



# MAYORAL MEMO - 20 MARCH 2024

Whilst participating in the Toyota Tour de OROC this week, I had the extreme privilege of cycling alongside Brad McGee, a four-time Olympian with five Olympic Medals, including Gold.

Brad's insights into the dynamics of cycling were particularly enlightening, specifically in relation to the power of the peloton. This aspect of cycling beautifully encapsulates the essence of teamwork and collective effort.

The peloton, a term that resonates with unity and strength in cycling, refers to the main group of cyclists in a race. Brad eloquently described how this formation is not just a strategy but a testament to the potential of collective power. When cyclists ride together, tightly packed, they create an aerodynamic formation that significantly reduces air resistance.

Scientifically, it's known that air resistance accounts for about seventy-five per cent of the combined resistive forces a cyclist needs to overcome to maintain a speed of 30km/h. By riding in a peloton, cyclists

in the pack experience up to a thirty per cent reduction in effort at this speed, thanks to the reduced air resistance. This means that those at the front bear the brunt of the resistance, sacrificing their energy for the benefit of the group. Air resistance is a force that increases at the square of speed so, for example, air resistance increases by 44 per cent when speed increases from 25km/h to 30km/h. This makes the protection provided by the peloton even more vital as speed increases.

However, Brad didn't delve into the scientific intricacies. Instead, he highlighted the profound sense of community and selflessness inherent in this collective effort. The peloton symbolises more than just a racing technique; it embodies the spirit of mutual support and shared burden, where the sacrifices of a few empower many.

This concept, while rooted in the world of competitive cycling, has far-reaching implications. It's a poignant reminder of the power of collective action and the importance of thinking beyond our individual needs. In today's fast-paced and individualistic society, the principles of the peloton can offer valuable lessons.

By embracing the spirit of the peloton in our daily lives, we can foster a community that values collaboration and mutual support. Whether it's in our local communities or with global challenges, the ethos of the peloton can guide us. It encourages us to lead when we have the strength and to lean on others when we need support.

In essence, the story of the peloton is a metaphor for life itself. It teaches us that by working together, sharing the load, and sometimes putting the needs of the group ahead of our personal ambitions, we can achieve greater things. Let us carry with us the spirit of the peloton,

remembering that our collective efforts can drive us to greater heights,  
just as they do for the cyclists in the whirlwind of competition.

**Councillor Mathew Dickerson**  
**Mayor of Dubbo Regional Council**

Last Edited: 19 Mar 2024