

THE CHAIN LETTER

Newsletter of the CYCLE TOURING ASSOCIATION OF W.A. (INC.)

March/April 2010

Issue 211

PRESIDENT'S REPORT

2010 is panning out to be a full and exciting year we have for members with a good series of tours on the drawing board. The second in the new Sustainable Tour series is based in the Margaret River region towards the end of March. An ANZAC weekend tour is being organised from Midland to Gingin to Toodyay and back to Midland with road, touring and mountain bike options of differing lengths on each day. Planning for the premiere event for the year is proceeding, the Coast the Rainbow OYB tour from Bremer Bay to Walpole in November. David Taylor has offered a full pannier extension to the OYB riding to the start from Manjimup and then back to Manjimup from Walpole at the end. David has offered secure parking for cars for anybody who wishes to add the extra 9 days to the OYB.

Details of these longer tours is on pages 9 and 11. And a new feature The Chain Let-

ter has a summary of the main events for the year on page 4.

Finally on tours, who is accepted for OYB has caused some controversy in recent years. Because of the popularity of OYB and limits on some of the overnight sites, not everybody who applies can be accepted. The CTA Committee has considered the issue at its last two meetings and the priorities decided are on page 9. Priority is to be given to CTA members, particularly those who have taken an active role in the past two years before the brochures are sent out. It is hoped that the higher priority for ride leaders and others will encourage greater active participation from our members.

Four of our members are to embark on an exciting adventure riding mountain bikes the 700km from Derby to El Questro near Kununurra in the far north in late May

this year. The four are also supported by two drivers in support vehicles. It must be noted that this is a private venture by people who happen to be CTA members. By entering the Challenge, the Team does contribute to worthwhile charities: the Police Legacy and CanTeen.

It has been difficult to know the extent to which the CTA should or should not give any support to the team. One view is that because it is a private venture, it is a matter for the team and the team alone. A middle view is that a privilege of membership of the CTA is the ability to advertise goods for sale or services in the Chain Let-

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Liz Marshall's face says it all at the end of a night mountain bike ride

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Radio & TV:

Keep up with the latest breaking cycle related news, whether your interest is in MTB's, Touring, Time Trials, Road Racing, or gizmos and gear. Let the experts keep you up to date on what is happening in WA and the world.

Curtin Radio 100.1FM
Saturdays 7:40—8:00am

SBS (TV)
Sundays 11:30am—12:00noon

COVER PHOTO—ONCE IN A BLUE MOON

This year's moonlight mountain bike ride was again a success with 14 cyclists rampaging through the Heritage trail and scaring the wildlife. The kangaroo found in the tunnel will never be the same again!

See photo on page 1 of Liz Marshall and friends at the end of the January moonlight mountain bike ride.

The things that stop you having sex with age are the things that stop you riding a bicycle – bad health, thinking it looks silly and no bicycle. Dr John Snowdon.

HOUSE KEEPING

Contact a Committee member, or send us an email, if:

1. **Your contact information changes** (so we can keep our data base up to date.)
2. **You wish to hire equipment.** We have Rear Panniers, a small Rack Bag and a Trangia (camp stove). By hiring, you can sample cycling touring without investing in lots of equipment. And if you do decide to invest, you'll have a better idea of

what you want for yourself. Cost is \$5 per 2 weeks, \$10 per month, plus a bond.

3. **You wish to contribute to, or borrow from, our library** of cycling related books and magazines. Items may be borrowed for 4 weeks, and the library is available for viewing during social evenings.
4. **You have stories, pictures, or ideas for the newsletter.** Photos should be at least 500KB to ensure adequate print quality.

Email to editor@ctawa.asn.au

REPORTING CYCLING HAZARDS

All riders are encouraged to make a note of hazards observed during their rides (especially on new roads or paths).

BikeWest received notice that as from 1 April 2009 Main Roads WA would no longer have the resources to action queries forwarded from the online Department for Planning & Infrastructure hazard reporting system. BikeWest has updated its online information and made changes to streamline their hazard reporting system. Hazards can be forwarded directly to local governments, Main Roads or to the PTA. They have provided a map to assist with determining which agency to send the report to.

Main Roads will retain its fault reporting link <http://www.mainroads.wa.gov.au/OtherRoads/Pages/ReportProblem.aspx> and its 24hr telephone hazard reporting hotline (138 138).

It is recommended that in addition to reporting hazards to the appropriate local or state government agencies, copies of information should also be sent to Bruce Robinson, bruce.robinson@westnet.com.au and to the Bicycle Transport Alliance at BTA_WA@hotmail.com



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DEADLINES: Contributions for the next issue (May/June) should be sent to the Editors (telephone Sarah or email editor@ctawa.asn.au) no later **4 April 2010.**

DISCLAIMER: Opinions or comments from contributors and members do not necessarily reflect those of the Club, its committee, the Editors, or its membership as a whole.

CYCLING AND KNEE PAIN

WHAT YOU KNEED TO KNOW

Dr Sarah Cutts

When I cycled in the 2008 On Your Bike, the most common complaint (apart from too many hills) was knee pain, so I thought I'd discuss the issue.

Knee pain is very common in cyclists. An average cyclist can do around 5000 pedal revolutions an hour, which means that a small problem can rapidly become a major one.

If your pain only happens when you are cycling, you are likely to need immediate surgery – of the bike. The most common problem is the seat being too low. Try very gradually raising it, in increments of 5 mm. You want to have only a very slight angle at the knee when your foot is at the lowest part of the stroke. The saddle usually needs to be a lot higher than you think when you start. The other advantage of this position is that your upper thigh muscles can work much more efficiently.

Sometimes, the saddle may need shifting horizontally. If the pain is in the front of the knee, it may be worth trying the saddle back and vice versa. Cleat position may also be a factor, particularly if the pain is at the side of the knee. Professional fitting may be worth considering. Bike Force and TrySports are two places which will do this.

The other common issue is gearing. Using a big gear and slow revolutions puts a lot of strain on the knee.

Ideally, use a lower gear at about 80-90 revolutions a minute. You can also get cycle computers which will work it out for you.

Particularly with events such as On Your Bike, a sudden change in the amount of cycling you do can cause pain. It is worth training for a nine day ride! Ideally, don't increase your training by more than 10% a week. (The July/August 2009 issue of the Chain Letter had a suggested training timetable for last year's OYB).

If you do get knee pain after cycling, if possible rest and let the pain resolve before restarting gradually. If you keep trying to cycle through the pain, you can create a chronic injury. This is not always possible, so ice for 10 minutes every hour and keeping the knee up can help. Anti-inflammatories such as Nurofen can help, but they can have unpleasant side effects, such as stomach ulcers.

If the pain is at the front of the knee, and is happening at other times, particularly going up and down stairs and after sitting

for a long time, you may have Patello-femoral Syndrome. In this condition, imbalanced muscles are pulling the knee cap out of place. This is common as cyclists, as the lateral thigh muscles develop at the expense of the medial muscles. A good resource for an exercise programme is aafp.org/afp/991101ap/991101b.html. Taping can also give some relief in the short term. bigkneepain.com also has exercise and stretching programmes.

If these simple things don't work, it is time to see your GP or Sports Physio, preferably one with an interest in cycling. Individual anatomy can play a large part, including muscle tightness, which would benefit from a stretching programme. There are a number of tendon and other injuries which may require more specific treatment.

An excellent article on knee pain is at : cptips.com/knee.htm.

This site also has some very useful information on training and nutrition.



WELLARD WOOPS – A YEAR ON

One year ago today, I was on a CTA ride starting at the Wellard train station. Unfortunately, I was involved in a bicycle pile up. I braked heavily to avoid a bike in front of me which was slowing unexpectedly and, as a result, took a dive over the flat handlebar of the bike, broke my collar bone, 2 ribs and a finger. Brian, the cyclist behind, crashed into me, sustaining concussion and a disintegrated helmet. I recovered well enough to ride approximately 550km on the Bicycle Victoria "Great Escapade" around the south west of WA, about 2 months later. Brian was more fortunate and back on his bike in about 3 weeks.

That is the bare bones of the matter, but there is much more to the story, hopefully worth telling.

Firstly some positives.

I am far more cautious whilst riding; averse to risk taking, more aware of special issues and my own limitations and mortality!

I have adapted my approach to group riding: I am far more discerning about riding 2 abreast, close enough to another rider in order to converse with him. I have learnt a painful lesson about the perils of drafting, or closely following another bike (which was the prime cause of my crash: my fault and mine alone).

I am very grateful for the help given to me on the day of the crash by Jeremy, Kleber, Bruce and others whose names I do not know. I am grateful for the follow-up interest shown by Bruce and others in the six months subsequent to the crash. On the day, the ride leader and others performed well in dealing with a number of issues which took them by surprise, to the credit of the Association.

Now a concern or two.

I have long lasting injuries to deal with, in particular a shoulder which is weak and will always be weak, even though the very clever surgeon did a great job fixing bones with lots of metal inserts.

But perhaps most important of all, I have a loss of confidence in my fellow riders, and of cars and their drivers who are around me;. I am worried now that each one is a 'potential' threat to my safety. And of course they are – but knowing that erodes the enjoyment of the activity to a degree.

There is a case in point. On a recent CTA ride, we were travelling on a relatively busy narrow road with a series of planted median strips. A pair of cyclists were riding in front of me, two abreast. They were clearly annoying a number of motorists who were unable to overtake them. While understanding but not excusing the drivers, their driving was more aggressive because of the obstruction, putting me and others also on the ride at risk.

Finally, and pleasingly, I still love the sport, love getting out every weekend on the bike, and look forward to many more CTA rides.

John Reyburn.

CTA MAIN EVENTS FOR 2010

TOURS AND OTHER EVENTS

February 27 - March 1	Bump the Grind Labour Day Long Weekend
March 20 – 28	Ride with a Difference
March 21 – 28	Bikeweek
April 24 – 26	ANZAC Day Long Weekend Tour
June 5 – 7	Foundation Day Long Weekend Tour
July 17 – 18	Christmas in July
October 23– 28 November 14–15	OYB Extension Tour with David Taylor
October 30 - November 7	On Your Bike Tour "Coast the Rainbow"
November 27	Progressive Dinner
December 5	Annual General Meeting

ACHIEVEMENT RIDES

March 7	50km
April 18	5,000 in 4
May 2	100km
May 15	Century
July 24	Audax 200 Classic (Subst. 50km Take 2)
August 8	5,000 in 4 (Take 2)
August 21	100km (Take 2)
August 22	200 in 2 (Day 2)
September 4	200km
September 19	10,000 in 8
October 9	300km

Your New Rides Committee

After last year's AGM, the CTA Committee decided to change a few things. It was decided that instead of having one person on the committee as the Rides Coordinator and one as the Social Event Coordinator, we should form a sub-committee to combine these two roles, and share things around a bit.

Rowena Scott, Mal Harrison, Simon Koek, Roy Messom, Jeremy Savage and Colin Prior have teamed up to bring new life and fresh ideas to the club's rides and social nights.

But we need YOUR help! As always, the Rides Committee are looking for people to lead our Sunday morning rides (or any other morning, or evening, your choice!). Now this may sound a little (or may be even totally) daunting, but in reality leading your first ride doesn't have to be scary at all.

We are sure that we all have our favourite

little collection of fun rides that, when time and motivation permits, we head out and do. These rides are PERFECT, because if you find enjoyment in a circuit (perhaps from a train station nearby your own home) then, chances are, you will find even more enjoyment when you have company! It doesn't even matter if lots of people come; as sometimes fewer is less stressful and more enjoyable.

The Rides Committee has compiled (well, possibly plagiarised) some tips on leading a ride, published in this very edition of the newsletter! Please take time to read it. It shows that it's not so hard to lead a ride: as Kleber would endorse, all you need is a list!

Another great idea that the Rides Committee has come up with is a "co-leader" system, where a new ride leader has a mentor to offer them guidance. From the type of ride, the route, how to deal with ride is-

ues (such as traffic), scouting the ride and finally being there to assist them on the big day, the mentor makes their skill and experience available. Hopefully, with this co-leader system, anyone who thought that one day they would like to take the plunge and lead a ride, now has a support system in place to enable them to become a competent and valued ride leader.

The members of the Rides Committee have also started a telephone survey of our members, asking them, firstly, what types of rides they like and if they would lead a ride this year. So if you haven't already been contacted by one of the Rides Committee, then please, take some time to think about what *you* want from the CTA and what sorts of rides you could contribute. The CTA is your organisation, and we are all volunteers, so if you could help out in any way, we would love you to do so.

So You Want to be a Ride Leader?

Fantastic! A club is only as good as its members, and your decision to contribute will only make the club better. As mentioned in the article above, the club has just created the Rides Committee. Its job is to facilitate and organise club rides. With more members leading rides, there's more choice and less reliance on "so few, doing so much, for so many" (with apologies to Mr Churchill).

Please don't be intimidated! Leading a ride can be a lot of fun. You get to go where you want to, and control the pace, stops etc. If you would like help, most people on the Rides Committee or other members would be happy to co-lead, participate on the day, and perhaps even offer advice. Some of those on the Rides Committee even find there are others that can offer useful advice on where to go!

Remember, you are not expected to be perfect, especially on your first ride.

Planning

Pick a route. Think about your own favourite rides/places, places you want to

visit, or have a chat with a member of either the Rides Committee or CTA Committee—or another experienced rider.

Ride (or at least drive) the proposed route, noting the distance and any hazards before leading the ride.

Consider your starting point carefully. Is it easily accessible (eg at or near a train station)? Can it be easily located (ie near a landmark of some feature marked in a street directory)? Consider how people will get to the start—including riding or by train.

If possible, write a detailed route description that can be given to the designated tail-end person ("Tail-End Charlie"). At least, note down the intended destination with its contact number(s), so the group can reunite if it is separated.

Consult the Rides Committee to find the best time for your ride in the calendar. Write a short description for the Rides Calendar in the newsletter with the following details:

Day and Date

Title - look at some old **Rides Calendars** for ideas.

Distance - be as accurate as possible, especially for the shorter rides for beginners. The difference between 30 and 40 km may be nothing for strong riders, but for newer people it may be so difficult that they may never come again!

Terrain - the CTA has a general classification for terrain, as found at the start of the **Rides Calendar**. Please be as accurate as possible, especially for rides intended for beginning cyclists.

MTB - if the ride is for mountain bikes.

Pace - The CTA has a general classification for pace, as found at the start of the **Rides Calendar**. Once again, be as accurate as possible.

Start Time and Location - the general convention is that rides start around 15 minutes from their advertised time. If a ride **MUST** leave at a certain time, then specify an additional "SHARP" start time

eg "7:45 for an 8:00am sharp start". If starting at railway station, consider that the first train out of Fremantle on Sundays is not until 0730.

Short Blurb – this should give the general outline of the ride (eg fast training ride or leisurely social ride, etc), general route or locale, attractions on the ride and refreshment stop (eg coffee and the end of the ride or lunch at the halfway point, etc). Again see old **Rides Calendars** for ideas.

Plan for emergencies. Bring a small First Aid kit (available from Rides Committee members if you don't have one). Be ready for minor mechanical problems (eg punctures), and carry a few simple tools for seat adjustments etc. Be aware of emergency phone numbers for police, ambulance, etc.

Note that if you are going anywhere that requires a booking, either specify a booking date in the **Short Blurb** (in the Rides Calendar), or at least estimate the number of riders and make a tentative booking. You may need to consult a Rides Committee member to help you with this estimate.

If you have planned a refreshment stop, it's a good idea to check ahead of the day and warn them – 20 cyclists can clean out a small café pretty quickly!

Before Starting the Ride

1. Try to get to the start a little early.
2. Check the suitability of riders and their bikes for the event. If you feel they are not suited to the ride, have the courage to tell them. You know the route and its difficulties, so explain it to them. If their bike is unsuitable, tell them why. If they are unsuitable in terms of cycling strength, tell them so and why, or perhaps suggest they try an easier ride, or give them a shorter version of the route.

3. Check that all riders have helmets.
4. Check all riders have lights for night rides.
5. Check everyone has enough water, especially in summer!
6. Co-opt an experienced rider to be the "Tail End Charlie".
7. Count the number of riders (**THIS IS IMPORTANT!**).
8. Introduce yourself, the Tail End Charlie, other members, and welcome non-members. Ask everyone to say their name loudly, so everyone feels welcomed. We were all non-members once, so encourage interaction.
9. Announce future events and encourage other members to make announcements about their events.
10. Explain the route, the intended destination, and any important points on the route. This may help riders to find the group if they become separated. An important point is that riders who think they are lost should STOP; this means the Tail-End Charlie should find them (as they bring up the rear).
11. Explain that if they leave the ride, they need to inform you or the Tail End Charlie.
12. Review safety issues for group riding:
 - Giving clear verbal indications of intentions eg "slowing", "stopping", "turning left", etc.
 - Using standard CTA hazard calls eg "CAR BACK", "LEGS FRONT", etc
 - Taking care with traffic.
 - Being considerate of other road or dual-use path users.
 - Obeying road rules.
 - Not riding more than two abreast, and single file when safer.

- At each turn, making sure the rider behind you has seen the turn (in order to follow). This may require slowing down or even stopping.

During the Ride

Ensure the pace suits the group, and monitor throughout the ride. Especially monitor non-members on Social or Leisurely rides, as they may be reluctant to express their discomfort. Instead, they may simply think that CTA is too hard for them and never come back.

Care for the weaker riders. Talk to them and encourage them.

Remember that YOU are leading this ride. Don't let others take over.

With a large group of mixed abilities, consider splitting the group in two.

Try to ensure all riders make each turn.

Take breaks. Make sure that the last person to arrive is well rested before continuing. Too often the last person struggles in to join the group, only to hear the leader shout, "OK, lets go!".

Give safety calls where appropriate eg SINGLE FILE where the road markings are double white lines, etc.

If you are stopping at a venue where a bill is involved, check with management regarding outstanding payments. You (or the CTA) may want to come back again!

After the Ride

Account for all riders (which is why you counted them at the start). Invite feedback.

Thank everyone for coming along. We also hope that you, as leader, enjoyed it.

Thanks to Deb Palacios and many others for helping write this guide.

PRESIDENT'S REPORT

Continued from page 1

ter. The third option that the CTA itself donate money was rejected at the AGM.

The CTA Committee has decided that the middle road is acceptable and given space in the Chain Letter for the team to adver-

tise events to raise money. However, it has insisted firstly that any members are able to distinguish clearly whether money raised at any particular event goes to the team or goes to charity and secondly there is no charge for attendance on any CTA ride even if there is, for example, a sausage sizzle at the end.

We will report on the Challenge itself

when tired and weary, but exhilarated no doubt, the Team returns home from their adventure.

As always, may your cycling be good and enjoyable –take care.



Lift out Rides Calendar page for March/April 2010

Ride Guidelines

All riders are responsible for showing up with a well-maintained bike. You will need to wear a helmet, and we recommend you bring a spare tube, puncture repair kit, tyre levers, pump and, if your bike is not fitted with quick release hubs, a spanner that fits your axle nuts. Most importantly, bring water!

Rides are described using the guidelines below. *If you are unsure of your suitability*

for a ride, or if you feel it may be too long for you, don't be put off. Please contact the leader before the day to discuss your suitability, or to see if you can do part of the route.

Terrain refers to the hilliness of the ride, and can be "Mostly Flat", "Rolling", "Some Hills" or "Hilly".

Mountain bike rides (on tracks or unsealed roads) are described as "MTB".

Pace refers to the average speed on the flat without breaks. Downhills may be faster, uphill slower. For rides with "Hilly" terrain, consider choosing a pace one level below your usual comfort level.

Social	Under 15km/h
Leisurely	15 - 20km/h
Moderate	20 - 25km/h
Brisk	25 - 30km/h
Strenuous	30 - 35km/h
Super Strenuous	35km/h or more

LIABILITY DISCLAIMER: While every effort is made by CTA ride leaders to ensure the safety of all participants on our rides, individual cyclists (whether they are members or not) are **not** covered by the club for injuries if an accident occurs. We recommend that you obtain personal accident insurance before taking part.

Sunday, March 7 50km Achievement Ride

50km Some Hills, Moderate, 9:00 for a 9:30am sharp start.

Meet at the corner of Soldiers Rd and Mead St, Byford, to register and collect a ride description (if required). This course rambles over the coastal plain, before ascending to Jarrahdale, the control point (at the General Store). The time limit is 3 hours and 20 minutes (requiring an average of 15km/h).

Organiser: Colin 9418 1571 (H)

Sunday, March 14 Art by Bike

45km Mostly Flat, Leisurely, 8:00 for a 8:15am sharp start.

Meet at Murdoch Station. Cycle touring offers opportunity to see stunning sights that car tourists just don't. We will stop at all the amazing artwork along the Roe Highway bike path, then along the Canning River, so bring your camera! It will be a moderate pace, but very stop/start. Coffee (with the option of swimming) will be at the Deep Water Point cafe (so bring your bathers). Afterwards, we'll catch the train from Canning Bridge or ride back.

Leader: Rowena 9337 5132 (H)

Sunday, March 14 South and About

65 km Mostly Flat, Brisk, 8:15 for an 8:45 sharp start.

Meet at the South Beach Café. With a little

luck this ride might even have a tail wind BOTH ways. We'll start heading south along the coast and end up in Rockingham. Making our way east towards the Freeway, there will be a few little surprises on the way back. Don't be put off by the pace; it's almost completely flat and *no-body* will be left behind. The Chilli Festival is on in Freo that day and the leader will be popping in there after the ride.

Leader: Colin 9418 1571 (H) or 0433 512 833 (m).

Wednesday, March 17 Gibb River Team Ride & Sausage Sizzle

12/16km Mostly Flat, Leisurely/Moderate, 6:00pm start.

Meet at Garland Cycle Works car park (rear of 87 Canning Hwy, South Perth) and join the mad MTBers for an evening ride around the river, with a BBQ at Point Heathcote. The 2 ride options are a 16km Moderate ride, and a 12km Leisurely ride, but both returning via the Freeway PSP and South Perth foreshore. The BBQ will be social, so if you don't want to ride, then just turn up at Point Heathcote around 7pm, with as many hungry (and generous) friends as you can find. Funds raised will go to the team to help meet their expenses. **PLEASE RSVP to Jeremy** so we don't run out of food and drinks.

Leader: Jeremy 9493 2237 (H) or 0412 886 612 (M)

Cook: Mark 0417 484 634 (M)

Saturday, March 20 to Sunday, March 28 Ride with a Difference

More details are on page 9

Contacts: Robert 0428 543 720 (M) or Joani joanihoult@hotmail.com

Sunday, March 21 Freeway Bike Hike

This non CTA ride is to benefit the Asthma Foundation. There are distances of 60 km, 30 km and 10 km. You need to register at www.freewaybikehike.com.au

Sunday, March 28 The Valley Run

65km Mostly Flat, Moderate, 9:00am start.

Meet at Midland Station for a ride along the quiet back roads of the Swan Valley, to The Vines, to see how the other half (or 5%) live. Following a meandering loop once there, we will then tour the rapidly expanding Ellenbrook. Then it's back to Midland via Whiteman Park with a refreshment stop somewhere along the way.

Leader: Terry 9472 9887 (H)

Friday, April 2 to Monday, April 5 Easter Long Weekend

Unfortunately, due to the unavailability of accommodation, the club could not organise a tour for this weekend. However, the club wishes all its members a Happy Easter!

Continued on page 8

LIFTOUT RIDES CALENDAR

Continued from page 7

**Sunday, April 4
Easter Sunday Egg Scrambler**

50km Some Hills, Moderate, 8:45 for a 9:00am sharp start.

Meet at Charles Paterson Park, Victoria Park. Join Jeremy for a nice gentle roll up to Kalamunda via Forrestfield and Kalamunda Rd. After coffee and something without chocolate, we will head south and roll back down the hill along Welshpool Rd. This ride will have 1 good climb and we will wait at the top for everyone.

Leader: Jeremy 9493 2237 (H) or 0412 886 612 (M)

**Monday, April 5
Gibb River Team Ride**

Various rides, for all fitness ranges with something for everyone, 8:00am sharp start.

Meet at Garland Cycle Works car park (rear of 87 Canning Hwy, South Perth). This is a public event, and is a good way to introduce your non-cycling friends to group riding. After the rides, there will be the usual post-ride goodies and maybe a special treat as well! Funds raised on this ride will assist the team with their expenses.

Contact: Jeremy 9493 2237 (H) or 0412 886 612 (M) or Colin 9418 1571 (H)

**Sunday, April 11
Through the Bush with Colin & Liz**

50/30km Some Hills/Mostly Flat, Moderate, MTB. 8:45 for a 9:00am sharp start.

Meet at the start of the Bibbulmun Track, Kalamunda (across from the Coles car park), for a ride through the bush with either Liz (30km) or Colin (50km). Coffee in Kalamunda at the end of the ride should allow both groups of riders to exchange their exhilarating exploits.

Leaders: Colin 9291 7773 (H)

**Sunday April 11
Lynn's Uphill Jaunt**

55km Some Hills, Moderate, 8:30 for a 8:45am sharp start.

Meet at Gosnells Station for a nice hills

ride without being too 'over the top'. Leaving up Brookton Hwy, through Pickering Brook, we wind our way to Canning Rd. After a short wait for the ride leader, we'll head for a well earned coffee, before the big downhill on Welshpool Rd and back to Gosnells.

Leader: Lynn 0402 303 270 (M)

**Sunday, April 18
5,000 in 4 Achievement Ride**

55km Hilly, Moderate, 8:30 for a 9:00am sharp start.

Meet in the carpark behind the 'Supa Value' store, corner Albany Hwy and Gilwell Av, Kelmscott, to register and collect a ride description (if required). The course promises 5,000ft of uphills and downhills around Armadale and Roleystone. The time limit 4 hours (requiring an average of 14km/h).

Organiser: Colin 9418 1571 (H)

**Sat, April 24 to Mon, April 26
Anzac Day Three Day Tour**

220-330km, Some Hills, Moderate, 8:00 for an 8:30 sharp start.

Day 1, Midland to Gingin 80-110km

Day 2, Gingin to Toodyay 80 km

Day 3, Toodyay to Midland—70, 90 or 95 km

More details are to be found on page 9

Leader: Colin 9418 1571 (H) or 0433 512 833 (M)

**Saturday, May 1
Team Crackalacken Quiz Night!**

Meet at the Victoria Park Hotel (605 Albany highway, Victoria Park) 7:30pm sharp start.

The Gibb River Team is holding this quiz night to raise money for Policy Legacy and CanTeen by entering the Gibb River Challenge. Please find yourself a group of 8 people and book your table for the small cost of \$15 per person. Put your thinking caps on in preparation for a great fun night out with loads of great prizes and a few good laughs as well. Food will be provided but **strictly no BYO** (as the venue is a hotel). Contact Jeremy for bookings. And if you can't find a full table, Jeremy may be able to find a table for you!

The full proceeds from this event (less direct expenses) will be donated 50:50 between WA Police Legacy and Canteen.

Contact: Jeremy 9493 2237 (H) or 0412 886 612 (M)

**Sunday, May 2
100km Achievement Ride**

100km Hilly, Moderate, 8:30 for a 9:00am sharp start.

Meet at Armadale Station to register and collect a ride description (if required). A pretty, but demanding, ride going up Bedforddale Hill, past Glen Eagle, then onto Jarrahdale and Serpentine Dam. The time limit is 6 hours, 40 minutes (requiring an average of 15km/h).

Organiser: Colin 9418 1571 (H)

**Sunday, May 9
Warm Enough for Icecream?**

35km Mostly Flat, Leisurely, 9:00am start.

Meet at Shearn Memorial Park, Maylands, for a leisurely and scenic ride along the river to Midland, where we may just happen to find an ice cream (or two!).

Leader: Simon 9271 2959 (H)

**Wednesday, May 12
CTA Social Night - Basic Roadside Maintenance**

Meet at Garland Cycle Works car park (rear of 87 Canning highway, South Perth). 7:30pm sharp start.

We all know just how annoying it is to have a "mechanical problem" in the middle of nowhere, without the luxury of a team mechanic leaning out of a car window and fixing whatever it is. Some of us have to do it ourselves (unless of course you are with your guardian angel (e.g. Kleber) with the part and tools you need!). So, the guys from Garland Cycle Works will show us some basic things that we can do to keep us keeping on. From changing a spoke to making adjustments to brakes and derailleurs and repairing broken chains. We can order pizza and have some hot drinks while we learn.

Organiser: Jeremy 9493 2237 (H) or 0412 886 612 (M)

Sustainable Tours

Based solely in Busselton, this is a recreational cycle tour of the area, including Dunsborough, Margaret River, Capel areas and surrounds. The tour numbers are limited to 50 and participants need to be members of the CTA.

This is the final call for entries for the Ride with a Difference Cycle Tour to be held from March 20 - 28 2010.

We still have a few places remaining, so don't miss out!

Delightful wineries, delicious cheeses, superb coffee, and even a surf at Yallingup as well as local history, galleries and award winning icecream!!

All this and gorgeous scenery, too. Plus plenty of time and opportunity to do

some more exploring on your own if you wish.

At days end come back to Mandalay on the beachfront in Busselton.

If you would like an entry form email joanihoult@hotmail.com or call Rob Tognela on 0428 543 720.

Coast the Rainbow—OYB Nov 2010

Details of OYB 2010 (Bremer Bay—Walpole Oct 30—Nov 7) were in the last issue. The CTA Committee has determined the entry criteria for this tour as follows:

- There will be a maximum of 130 participants (including OYB committee and Tour Leader) for OYB 2010.
- There will be an open and transparent selection process made known to all through the CTA Chain Letter.
- There will be 20 places set aside for the discretion of the OYB Tour Leader (including OYB Committee members and mechanic).

- There will be a waiting list made once 110 participants have been selected. This waiting list will be used to fill any cancellations.
- CTA members only will be selected for one month from the date when the OYB brochure has been sent.
- During the first month after the OYB brochure has been sent, the first participants selected for OYB 2010 will be all applicants who are members of CTA and who have been "active" during the 2 years immediately prior to the OYB brochure has been sent. Active members are designated as CTA members who have led a CTA ride, have written an article or taken a photo that has

been published in the CTA Chain Letter, are or have been on the CTA committee, or have been a volunteer on OYB.

- At the end of the first month after the OYB brochure has been sent, the second round of participants selected for OYB 2010 will be other applicants who are CTA members in order of the date that their application has been received.
- One month after the OYB brochure has been sent, all other applicants will be selected in order of the date that their application has been received.

Brochures will be out soon—so book early!

ANZAC Weekend 2010

Day 1, Saturday April 24 Midland to Gingin 80-110km

There are two ways of getting to Gingin: either the shorter, flatter but slightly more boring route via the Brand Highway, or the longer, slightly hillier but magnificent scenery of Chittering Valley Road. Either way, that night we will be staying at the Gingin Hotel. Accommodation varies from \$110 for a motel room, \$90 for a hotel room or you can camp in the beer garden for free! Meals are fairly typical for a country pub, and vary between \$15-\$30.

Day 2, Sunday April 25 Gingin to Toodyay 80 km

For the patriotic among us it will be a pre-dawn start to greet in ANZAC day, but that isn't mandatory! Fill up at breakfast and get something at the store before leaving because there are no shops on today's

route. Those of you who did OYB 09 will be familiar with much of the road today, as we head through the Julimar State forest on the way to Toodyay. We were going to have a different stop for tonight, but after the fires, Toodyay needs all the support that we can give. Tonight's home will be the Freemasons Hotel, where CTA has stayed on many occasions and they truly are looking forward to seeing us again. The accommodation is \$100 for a motel room and between \$60 - \$90 for the hotel rooms (all multiple occupancy), so depending on numbers, etc it will probably work out to around \$30 each. If you want to camp, the caravan park is very close too. Again, depending on numbers we might even be able to swing a fixed menu roast dinner for a really good price.

Day 3, Monday April 26 Toodyay to Midland 70, 90 or 95 km

Your choice for the way back to Midland. Either straight back along Toodyay Road, across to Clackline and back through Baker's Hill and Mundaring, or off road along the Kep Track. Whichever way you choose we all end up back at Midland Station.

Be aware to BOOK earlier, rather than later, as accommodation in the pubs is limited and it is first in best dressed! As per normal non-cycling spouses are not only welcome, but positively encouraged to join us. And if anyone is prepared to drive and be the official support (which mostly means lugging stuff), the club will compensate for fuel, etc (conditions on application). Finally, please come along to offer your support to the people of Toodyay who are still recovering from the fires.

CTA Adventurers on the Gibb River Challenge

You may have read in the last edition of the Chain letter that there are four slightly crazed members of the CTA about to fulfil a shared, lifetime dream. The race follows the Gibb River Road (in the VERY north of our beautiful state), on our mountain bikes.

Mark Ewing, Colin Prior, Roy Messom and Jeremy Savage, as Team Crackalacken, have been lucky enough to have their team's entry accepted for this year's "Gibb River Challenge". They will meet the other 54 teams of riders, the team cars and of course, the event volunteers, in the town of Derby. Their just over 700 kilometre journey will be from Derby to El Questro Station, just out of W.A's north eastern most town of Kununurra.

As well as fulfilling many childhood dreams of seeing some of the most spectacular scenery the Kimberly has to offer, they will help raise money for 2 beautiful charities for extra encouragement and motivation.

The Gibb River Mountain Bike Challenge is now in its fifth year and is getting bigger and better every year. This year's event hit



The Nimble on the Munda Biddi Track

its maximum number of entries in just 17 minutes. Yes friends, that's right, there are 54 other teams crazed enough to want to ride those 700 kms of gravel! This team wants to beat every one of them on the road, and they want to beat their contribu-

tions to the charities as well!

The event is organised by some really wonderful folks from the Broome Police Station. They decided they really wanted to raise some money for a charity close to their hearts-- being the Police Legacy Charity. However, they're so generous they decided that entrants should be given the choice to direct some of their hard earned money to a charity of the team's choice. The team has chosen a charity close to their hearts, CanTeen. The monies raised by all teams get split evenly between Police Legacy and the second charity, and Team Crackalacken are going to do their very best to raise as much money for two great causes as they can.

The team has set up a web page allowing direct donations to Canteen: <http://www.everydayhero.com.au/crackalacken> In addition, the team is raising funds to assist getting to the event.

Fund raising events kick off on the 17th of March with a St Patrick's day social bike ride and sausage sizzle. The ride starts from the car park behind the newly re-named Garland Cycle Works bike shop (and great supporter of the teams). See

Continued on page 11



Colin Prior not so nimble on the Munda Biddi Track

Continued from page 10

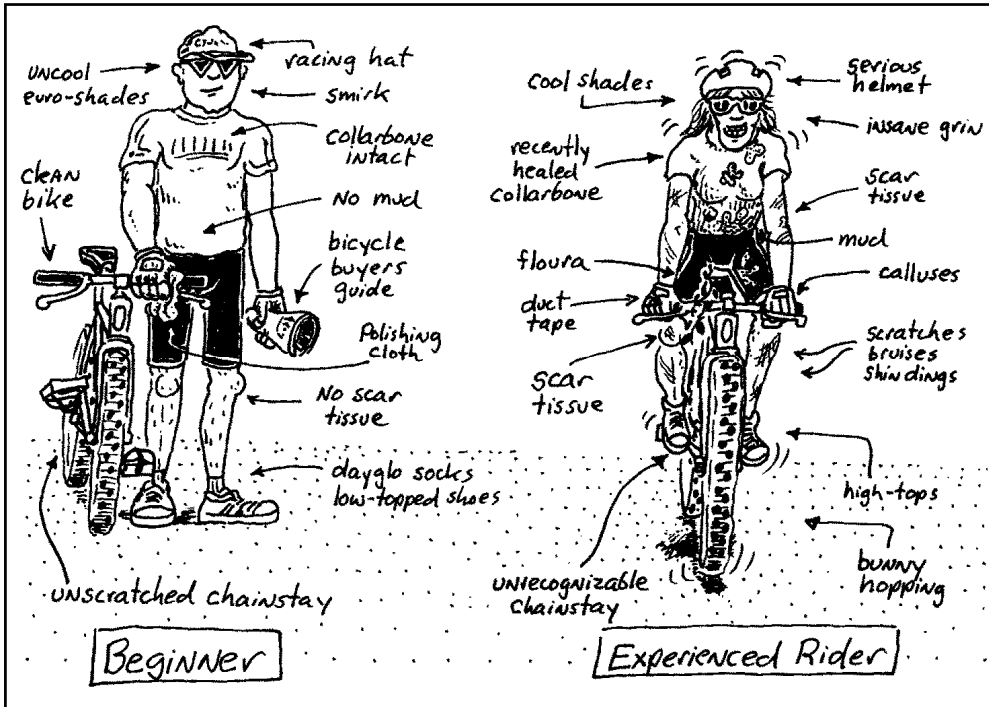
the ride calendar for more details.

The team are leading a ride on Easter Monday to again help meet their expenses. Finally, they are holding a quiz night on the 1st of May at the Victoria Park Hotel

that will be open to everyone the entire net proceeds of which will go to charity. Please get in early to book your table and avoid disappointment by contacting Jeremy on 94932237.

Their training has started in earnest, with team members getting in around 1450kms

per month of training rides, both road riding and mountain biking. They have many big rides planned, so members might see the team on the roads, in the Kalamunda hills, or on the bush tracks-- hopefully looking trimmer and fitter than before!



The team hopes we will see them around and invites anybody to offer some kind words of support or a few dollars either to the team or to their two truly great causes.

Cartoon from

The Mountain Bike Way of Knowledge
William Nealy

By permission

OYB Extension Tour

From David Taylor

I propose to augment this years "Coast the Rainbow" tour into a round trip by doing a leisurely full pannier ride from Manjimup into Bremer Bay to join the main tour and afterwards returning from Walpole to Manjimup with full equipment.

For anyone with the time and inclination to accompany me, I can offer secure car parking at my place in Manjimup for the duration and providing that I am not swamped by an overwhelming demand, overnight camping facilities before and after the ride. Be also aware that the daily TransWA bus service between Perth and Manjimup will carry two prebooked bikes in the luggage compartment beneath the bus.

My proposed schedule is as follows:

Saturday 23 October Manjimup via Perup Road, narrow quiet bitumen, to Perup Reserve. There are a couple of climbs out

of river valleys that are marginally get-off-and-push steep and the final 17 km is well maintained gravel through the reserve with frequent kangaroos to be seen. Accommodation will be in the Reserve bunkhouse. I require numbers for this booking. 65 km

Sunday 24th Perup Reserve to Cranbrook via the Boyup Brook to Cranbrook Road, narrow quiet bitumen following the Gordon River Valley. Accommodation in the Cranbrook Council caravan park. 87 km

Monday 25th Cranbrook to Stirling Range Retreat Caravan Park. This road follows level ground along the base of the Stirling Range. 82km. Accommodation for two nights at this park allowing for an ascent of Bluff Knoll on Tuesday to use a few different muscles and give the seat a rest.

Wednesday 27th Stirling Range Caravan Park to Boxwood Hill. The route via Ame-

lup and the Borden to Bremer Bay Road follows the Pallimup River and is I believe now all bitumen . 94 km. Camping is to be arranged – numbers required.

Thursday 28th October Boxwood Hill to Bremer Bay following the tourist route that we will be retracing on Saturday. 70 km. Camping at the caravan park. We will then have a day or so to recover on the beach, swimming or fishing, while we wait for the start of the main tour.

Sunday 7th November Walpole to Shannon Camping Ground. We follow the main SouthWest Highway. The traffic on this section is moderate. It is a very hilly, windy scenic route through the forest. Camping at Shannon, site of an old timber town that is now a DEC reserve. 67 km

Monday 8th November continue along the SW Highway to Taylor's in Manjimup. 55 km

Contact David on (08) 9771 8487

New Members

We welcome the following new members

- | | |
|-----------------|-------------------|
| Hilary Beck | Alf Holmen |
| Tracey Orr | Keith Richardson |
| Peter Goldtern | Yazi Zhan |
| Sally Shaffer | Cara McNish |
| Cyril Velloff | Lynda Nottle |
| Doug Allen | Dallas Trowbridge |
| Judy Waterman | Paula Hine |
| Tony Proffitt | Richard Hodgson |
| Kelly Underwood | Herb Naisbett |
| Bronwyn Smith | Rachel Naisbett |
| Kim Alcorn | Peter Fitzgibbon |
| Paul Collin | |

New Club Jersey

What do you want the club jersey to look like? Erica, Stephen and Sarah are considering options, and we want to know your thoughts on colour and style. Would you prefer pink with diamantes? Or perhaps the council worker Hi Viz look is more your style? Maybe you feel the current design is the best option, and no change is needed? We want to produce a new jersey which is safe, good for touring and also stylish, but we need your help.

Let us know by 30 March:
sarcutts@inet.net.au

**COMPETITION
My Last Good Buy**

We want to hear about your last great cycling find, the one that's made all the difference to your ride. Next month, you can tell us about that piece of useless rubbish which is now cluttering up your garage.

Mine was a pair of Sugoi overshoes from Cyclemania for about \$70. Not so relevant now, but in winter having warm toasty feet made riding in the rain much more bearable.

The best entry wins a bottle of Matilda's Classic White or Wirra Wirra Church Block Cab Sav – Shiraz-Merlot, and we will publish a selection.

Entries to Sarah by 1 April at:
sarcutts@inet.net.au by 1 April.

CTA CLOTHING

Get your CTA Jersey—the weather is improving! Place your orders NOW!

The roads are dry and the days are warming up. The evenings are lengthening and the mornings are bright and still fresh. Give in to the urge and take to the paths! Winter is long gone and now is the perfect season to go by bike instead.



CTA can help you stay safely visible with a range of colourful, practical and comfortable cycling jerseys, shirts and socks. See descriptions and sizes below. New stock can be ordered to meet demand.

- Orange shirts (unisex):**
short sleeve, sizes 16/L–22/XXL (\$35)
long sleeve, sizes 10/XS–18/XL (\$35)

- Striped CTA jerseys:**
women's short/long sleeve, sizes 10–16 (\$95/\$110)
men's short/long sleeve, sizes S–XXXL (\$95/\$110)

CTA Socks

Make a fashion statement in brightly coloured socks, emblazoned with CTA logo (\$10).



'Take-a-Look' mirror

It's like having an eye in the back of your head. Same great quality, same great price. Attach to the leg of your sunglasses or spectacles, or be in quick to snap up a helmet adaptor. These mirrors have won widespread praise for their simplicity, ease of use, and the increased confidence they provide. Forewarned is forearmed — don't be surprised by the idiot behind. Prices for CTA Members Only:

- | | |
|------------------------------|--------|
| Mirror only (40+ in stock) | \$20 |
| Helmet adaptor (10 in stock) | \$4.50 |



Contact: Stephen White, southwind07@mac.com, 9471 8168 (H)



For all your cycling & running requirements

Runner's World
Perth's specialist running & triathlon store

5 FITZGERALD ST PERTH
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FOR SALE

Pair Shimano PD-M324 single sided platform / clip in pedals, brand new, in box, never fitted \$75

Shimano compact crank, front and rear derailleur as new 2009 models, \$125

Contact Lynn 0402 303 270

The CTA Achievement Ride Series

Introduction

The CTA conducts a series of "Achievement Rides" (ARs) each year. These rides provide you with a graded set of challenges. Each ride must be completed within the set time limit, but is otherwise non-competitive in nature. Each ride is supported by a volunteer and the series is coordinated by the Rides Committee (**see page 2 for contact details**).

The origin of the series was for set distance rides so that touring cyclists could train for loaded pannier touring. The philosophy being that if a rider could ride X kms unloaded in a day then they should be able to ride half X in a day when fully loaded. For example, if someone could do the 200 km ride then they should be also able to cover 100 kms on a loaded touring bike. The longest ride in the series is 300 kms on the basis that 150 kms per day is the absolute maximum that could reasonably be attained fully loaded.

Traditionally, the ARs have been run twice a year ("Take 1" and "Take 2"). "Take 1" rides are always run, but you should register at least 10 days beforehand. In line with the criticism at the 2009 AGM that the focus of the CTA is shifting a little too far away from "touring", the Rides Committee is to consider whether to have a "Take 2" this year or suggest that those who miss the "Take 1" should complete any missing rides using a brevet.

Ride (Normal)	Time Limit
50km	3 hrs 20 mins
100km	6 hrs 40 mins
Century (100 miles/160kms)	10 hrs 40 mins
200km	13 hrs 30 mins
300km	20 hrs

Ride (Hills)	Time Limit
5,000 in 4 (5,000 feet of hills)	4 hrs
10,000 in 8 (10,000 feet of hills)	8 hrs

Ride time limits

To be considered "successfully completed" a ride must be completed within the given time limit. Upon successfully completing a ride you are entitled to a badge. Contact the Rides Committee if you would like badges.

Series	Rides
Merit	50, 100 km and 5000 in 4
Achiever	50, 100km. 5000 in 4 plus any <i>one</i> of 160, 200 or 300km or 10000 in 8 or 100km AR and a further 100km the next day
Challenge	50, 100, 160, 200 km, and 10000 in 8
Super Achiever	50, 100, 200, 300 km and 10000 in 8

Ride series

The rides are grouped into series, and an award is available for "successfully completing" a series. A member can only nominate for one award per year.

A longer ride may be substituted for a shorter ride as long as it is of the same type (eg Normal / Hills).

Changes in 2009

Following the 2008 AGM, the Committee discussed the way ahead for the Achievement Series for 2009 and onwards. The main issue raised was that many people felt that there was too much of a jump from the Merit to the Challenge Series. The new "Achiever" series was added to fill this gap. This level includes all the rides of the Merit Series plus any one of the longer achievement rides. (See table above).

Note that the 100km AR plus the 100km the following day can only count for the 100km AR, or the 200 in 2, but not both. The two 100km rides of the 200 in 2 must be ridden on two successive days to count.

The Achiever Series is still in its infancy and has scope to be changed so may include different rides in the future.

The Merit, Challenge and Super Achiever

Series remain unchanged.

(The unofficial level of "Over Achiever" is awarded when you ride to and from the start of the 300km AR. Kleber is the only person known to have done it!)

Qualifying to start the 160, 200 and 300km ARs

Due to their length, difficulty and time taken to complete there are qualification criteria to be eligible to start the 3 longer ARs. See the following table.

If you have completed a ride of similar length and/or difficulty to those stated in the criteria e.g. Audax Ride or Over 55s

160km	100km same year
200km	160km same year; or Challenge Series previous year
300km	160 or 200km same year; or Super Achiever Series previous year

Achievement Ride, and can produce some evidence as proof, then please contact the Rides Committee if you wish to be considered eligible to start.

Using brevets

If you are unable to attend one of the official CTA rides, then you can complete the ride using a CTA brevet card. Brevet cards and route descriptions are available from the Rides Committee. Completed cards must be returned to the Rides Committee as soon as possible after the ride (within 2 weeks) and absolutely no later than **four** weeks before the AGM.

Achievement Rides support

If you can help support any of the AR's, you will be reimbursed (at the rate of \$.50/km) for your mileage (the odometer reading from when you leave your house for the ride, to when you return). Other related expenses will also be reimbursed if you provide receipts.

Dates for 2010

Dates for the Achievement Rides for 2010 are included in the Main Events calendar on page 4.



Roy Messom at home on a creek bed on the Munda Biddi Trail

MEMBERSHIP DETAILS

CTA membership is from January 1st to December 31st. New members joining after June 30th may pay the half year membership price (1/2 of the prices shown below).

- | | |
|----------------------------------|-----------|
| 1. Renewal Adult membership | \$40.00 |
| (If paid by 31 Jan | \$35.00) |
| 2. New Adult membership | \$35.00 |
| 3. Full-time Students/Pensioners | \$23.00 |
| 4. Dependents under 18 | no charge |

Membership forms can be downloaded from our website www.ctawa.asn.au. Please send your cheque and form to the Cycle Touring Association, PO Box 174, Wembley WA 6913. **A receipt of payment is only issued on request.**

The CTA is a non-Government organization relying on membership fees, donations and volunteer labour to achieve our aims and objectives.

These monies help provide each member with six newsletters per year, a number of social evenings with suppers, weekend trips and tours at cost, and a library, to name a few of the material benefits.

If undelivered please return to
PO Box 174 Wembley 6913
Western Australia

