# cyclefitcentre.com/pedal pushers

**n**ewsletter

August, 2008

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G'day All to those who have been pestering me to get a newsletter out, your patience has been rewarded. It's been a busy year and the newsletter has unfortunately had to take a back seat Here is it is, the first and belated

edition for '08.





Put **Saturday, September 6 in your diary**. We'll be having a launch of the **Campag '09** 11 speed range.

- There will be- a bike or two with the new drive trains fitted set up on trainers for those that want to get up close and tactile;
- a presentation from Felice Santoro, Campag's Marketing and Warranty Service rep for Australia on the ins and outs of the 11 speed stuff;
- a 'lucky door prize' that's worth having,
- croissants, coffee and so on.

This is the first chance to see the 11 speed Campag range in Oz.

To cater, we need to know numbers so to RSVP, mail <u>pedalpushers@bigpond.com</u> with **Campag** in the subject line.



#### **Leg Length Shims**

I have rejigged the design and have versions that will cater for all current road and mtb pedals. They're available in 2 and 3mm versions so a shim stack can be made in 1mm increments from 2mm upwards. For our U.S. readers, Bicycle Fitting Systems <a href="https://www.bikefit.com">www.bikefit.com</a> is the distributor and the shims will be up on their site soon.

#### Teschner

We are Peter Teschner's longest standina customer. Pete's frames have been ridden to victory in just about every sphere of cycling including 3 world titles and too many National and State championships to list. The AIS ride Teschners as do the USA women's' road and track squads. In the near future we will be having a Teschner '09 range launch. New frames, carbon bars, carbon wheels, seat posts: the lot, including the man himself.

A Saturday is the obvious day but for personal reasons Pete can't attend on a Saturday. So this is a straw poll to find out what week night the readership of this missive prefers. We'll provide food and drinks on the night. There are three cycling books up for grabs for those who respond.

To respond, send a mail to pedalpushers@bigpond.com with Teschner and your preferred evening in the subject line.

For instance "**Teschner Wednesday**" OR "**Teschner Friday**" or whatever your choice of day is.





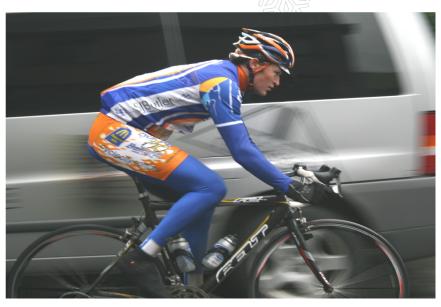
## New Equipment

The pic is of our new adjustable bike. It's brilliant for working out custom or hypothetical frame dimensions. The seat tube and top tube each have a range of 43cm to 72cm. The seat tube angle is between 70 and variable and the cranks degrees are adjustable between 155mm and 185mm. To date we've had adults on it ranging from 1.45m (4'9") to 2.08m (6'10"). Our 4'9" test pilot almost ran out of adjustment but with our 6'10' gent, there was still potential adjustment range left.

### Belgian Bier Reviews by Grant Webster

This newsletter is a bit of amateurish fun but a few of you have been unkind enough to let me know that the lack of beer reviews is what you have missed most. To that vocal minority, we have two guest beer reviewers racing and drinking their way through Belgium; though not doing both activities at once. So a bumper edition of beer reviews follows.

Our first guest beer reviewer is the Riverina Rocket, **Grant Webster**, seen at right enjoying himself racing on a typical, bleak, sunless, cold and wet Flemish summer's day.





**Ename Dubbel.** Recognised Abbey Bier. 6.5%, 6 degrees Celsius. Brewed near Oudenaarde. Flavoursome, roasted malty dark bier. Caramel flavours. Bitter enough. Still my favourite bier. Made with well water. Store in the dark.

# "Grant's tasting notes"

**Adriaen Brouwer**. Flemish brown. 5%, 6 degrees Celsius Oudenaarde bier. Di's 2nd bier. Smooth and rich, very nice. Caramel flavours, malty. Also cheap, 2 Euro





**Ename Tripel.** Abbey bier. 8.5%, 6 . degrees Celsius Very strong, almost wine-like. Dryer than most. Not bad, spicy aftertaste. Leave the sediment in the bottle.

**Belle-vue Cherry Bier.** Fruit bier. 5.1%,3. degrees Celsius Traditional lambic. Probably belgiums most popular fruit bier. Cherry flavour noticeable, but not overpowering. Refreshing, easy to drink. Still very beer-like.





**Leffe Brun.** Brown Abbey bier. 6.5% 5-6 degrees Celsius. Nice, malty dark bier. Bit creamier than most other browns. Dry finish. Enjoyable.

Westmalle dubbel. Trappist dubbel. 7%, 8-12 degrees Celsius Another dark, I was looking forward to it but was a bit disapointed. A bit too dry, wine-like. Had another one another day, was much nicer. Depends on what you have just eaten. Leave the yeast in the bottle. Sharp dry finish.





Rochefort 10 Trappist. Dark trappist. 11.3%, 12-14. degrees Celsius A bad boy, it will sit you back in your seat, 11.3% alcohol. To pour correctly, the last 1/10th must be poured separately. You can see the yeast floating about in it (see photo). The alcohol strength overpowers any taste. An effort to finish, wouldnt have another. Thick and rich. Di ordered it and finished it, but was an effort. The figure 10 refers to the malt density, not the alcohol content. Lacks taste.

**Duvel.** Specialty bier. 8.5%, 6-10. degrees Celsius One of the better pale biers. Leave the sediment in the bottle. Sweet taste, with nice bitter aftertaste.







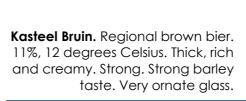
**Brugse Zot Dubbel.** Dubbel Ale. 7.5%, 8 degrees CelsiusL eave the sediment. Very nice roasted malt taste.







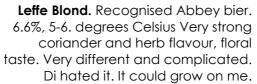
**Tongerlo Bruin.** Recognised dark Abbey Bier. 6%, 11. degrees Celsius Creamy, smooth, soft brown. Very nice. Easy drinking.







Hoegaarden Wit. Witbier. 4.9%, 2-3 degrees Celsius. Very fresh and crisp. Fruity taste with a floral aftertaste. Complicated taste with honey and herb flavours. Quite different, very nice. Easily available in Australia.









**Kwak.** A strong fumey bier. Served in the most bizarre glass, needs and has its own special stand as the glass is bulb-shaped. Malty taste, with aniseed and honey flavours.



#### Steendonk Brabants Witbier.

Witbier. 4.5%, 3-4. degrees Celsius Similar to Hoegaarden, but maybe a litle smoother, with less flavour. Still has strong herb and floral taste, strong coriander.



Geuze St. Louis. Gueze. 4.5%, 5. degrees Celsius Very complicated. Acidic, creamy, sweet and sour. Hard to describe, very complex. Very tasty, fruit flavours.



Strong dark and blond. 7% and 6.2%. Campus tastes like a flat coke that has been brewed. Sort of like what bundy on tap feels like, but beer-like. Pretty flat and easy to scoff down. Campus Gold was similar, only like it was brewed from lemonade or lemon squash. Strange duo.





**Orval.** Trapist bier. 6.2%, 12-14 degrees Celsius . Sediment poured separately. Complex bier. Very dry aftertaste, leaves the roof of the mouth grippy. Distinct taste. Served slightly warmer than most. Not a favourite.

Barbar. Strong blond. 8%, 5 degrees Celsius. Supposed to have honey flavour, but not really evident. Di liked, I found the aftertaste filthy. Consumed in a pint-pot.







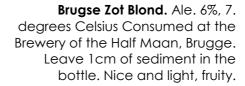
**Chapeau Peche Bier**. Fruit bier based on Lambic. 3.5%, 6. degrees Celsius Was very sceptical, but found it to be an absolutely fantastic peach bier, very refreshing.



**Chapeau Frambois.** Fruit bier based on Lambic. 3.5%, 6. degrees Celsius Rasberry bier. A bit too tart.



**Rodenbach.** Flemish Red-brown. 5.2%, 6. A degrees Celsius blended bier, very distinct taste. Acidic and dry, but slightly fruity. Very memorable.





For the rest of Grant's adventures including some good race reviews, see <u>flandersandback.blogspot.com/</u>

### **Bier reviews by Tim Hughes**

Our second beer reviewer is **Tim Hughes**. I thought Grant was a fairly, laconic bloke but Tim is more so. Tim's Belgian experience to date has been summed up by him with these words:

Raced a bit, got beaten a lot
Drank a lot, got drunk a bit.
Talked a lot, learnt heaps and made lots of new friends
The end

That's fine Tim; but more photos next time.

Okay; that's it for this month. I'll try to be more timely in future.

