

# December 2024 NEWSLETTER



## A President's Perspective:

Chris Fletcher

The Club continues to deliver on its strategic and community goals as we say goodbye to 2024. In the last quarter we have successfully run a Relay for Life event, with proceeds going to the Cancer Council, A Try Skills event which attracted 18 (mostly younger beginner riders), and an informal yet increasingly popular Iron Torathon early this month. All done with little fanfare, just a small band of dedicated volunteers committed to continuing to make mountain biking experiences accessible to all in our region.



Late August to mid-September saw a full-scale weather assault on our Dial trails that resulted in a huge number of trees down across the tracks. Again, our trail maintenance volunteers were, like a colony of Jack Jumper ants whose nest was under attack, all over it and had calm restored inside two weeks. A truly remarkable effort.

The pace of trail development in the Dial Range continues to frustrate some. We are however in a privileged position to have a great working relationship with the Central Coast Council who are now managing these future developments. The challenge of opening new trails in steep, technical and remote locations is huge. The Dial 2B project from Mt Dial to Mt Gnomon carpark is funded and preliminary work has commenced. 2025 should see significant progress in this much anticipated next stage of the Dial trail network. All the time we are reviewing future trail alignment options south of Mt Gnomon. Vice President Chris Stredwick has done some great preliminary work on an adventure trail route through to Gunns Plains. The Club will be sharing these ideas in more detail with stakeholders next year.



Committee attention will be very much focussed on renovating our Penguin Mountain Bike Park in 2025. We have a Master Plan to guide these developments (check out on the website), so keep an eye on our social media Facebook page as plans roll out.

The 2024 AGM saw some change to the Committee structure with Damon Griggs leaving us, and Adrian Beard providing an excellent replacement. Adrian has a long connection with

mountain biking and adventure sports and is especially keen to support the Club's junior riding agenda. All the very best to Damon and family as they relocate to Queensland. A big thanks for his contributions to Committee business over the past two years.

Finally, I wish everyone a safe and happy summer of doing what puts a smile on your face. Riding where you don't have to wash your bike off after every outing has plenty of appeal.

Enjoy the bumps...

## Iron Tor Trail

Craig Kerr

Our Iron Tor Trail, which was opened in 2020 and built by local company Next Level MTB, continues to be one of our most popular trails. Here follows 3 Iron Tor articles: the first from local business owner Brian Lane, the second a partial extract from MTB Guidebook's FB post on 7<sup>th</sup> December, and finally a review of our recent fundraising event, the Torathon, written by Chris Stredwick.

1. My wife and I own Lanes Supermarket in Penguin and are proud sponsors of the Cradle Coast Mountain Bike Club. Over the past few years, we have noticed an exciting trend: an increasing number of mountain bikers shopping in our store, drawn here by the incredible Iron Tor Mountain Bike Track.

This world-class track is not only a haven for mountain bikers but also a catalyst for local economic growth. It attracts riders from across the state and mainland Australia, eager to experience its challenging terrain and stunning natural beauty.



On numerous occasions, we have seen groups of 12 to 15 riders from Victoria and New South Wales stopping in to buy coffee and supplies from our local businesses. It's been a joy to witness mountain bikers stocking up on essentials before hitting the trails or grabbing refreshments to refuel after their rides.

The popularity of Iron Tor has clearly benefited not only our IGA but also the entire Penguin community. Restaurants, accommodation providers, and other shops have all experienced a positive impact, creating a ripple effect that strengthens our town's economy. As someone deeply invested in Penguin's growth, I find this development heartening.

To the mountain bikers who have chosen Penguin—and our IGA—as part of their adventure, I want to extend a heartfelt thank you. Your visits mean the world to us, not just as customers but as contributors to the vibrancy and growth of our town.

2. Iron Tor is one of the top 5 trails in Tassie. An almost perfect trail for the lover of old school hand build trails with a blend of flow, tech and tight singletrack. The one thing that was rolling around my head as we ground up the hill was how good the drainage was. I knew they had some boggy sections down low by the gutters on the high side were trenches reminiscent of Asian countries that have tropical downpours. Despite us riding at the end of winter, the trail was in impeccable condition. It's like an IMBA trail building conference was in town. It was all there; negative camber benching and the trails were freaking pristine without ruts or brake bumps. Big ups to the local trail fairies!!



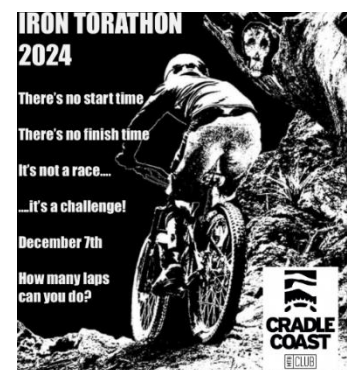
The descent was just as pristine as the climb. If there was braking bumps I don't remember them. No rutting. I'm sure machines were used for drainage in spots but for the most part the trail felt natural, like something you'd ride 20 years ago. There were a couple random moments when we came up on blind drops quick. I imagine the locals would have this trail on high repeat and know every rock. The speed would be nuts.



After the rock, the lower section transferred into perfect flow. There are flow trails, but this is trail flow. From a beautiful berm I was shot across the side of the hill through rollers, nipping between trees, the gradient subtly reversed and just held me at a perfect speed milking the gradient. I got to the next berm and realised I hadn't touched my brakes; it had kept me there right at the threshold across the hill. It's flow like they do in Margaret River. The

bottom section kicked it up a notch with some high-speed jumps. We were back at the carpark.

3. The Iron Torathon is an annual CCMBC fundraising event that involves the challenge of riding as many laps of the full Montgomery and Iron Tor loops or an easier Montgomery only loop. Each full Iron Tor loop is around 11km long, with 400m of vertical climbing. A Montgomery loop is 6km long with just 130m of elevation to climb. There is no start time or finish time, and no timing, it is not a race, but simply a ride challenge and it just must happen in the 24hrs of the event



date. All funds raised go towards trail maintenance and future construction of the Penguin trails.

As usual, this Iron Torathon had its challenges. With a forecast for morning showers, some riders chose to start early. However, a lap in and the showers came and hung around for a couple of hours making the trails quite slow and muddy in places. Some riders chose to start later in the morning after the showers had passed, losing some ride time but staying drier. Steve Crocker and Craig Kerr manned the marquee where riders could store their gear, get out of the weather, and partake in some bananas, snakes or drinks that were kindly provided by Lanes IGA in Penguin.



Sorcha Fett and Andrew Klees took out the top spot with 10 laps a piece. That's 108km and 3,800m of climbing each and one massive day on the bike. Andrew Cathcart's 12.5 lap record still stands and another couple of names will be added to the perpetual Iron Torathon Trophy.

In the end we raised \$3,1040, a combined 895km was ridden and 31,284 metres of vertical elevation was climbed by 25 riders who did the 71 Iron Tor laps and 19 Montgomery Loop laps. Looking forward to the next Iron Torathon in 2025, can someone beat the 12.5 lap record?

## CCMBC Try Skills MTB

Chris Fletcher



Early October saw the Club conduct a successful 'Try Skills MTB' clinic that attracted 18 'beginner' riders. True to form the juniors ranged from a couple with few skills but a ton of enthusiasm, through to a couple that rolled up 'mono-ing' through the skills area! When asked what they were most looking forward to in the session by Instructor Murray Ferguson, they both replied, "Jumps"! Murray had of course heard all that before and wasn't fazed. Over the next 90 minutes the budding 'shredders' were taken through braking and cornering, shifting weight forward and back, emergency stopping, bunny hops, see saw riding and plenty more. Chris Stredwick, Adrian Beard and Shem Dutson added to the instructor team, so each junior received plenty of personal instruction and feedback.

The second session of the morning was dedicated to 'older' riders, again there was plenty of enthusiasm and fun had by all. There was plenty of support from all that attended for a follow up session in the new year. This session will be held on January 12. Watch out for more details on the Club Facebook page.



Thanks to the team that made our first session possible. Murray Ferguson, Chris Stredwick, Adrian Beard and Steve Crocker. As well a big thanks to Mark Lutwyche who did the steel fabrication work FOC for the Club's latest bit of 'furniture', a see saw which was a big hit with the junior riders on the day.

### Penguin MTB Park Improvements

Chris Stredwick

Back in October we had Beno' Hill from Beno's Digger Hire & Excavation come in and give the Free Ride area in the middle of the old speedway a big makeover.

The area had become quite overgrown with scrub, there were some water ruts across the ride lines and some of the jumps needed reshaping. The club had some cash left over from other projects so we thought it would be great timing to get Beno' in to tidy the whole lot up. While he was at it, we also had him resurface the lower driveway and smooth out the top car park.

He's has done an excellent job, and we are very pleased with the results!



## Trail Maintenance and Storm Damage

Chris Stredwick

In September this year a significant windstorm hit the state and the Dial Range and Penguin MTB Park copped a lot of damage. Fortunately, the MTB Park was reasonably simple to get cleaned up with just a couple of large trees and a lot of sticks and branches. The Monty loop had hundreds of Tea Trees that fell across the trail like Pickup Sticks. Several volunteers worked hard to get it all cleaned up and reopened in a couple of weeks. The Iron Tor and Ironcliffe Ridge trails had some more significant trees across them and being more remote, it took a few weeks longer to remove them. A working bee was held on the 28th of September and the whole Iron Tor descent was pruned and raked from top to bottom and the trail could once again be reopened.



We would once again like to thank our volunteers, for without them we couldn't manage the trails and keep them open.

## 2024 AGM Report

Craig Kerr

In September the Club held its Annual General Meeting. The evening was a great success, and we thank Martin Owens for his ongoing support and use of Oz Rock Inn for our meetings. Following welcomes, introduction of new attendees and an Acknowledgement of Country, the AGM followed, and this resulted in all existing Executive Members being re-elected to their position.

<b>President</b>	Chris Fletcher
<b>Vice President</b>	Chris Stredwick
<b>Treasurer</b>	Emma Lee
<b>Secretary and Public Officer</b>	Craig Kerr



Furthermore, this year's committee is Chris Fletcher, Chris Stredwick, Emma Lee, Jake Lee, Craig Kerr, Anne Langham, Martin Owens, Steve Crocker, and Adrian Beard.

Following the AGM, Emma Flukes was our guest speaker. Emma entertained us with details of her involvement in setting up, participating, and organising the Tassie Gift. Further details of this

epic 1,800 km Tasmanian bikepacking event can be found at <https://bikepacking.com/event/tassie-gift-event-2024/>

## Tas Gravity Enduro Series

Craig Kerr

2024/25 Tas Gravity dates are:

**Round 1** November 16/17th - George Town

**Round 2** January 18/19th - Queenstown

**Round 3** March 1st/2nd - Hobart (State Enduro Champs)

**Round 4** March 22nd/23rd - Maydena Bike Park

**Round 5** May 3rd/4th - Blue Derby



Further information and registration can be found at [Tas Gravity Enduro Series](#) . Club legends Emma Lee (left) Chris Stredwick (above left) and Jake Lee (above right) are pictured on the podium at George Town recently.

## PMBPWG

Chris Fletcher

On November 26 the Penguin Mountain Bike Precinct Working Group (PMBPWG) had its final meeting for the year. Chaired by Council's Community Services Director, Chris Clark, the meeting was this time mostly an update of works either completed or about to begin.

It was good to report on the recently completed Club and State Government funded works in the Free Ride area of the Park. Beno's Digger Hire and Excavation did an outstanding job clearing vegetation and renovating the jump lines in the Free Ride area. Riders are returning in numbers now that the jumps have better shape and improved sight lines.

Chris Clark reported that a start on the Mt Montgomery car park toilet, carpark and bike wash down facility was imminent. This will be welcomed by all trail users in the Dial.



Also, the tender process is well advanced by Council for a builder of the Dial 2B (Mt Dial to Mt Gnomon carpark) mountain bike trail. Council is hoping for construction work to begin in the second half of next year.

And finally, Council reported that it has funding for a Dial Sports Precinct Master Plan that will include the Penguin Mountain Bike Park. The Club is very supportive of any long-term planning process that will result more efficient use of existing sport and recreation facilities as well as potentially more funding options for Club developments going forward.

## Night Rides

Chris Stredwick

Through the winter, but weather dependant, we hosted several night rides at the Penguin MTB Park. It was kind of a way to encourage some extra “ride time” when the days were short. The rides varied with Monty loops, Monty/Penguin MTB Park loops and some Iron Tor loops depending on what everyone wanted to ride. We had a regular group of riders, and we made the most of a reasonably dry winter. If we have ongoing interest, we will continue the night rides program next winter.



## Club Sponsorship

Craig Kerr

The CCMBC is now embarking on the third year of its sponsorship program, and we have finalised our 2024/25 arrangements. Many thanks go to the following businesses for their much-appreciated support in providing mountain biking opportunities for you and we in turn encourage you to support them:

- Lane’s IGA Penguin (Gold)
- Next Level Mountain Bike (Gold)
- TasNetworks (Gold)
- Ulverstone Cycles (Gold)
- Core Exploration (Gold)
- Penguin Beer Co (Silver)
- Patrick St Clinic (Bronze)

Furthermore, we would like to acknowledge tremendous support from local café, Hey Buddy. The amazing staff at Hey Buddy are on our behalf running a “Guess the Beans” competition with profits to go to the CCMBC. It’s \$1 per entry and there are fantastic prizes, such as a full meal for two up to \$200 value. Further details are available from the café or their Facebook site. In addition, Hey Buddy have our Club donation QR Code on display for on-the-spot donations.



Please get in touch with Secretary, Craig Kerr ([craigkerr210@gmail.com](mailto:craigkerr210@gmail.com)) or President, Chris Fletcher ([cfletche@iinet.net.au](mailto:cfletche@iinet.net.au)) if you are interested in supporting your local mountain bike club and we will forward you sponsorship details.



## After the Fall

This article on Adapted Mountain Bikes appeared in City of Hobart News on 05/12/24 and is available at: <https://www.hobartcity.com.au/Council/News-publications-and-announcements/Hobart-News/After-the-fall>

Gordon Broome, a carpenter by trade, loved spending his days exploring Tasmania's wild outdoors with his partner Chloe and their kelpie, Alba. From mountain biking to hiking and climbing, adventure was second nature. Then, in 2021 while mountain biking with friends on his property, a fall changed everything. "I went over the handlebars and broke my neck at the C5/6 area," says Gordon, Gordy to his mates.

Emergency surgery in Hobart was just the beginning. He was flown to Melbourne three days later and then to Sydney, where he spent four and a half months in hospital before continuing rehabilitation at Royal Rehab for another three and a half months. "It was a long road, but I always kept my sights on getting back out there — just in a different way," says Gordy.



Chloe played a pivotal role in the recovery process, using social media to explore adaptive technologies and to connect with other wheelchair users. "We quickly realised I needed an adapted mountain bike to access the wild places I love," says Gordy. Adapted mountain bikes open up the sport to people with disabilities or mobility challenges. Their design varies greatly but can include features like three wheels for stability, hand-powered mechanisms and electric assist for difficult terrain.

They are a game changer for many riders, allowing them to navigate trails that may otherwise be inaccessible and offering the opportunity to people of all abilities to experience the physical and mental benefits of outdoor recreation. "It's incredible technology, but it's not cheap," says Gordy. "That's where the community came in."

Push Mobility helped source Gordy's new Bowhead bike from Canada, and funding from the National Disability Insurance Scheme made the purchase possible. "There's no way I could do what I do now without the help of my family, friends and the broader community," says Gordy.



Gordy is on the Queens Domain putting a newly modified mountain bike track at the summit through its paces.

He worked closely with the City of Hobart to make the track accessible to a wider range of riders by widening the track and improving corners, creating a ride that is now good for intermediate adaptive mountain biking. These relatively small

changes not only improved accessibility for people with disabilities but also set a precedent for future track developments.

His passion for connection and the outdoors inspired Gordy and his best friend, Max Oulhen, to launch Tasmanian Adventure Support, a business aimed at helping people with disabilities experience adventure. "We offer everything from adapted mountain biking to surfing, providing equipment and physical support," he says. "It's about showing people what's possible and encouraging more people to do epic stuff." Despite the challenges, Gordy remains driven by his love for the outdoors and his mission to make it accessible for all.

"Life looks a bit different now, but the goal is still the same - exploring the wild and helping others do the same." The intermediate grade adapted mountain bike friendly track on the Queens Domain Summit is a great beginners track and popular with trail

#### Queens Domain Summit

🕒 00:17 ↔ 1.82 mi ⚙️ 6.6 mph ↗️ 150 ft ↘️ 150 ft



runners. It loops around the Domain summit, ducking and weaving its way through forest and across native grass fields with views of the mountain and River Derwent. We encourage everyone to check it out.

## Christmas Ride

Chris Stredwick



We had another magic day in Penguin for our annual Christmas social ride. We split into two groups where one would do the easier Monty loop and the other group rode the full Iron Tor loop, with 13 riders all up. After a great ride and taking in the views, we

capped off the day with lunch at Penguin Beer Co.



## Feedback and Contact

Please email the club with any feedback at [club@ccmbc.com.au](mailto:club@ccmbc.com.au) or to unsubscribe from our newsletter distribution list. Newsletter subscription is free and available from our website and our postal address is PO Box 458, Penguin 7316.

Our webpage is <http://www.ccmbc.com.au/> , here you can find lots of information covering trails, contacts, events, donations, membership, photos, merchandise, newsletters etc.