted into, and a duplicate of her saddle on the post. (No magic to any of the dimensions.) On winter evenings when we couldn’t ride she sat on it to read, pay bills, watch tv or whatever. It helped a lot when we went on a three week trip that year. She hasn’t had to use it since.

Randy Swart <randy@helmets.org>

Cable pull

V-brakes provide enormous leverage. So much so that they require levers with less leverage than standard. Harvey Sachs measured the amount of cable pulled by brake levers, and sent this posting to the tandem@hobbes.ucsd.edu newsgroup. We don't have General Leung's original posting, but I think that this explains itself well-enough.

General Leung asks for additional info on the amount of cable pulled by brake levers, and provides data he generated by direct measurement (presumably, pulling the disconnected lever all the way to the bar):

105 STI	- 13.1mm
DiaComp 287	- 16.0mm
STX (Cantilever brake levers)	- 19.8mm

Quite a while ago, I did a similar experiment, but presented the results as leverage. I measured how far I pulled each lever as well as how much cable it took up:

Lever	cable movement	lever movement	lever/cable ratio
DiaCompe	5.47	17.27	3.16
Weinmann Delta	5.40	20.80	3.85
Weinmann Red-Dot	8.50	25.57	3.01
Universal 61/68	7.20	15.00	2.08
Sachs “Ergo”	3.20	13.37	4.18
Shimano Mtn bike	8.30	22.30	2.69
Shimano 105 road	4.70	11.07	2.35

The data are not specific to V-brake levers - I didn’t have any. It is still remarkable how much levers (all were for road levers) vary. The old Universal levers, with their very low ratio, felt very firm. Conversely, the Sachs Ergo levers feel very soft - it is not just the counter-springs, but the Ergo moves twice as much, so it presses half as hard.

Harvey Sachs <sachs@pop.erols.com>

Ride report

Coffee and Cakes Ride

We met at Southbank, with the day promising to be quite lovely, a promise which was well fulfilled. Reg and I arrived early enough to sit and enjoy a coffee with Peter and Robyn Curtis. We had met at Two Up in Castlemaine last year and had not seen each other since. They were both looking frightfully fit, with Peter considering doing a 600 km ride in one day in the near future!

We were joined by Alan and Rosalie Bates, looking very cool in their matching lycra suits and stylish Cannondale. John and Marjorie Barrett (complete with knitting needles and baby booties) arrived, all very eager for the ride. Audrey Tam and John Harland who had organised the ride, arrived, armed with camera and the usual quiet enthusiasm. Randy, Jodie and Rosy were on single bikes. Reg offered to tail end, mainly because we could just slip stream everybody else and have an easy ride!

We wound our way around the river, past Jeff’s Shed and the dear old *Polly Woodside*, along the South Wharf. We then rode under the awesome Westgate Bridge, and through Riverside Park, crossing over to Williamstown on the punt in two shifts.

It was an easy going ride keeping mainly on the tracks: there was never a danger of being run over by stray poodles or tykes on trikes. And talking of kids, I am always amazed at how much more observant than adults little children could be. At one stage on the ride, a small child yelled at its parents: “Look, a koala bear on the funny bike! (John Harland’s)” The parents had barely noticed the tandem, let alone the toy koala on John and Audrey’s bike!

Williamstown is a fine seaside town with its elegant esplanade and yacht clubs. It reminds me of Imperia, Málaga and The Côte D’Azur, without their weaving Vespas and the snobbery. On Sunday afternoons Williamstown has become a little too popular, a little like Vic market on Saturday morning. In fact there were a couple of markets too, with several stalls selling anything from second hand books to hand made chocolates. I was almost tempted to buy a fur jacket for \$10, in

unbelievably good condition, no moulting fur at all (For those who may be worried about endangered species, don’t be, it was only bunny fur.) I refrained, because a) we did not have a pannier on our bike b) I had thrown out several similar outfits in the seventies and c) I’m allergic to fluff. While most of our group were tasting and buying all sorts of delicious chutneys, Reg and Randy continued their discourse about tandem bikes and their specifications.

We stopped to have lunch in the Williamstown Botanic Gardens, which sports some magnificent Moreton Bay Figs, Pines, Palms and several large deciduous trees. It was so magnanimous of our forebears to plant such beautiful trees near the sea, knowing that it would take decades before they could be enjoyed. Hobson’s Bay is full of interesting history, with its Time Ball Tower, and its maritime museums. Along with its gentrification, it has acquired great popularity among the cafe society, who come to promenade on the foreshore and to patronise its many restaurants.

Our afternoon ride took us to Yarraville, where the gigantic MOBIL cylinders dwarf everything else around them. Some of them had “Fire Water” written on them large, which I think is a lot of whisky for a place like Yarraville. The riding tracks continue under the Footscray and Hopetoun Bridges and connect with Kensington with its charming terrace houses and tiny front gardens. Then to North Melbourne up the incline of Arden Street. A nasty, grinding noise from our *derailleur* threatening to break in half was quickly stopped by Reg’s fast action.

All in all, it was a most pleasant ride, with fine mid Winter weather and no wind, making it even more enjoyable.

I'd like to end this article by asking two questions: 1) How much knitting did Marjorie Barrett manage to do on the ride? and 2) Does anyone know the story of the two gi-normous white fibreglass ducks in a factory backyard near Pronto's cement works?

Georgina Scillio

Hi

I saw your web site and am currently looking to buy a second hand tandem.

I am looking for a bike up to \$2000 to ride my 9 year old to school (about 10km). I have a Trailer Bike which I plan to attach to the tandem to carry my 7 year old. I guess I'm therefore looking for a mountain bike style tandem designed for a pretty small stoker, or a regular size stoker plus kiddy cranks.

Any suggestions most welcome. Thanks

Peter Young, Brisbane <YOUNGPG@housing.qld.gov.au>

Hi Audrey and John,

There are about 30 teams on the Brisbane Tandem Tourer list now. The TCA needs a higher profile out of Melbourne and Victoria. To this end I would propose that there be official State contacts published in the

Newsletter. I would be happy for my details to be published as such.

Michael Oxer wrote a letter for the last newsletter about names of members being published to facilitate contact. I think this is a good idea! Sue and I particularly feel isolated living in a one tandem town!!!! It would only have to be done annually. For a start, perhaps just a demographic breakdown by state, of members, would be good.

Jaimie Cook,
Gympie

Thanks for the ideas, Jaimie. At the recent committee meeting, we resolved to include a question to new and renewing members as to whether they were prepared to have their names included in a published listing.

The idea of state contacts has real merit.

John Harland

The 1999 New Zealand International Tandem Rally

A truly international flavour is developing with expressions of interest from the USA, UK, Europe and Australia. We have the makings of a really memorable event that should be given a high priority in your events list for 1999.

The rally will run from April 2 1999 to April 5 1999 at Matamata in the centre of the North Island. Transport for baggage and tandems will be provided from Auckland leaving midday on 1 April 1999 and returning on 6 April 1999. In between there will be a varied programme of fun and interesting riding around the lush and scenic Waikato region. Not too

many hills and a fair amount of almost flat terrain makes this an ideal place for a tandem rally. Accommodation is principally self-catering at the Opal Holiday Park which has a number of large natural hot spring pools. Ideal for relaxing in after a day's cycling.

We now have provisional details from New Zealand Pedaltours. If you had ever considered a guided cycle tour of New Zealand, you should seize this opportunity. We have negotiated discounts averaging 37% for a group of ten or more. If the group is bigger then so is the discount.

TCA joins VBC

The Tandem Club has affiliated with the newly-formed Victorian Bicycle Coalition, (mentioned in TCA 76, April 1998) a group that aims to network all bicycling organisations in Victoria

The Coalition is a network that will facilitate the sharing of resources, skills and strategy, to help groups avoid conflict of dates for their events. It will also help publicise our events and help us contribute to lobbying for better accommodation of bikes on trains and other transport.

Because the VBC is affiliating with the Bicycle Federation of Australia, we will be able to offer you subscription to Australian Cyclist at the member price.

Bicycle Industry Trade Show

The Bicycle Industry Trade show is to be held at the Victorian Aquatic Centre in Albert Park on Sunday 11th October, from 10 am - 4 pm. (Actually, it runs for the Friday and Saturday too, but for the trade only).

The Bicycle Federation of Australia has a stand booked: the Victorian Bicycle Coalition will be staffing and setting-up the stand. We hope to have the editorial tandem as part of the display and Two-Up98 entry forms on display.

Coming Events

Bicycle Industry Trade Show

Sun 11 October, 10 am - 4 pm. Victorian Aquatic Centre, Albert Park. Come and see the latest in bicycles and equipment

How to Fix Your Bike

Sundays, October 11, 18 and 25, 11 am - 4 pm. Hands-on bicycle maintenance beginning with basics and working through punctures, gear and brake

adjustment, bearing overhaul and wheel straightening. Run by John Harland through Bicycle Victoria. For entry form, phone BV on 9328 3000; for details, phone John Harland on 9387 4086.

Two-Up 98

The Tandem club's annual festival of tandemming. Saturday 7 - Sunday 8 November at Castlemaine. Phone Howard Duncan on 9818 3012 for details.

Membership application/renewal

(cross out whichever is inapplicable)

	<i>first name</i>	<i>family name</i>
Rider 1:	<input type="text"/>	<input type="text"/>
Rider 2:	<input type="text"/>	<input type="text"/>
Address:	<input type="text"/>	
	<input type="text"/>	<input type="text"/>

Telephone, home:

Telephone, work:

Fax:

E-mail (if you check it regularly!):

Are you happy to have your name (only) included in the list of members to be published in this newsletter? yes no

TANDEM CLUB COMMITTEE 1998/9

President	John Harland	(03) 9387 4086
Vice President	Danya Driessen	(03) 9818 3012 AH
Secretary	Audrey Tam	(03) 9387 4086 AH
Treasurer	Rachel Parker	(03) 9509 9758 AH
Technical Officer/Librarian	Howard Duncan	(03) 9818 3012 AH
Membership Secretary	Rachel Parker	(03) 9509 9758 AH
Social Secretary	Andrew McDowall	(03) 9818 4213 AH
Newsletter Editor	John Harland	(03) 9387 4086 AH

Editorial e-mail: jch@matilda.vut.edu.au

WWW URL <http://cams.vut.edu.au/~amt/tca.html>.

Members welcome at Committee meetings. Contact Secretary for details.

MEMBERSHIP RENEWAL Check your address label to see whether your membership is due. To renew send cheque for \$10.00 to Membership Secretary, T.C.A., 1/1 Royston Avenue, East Malvern, 3145.