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CYCLE TOURING ASSOCIATION OF W.A. (INC)



EDITOR: LIZ GREEN

AUGUST/SEPTEMBER 1991 No101

PRESIDENT ON PAGE ONE:

With six months of the year passed, it is pleasing to see the number of people attending the Social Evenings gradually increasing. It appears that Graeme has come up with the right formula with a good variety of subjects and guests. Keep up the good work Graeme.

I said at the beginning of the year that the success of tours would be determined by the level of your support. It has been overwhelming to the point where, the Lewana Park Weekend was booked out three weeks in advance.

All the tours to date have been close to or fully booked, showing that the Club is heading in the right direction.

It was a surprise to see the fat tired touring bikes outnumber the mountain bikes on this years Avon Ascent. Even with the weather being cool and raining, the touring bikes committed themselves well and showed a muddy rear tyre to many of the mountain bikes.

Jennifer Knight with her four day old Shogun Alpine Tourer and most of the touring cyclists, appeared to be using the Avon Ascent as a training ride for the New Zealand Tour.

I would suggest those members who missed the fun on some of our past tours, to book early for the Mundaring YHA, August 17, 18; the Touring and MTB Chittering Valley Tour, September 7, 8 and the 9 day South West "Wildflowers" Tour, October 5-13.

Kleber Claux

FOUNDATION DAY LONG WEEKEND PANNIER TOUR; JUNE 1, 2, 3.

The weather was looking a bit daunting as we all congregated at the causeway carpark to begin our camping weekend at Mandurah. The bright tents and cyclists were a contrast to the overcast sky as the group set forth along the river in a southerly direction.

Our first stop was at Bibra Lakes where hot tea was the order of the day. With warmed bodies, Kim's group were on their bikes again and after a brief stop at a local graveyard continued on to our lunch stop at Lakeside Deli. After a bit of food in our bellies we continued on to Mandurah arriving at Peninsula caravan park at about 4.00 pm. The experienced campers quickly came to the fore as tents were pitched and thrown resulting in a transformation of a quaint, quiet grassed area into a noisy, colourful tent city. After a quick shower this mob of gaudy cyclists were transformed into apparently normal looking people. (I was about to find out how misleading those looks could be!)

Dinner was at the adjacent hotel complex overlooking the estuary. After a quick entree at the pasta/salad bar, dinner was consumed despite "entertainment" provided by the '3-up Bush Band', with cameo appearances by Kleber Claux and chorus by a mob of well tuned cyclists on table seventeen. This was followed up with a rendition of "Home Among The Gum Trees" with Kleber, Kristina, Simon and Jane, who all appeared on Mandurah TV. Shortly after, the remaining cyclists returned to the caravan park where, I was able to witness the ancient tradition of the drinking of the port around the campfire-while spinning a yarn or three, before weary cyclists slowly drifted back to their tents for the night.

Sunday dawned as the campers diversified for breakfast. Some partook of their own travelled nourishment whilst other took to the unsuspecting bakery and local cafe. With breakfast out of the way, we took charge of our much lightened bicycles and headed towards Dawesville. We made a detour into the canal development with rather large houses right on the waters edge. We then regrouped for a brief photo session and snack before resuming towards our destination. As we wound our way along the scenic drive next to the estuary, some spied a 'Mandarins 4 sale' sign; so time to stock up. The lady here offered to make us Devonshire Teas in the afternoon, so we headed off again along scenic drive where we met up with a local lady called Manuel, who was hoping to meet up with the CTA and we continued on to the Dawesville caravan park where we lunched at the kiosk.

continued on page 3

NOTICE BOARD:

TOO LATE YOU'VE MISSED OUT!

Arie Lemson and Kristina Swan are happy to announce, to the Club, their engagement as of the 29th June.

August 17, 18 MUNDARING YHA WEEKEND

Feel like a romp in the hills? Well, you may get your chance if you come along to the Mundaring YHA Weekend in August.

After leaving the Causeway Carpark on Saturday morning at 10.00 am, we will be visiting some interesting places in the hills, including Lesmurdie Falls (At this time of the year the falls will be flooded and quite spectacular to watch); as well as some secret destinations that will delight your palate and stimulate your mind. After a day of exploring the treasures in "them thar hills!", you can relax and experience the camaraderie and good conversation we tourers' are famous for. Interested?? There's more!!

On Sunday we will be joined by a group of day riders for the return trip to Perth. Enjoy breathtaking views, the greenest valleys and experience one of the Swan Valley's best kept secrets. You will need a sleeping bag or sheet, blankets are supplied. Accommodation is \$8.00 per person with catering available at \$10.00 per person which includes a continental breakfast and a two course dinner. Bookings close August 11th 1991. Members ONLY.

Organiser: Liz Green PH: 420 8990 (W)

September 7-8 "PEACE BE STILL" Pannier Tour

Chittering Valley. Join us for a dual mountain and touring bike weekend. Touring bikes meet at the Causeway Carpark at 8.30 am for a 9.00 am departure. Mountain bikes meet at Midland Town Hall at 8.30 am for a 9.00 am departure.

"Simon has designed a superb ride taking in the Swan River, Guildford, Whiteman Park and Walyunga National Park; then onto the campsite in the tranquil Chittering Valley." The mountain bike riders can join Noel for an adventure tour up the Avon River, Westrail access road, across the river (this is the adventure part) to come out at the campsite. (God Willing).

Bring everything for an overnight stay, (no shops close by). \$8.00 per tent, so if you can carry a big tent you can save some money! Members ONLY

Organisers:

Simon Koek (touring bikes) PH: 446 1617 (H)
Noel Eddington (mountain bikes) PH: 293 1305 (H) am

September 13, 14, 15, Donnelly River Weekend

(NOTE Friday evening departure)

An invitation to come and sample the delights of our SW Karri Forests. Established in the late 1940's, the timber mill at Donnelly was closed in 1978. The old mill is the last example of a steam driven timber mill in WA and is to be restored as a static display of timber processing.

The area around Donnelly has a plethora of scenic and historic attractions; the Four Aces, One Tree Bridge, Beedup Falls, the Cascades, the Bibbulmun Track, museums at Bridgetown, Manjimup and Pemberton are just the tip of the iceberg.

The mill cottages have open fires, a fully equipped kitchen and sleep eight people. You will need to bring your own bed linen or sleeping bags.

There are opportunities to participate in day tours, MTB rides, or a challenging 200 Km Audax Ride. All this can be yours for \$20.00 per person or \$150.00 for a cottage. A restaurant is open Saturday evening, if interested let us know when you make your booking. John Martin will be bringing his bus and the CTA Trailer, a limited number of seats will be available.

Meet at 5.30 pm for a 6.00 pm departure at John Martin's property. 41 Woodbine Road, Pickering Brook. Bookings close September 8th.

Organiser: Brett Rutherford PH: 339 7059 (H)

INFORMAL RIDES

For those new members who have not been on one of our informal rides. We give a time and a meeting place for those who do not wish to join our organised ride on that day, but would still like company to go out riding with. It is up to those riders to determine where to go and for how long - try it.

NEW MEMBERS

We would like to welcome the following new members to our club and hope to see them soon on some of our rides. Graeme Thomas, Regan Spencer, Ross Cussons, Marian Mayes, Philip Mangano, John Crimp, Alan Walton, Geoff West, Jennifer Knight, Carole Czermak, James Burns, Ian Crowe, Lesmurdie S.H.S.

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NOTICE BOARD continued**CYCLISTS - ACCIDENTS AND THIRD-PARTY LIABILITY**

Bikewest have recently begun a research project investigating the issue of Cyclists, Accidents and Third-Party Liability. The CTA has been asked to assist this project by requesting from members the following information: (a) Do you have any kind of insurance, eg. Third-Party Liability Insurance. (b) Were you involved in a bicycle accident recently. If so, is it possible for you to forward copies of relevant documents for the purpose of this research.

All correspondence will be treated with strict confidentiality. Please forward your response to: Thomas F Henn, C/- Bikewest Department of Transport, 136 Stirling Highway NEDLANDS WA 6009

NEW REFLECTIVE GEAR

The new reflective vest and anklets were modelled very professionally by internationally acclaimed male model, Julian Claux, at our social evening on July 5th. Many members took the opportunity to avail themselves of this exclusive model designed by Brett Rutherford of Paris.

The very modest price of \$4.00 a pair for anklets and \$30.00 approx. for the vest, complete with backside bib; you will agree is excellent value. The vests are being manufactured by Wilderness Equipment and are very light. 3 M Scotchlite reflective strips are used for maximum safety.

Orders can be placed with Brett Rutherford on 339 7059 (H)

ON THE ROAD WITH ROD:**Drafting, The Key To Saving Energy.**

Have you ever wondered how racing cyclists can race for hours on end at speeds well over 40 Kph, when you find riding at that speed for only 10 minutes a near impossibility? The answer is drafting. In other words, using other cyclists to put up a shield between you and the force of the wind.

If you are sitting behind a line of riders travelling at 40 Kph, you will be using 27% less effort than the riders at the front breaking the wind. If you are sitting in the middle of a large bunch of riders you could be using 39% less energy than the riders breaking the wind. The key to good grafting is to ride as close as possible to the rider in front of you and to position yourself so the body of the rider in front of you blocks the wind. If the wind is coming from the left, sit a little to the riders right and visa versa.

But there are dangers and courtesies when riding in a pack.

* Always ride in a straight line. NEVER suddenly swerve to one side! * Don't ride too close to the rider in front of you unless you are very experienced. If he has to stop suddenly he doesn't want you wrapped around his seat pillar. * On long down hills, leave plenty of room between riders and definitely ride a straight line. * Never look behind. * If you wish to move to another position glance at your front and back wheels to ensure that no other rider is overlapping your wheels. Make your intentions well known with a hand signal. * Signal to riders behind you if you are coming up to a pot hole or obstacle on the road. A verbal retort is often better than a hand signal. * When riding at the front keep the speed even. It is very discourteous to suddenly increase the speed when you first start riding at the front.

...Next issue "Beating Fatigue".

Foundation Day long weekend continued from page 1

Our return journey was a bit faster than the trip out as the added incentive of a Devonshire Tea added strength to the weary legs. After our scrumptious afternoon Tea we returned to camp for a few hours before the evening meal.

Dinner was cooked by some on their own portable appliances, whilst others opted for take-away Chinese from the nearby restaurant brought back to the campsite, whilst un-named some had both. The entertainment which followed around the candle-lit cyclists was truly exceptional. With the help of a vocal enhancer which looked curiously like Port, Kleber and Simon performed an impeccable version of the Lumberjack song for the benefit of a travelling video camera-person. This was followed by more sing-songs before gathering around the warm BBQ for a few rounds of Brain-teasers with Kim, Noel and Steve, before retiring to our tents for the night.

Monday saw us campers de-pitching tents and trying to work out how to get everything back in those little panniers. With this done, most members took advantage of a continental breakfast at the Atrium whilst others took advantage of the bakery's proximity. With unfavorable weather looming, a fair pace was set to the North, taking advantage of back-roads to avoid the long - weekend traffic. Lunch was taken fairly early which avoided the approaching inclement weather. As the skies darkened and then opened up, an appropriate stop was made at Jandakot Deli, where once again hot soup, tea and hot food was well appreciated. From this point, our band of merry people started to dwindle in numbers as people made their differing ways home after a most enjoyable weekend.

A thoroughly enjoyable weekend away led by Kim Griffith, which enabled the tourists heading to New Zealand to get together with other weekend fun-seekers. For my part, an interesting introduction to the species of Peculius - cycliss. Graeme Thomas.

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Many CTA members will be aware of the excellent Perth cycling maps produced by Bikewest in 1987. These maps covered all the streets in the Perth Metropolitan area and showed suggested safe cycling routes. Bikewest is currently re-surveying these maps. It is hoped that these new maps will be in bike shops by the end of September. To help in updating these maps, Bikewest would be very keen to hear from cyclists on what routes they have selected to get from home to school, work, shops or wherever they go cycling.

Also on the subject of maps, Bikewest, in association with the Ministry for Sport and Recreation, have updated the "Around the River Ride" booklet. This booklet will be available free of charge from Bikewest. Other booklets in this series include "Along the Coast" and "Armada to Perth".

Since this column last appeared, Bikewest has received a number of complaints concerning some recent changes to Marine Parade, Cottesloe. Bikewest has been advised by the Cottesloe Council that these treatments are to delineate parking areas and not to slow or inconvenience traffic flow. The Council believes that the treatments will not narrow the road more than already occurs from parked cars.

Many roads in Perth, however, are being modified for traffic calming purposes. Traffic calming aims to slow motor vehicles and to reduce their impact on the local environment. Slowing of motor vehicles should theoretically be of benefit to cyclists, but, unfortunately, some of the traditional traffic calming techniques, such as roundabouts, refuge islands and traffic islands, in fact place cyclists at considerable risk. Bikewest is working with Councils to find suitable traffic calming techniques, which do not adversely impact on the safety of cyclists. To date, the answer seems to be the installation of plateau humps. A good example of this treatment can be found on Frazer Street, East Fremantle (a slight variation can be found on Broome Street, Cottesloe). Bikewest believes that roundabouts (eg. Risley Road, Willetton) or traffic islands (Ullapool Road, Mt Pleasant) are not the answer.

In planning for better cycle friendly traffic treatments, Bikewest would be interested to hear of your views and ideas on traffic calming. In July, Bikewest will be releasing detailed design guidelines to assist Councils in providing facilities for cyclists and improving the safety and convenience of cycling.

TOURING TOPICS:

TOURING TIPS FOR NEW ZEALAND PART 3

Sleeping Bag - A lightweight goosedown filled bag is best, as it is lighter, more durable, more compact and warmer than any synthetic filled bag. A down filled bag loses efficiency if it is allowed to become damp. Protection can be obtained by using a second waterproof liner inside the stuff sack. The sleeping bag should have AT LEAST a - 5 deg C or three season rating (the temperature rating is valid only for still conditions). The best bags have hoods, draft tubes, baffles, are tapered or mummy shaped, have side and foot zips for temperature control, and have at least 90% goosedown content. A sleeping sheet (either silk or cotton) helps keep the bag clean, as well as prevent sweating or itchiness of the skin. A down sleeping bag also functions best if a minimum of garments are worn. Finally, down sleeping bags need to be hung up to allow the down particles to "Loft".

Sleeping Mat - This basically functions as an insulating pad when used in conjunction with a down bag. Body weight compresses the air from the goosedown reducing insulating properties of the bag leading to heat loss. Mats are solid or self inflating.

Tent - A lightweight waterproof, wind resistant, doubleskin hiking type tent is recommended. Keep in mind that foul weather is normal for New Zealand (and especially the West Coast) all year round; so it must be capable of withstanding heavy rain and strong winds. The double skin prevents condensation build up inside the tent.

Gearing - As mentioned in Part 1 of this series, New Zealand's South Island is dominated by the Southern Alps, the same forces that helped create this mountain chain, gave rise to the undulating landscape in other parts of the island. In essence, apart from the Canterbury Plain around Christchurch the South Island is rarely flat. Any cyclist should recognise this and fit a suitably low gearing to the bike, gearing should be AT LEAST as low as 30 inches. Bear in mind the possible scenario of climbing long steep hills, against a still breeze, while carrying a heavy load.

Cycling Shoes - Touring shoes, not cleated shoes are best as the serious cycle tourist will probably want to do some walking/sightseeing during the day.

Woolen Scarf, Gloves, Socks and Beanie - these help keep the extremities warm, a beanie is good as it stops heat loss from the head.

Helmet - This apart from carrying out a protective function, also insulates the head, keeps it dry, and stops concussion from hailstones! (joke!)

Touring Tyres - While the majority of New Zealand Main Roads are well sealed and in good condition, some (especially quiet backroads) are unsealed with a coarse metal surface. This type of surface is much more harsh on bike tyres than our gravel roads. Rugged touring tyres will take this sort of punishment better, fit at least 1 1/4 inch tyres, also take a fold up tyre as a spare.

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DRYANDRA FOREST MTB MAY 10TH - 12TH 1991

We left the Martins house at 6.30 pm Friday after having loaded bikes and gear. On arrival at Brookton it was decided to stop for a bite to eat. After 20 minutes or so we piled back onto the bus and continued on to Dryandra.

As we travelled on into the night talk was of previous rides, while others sat in quiet anticipation of the weekend ahead or caught up on sleep. We arrived at Dryandra at around 9.15 pm, Bob sought out the caretaker and we were soon checking out the cottages we were to stay in. The Martins' and Stockmans' were under one roof while Kleber, John, Sue, Jack and I shacked up in the other cottage. A brief unpacking followed then it was over to sample some of Aileens' culinary delights with tea. We eventually turned in at around 11.00 pm, with news that Trevor, his wife Annette and Noel were due next morning. All slept well, Meaks better than most, as he told us about something 2 1/2" long which shared his sleeping bag with him. Trevor and Noel arrived soon after breakfast and we set off on our first ride for the weekend. Noel was our guide, which was fine as far as the Fire tower, but soon after a touch of Kleberism crept into his guidance and he coined the phrase "well we can't go far wrong can we?". The job was quickly given to Bob and his compass to lead us back to civilization. Though Mr Meakin was sure we were only about 2 1/2 Km from camp. We began a loop taking us thru some lovely countryside, we heard some wild calls and witnessed skids from that Hoon Trevor Holme whom we later found out hadn't been let off his leash for weeks. Then back for elevenses or so we'd hoped, but it soon became apparent that the women folk had decided to go out walking and leave 8 hungry cyclists to their own devices, naturally we managed. The ladies found their way back to camp just in time for tea and cakes. Then it was off to the Dam, but not too fast, Kleber had the first and only puncture of the weekend. After borrowing John Martins' bike, Kleber joined us and off we went to try our skills on what was a natural obstacle course. Many challenges were met but nothing rivalled the terrific endo performed by Noel as he exited a small downhill.

We returned for lunch after Kleber had collected some wood, rather stylishly on John's bike. Lunch was over and we were once again on our way to see a Look Out and upon arrival Trevor The Hoon found our departure route, an exhilarating downhill, we found ourselves on the Main Road leading back to Dryandra. The return to camp saw us involved in a stage of 'the tour de France' started by Trevor The Hoon (who couldn't hack the pace). After turning off the main road we ventured down several tracks, stopping at a fork in the road to check the map. After a recky by Trevor, Bob, Noel, Kleber and myself, the group split; Sue, Jack and Meaks going straight home while we stayed on and played in what looked like an old quarry. After conquering the steep incline several times, Kleber showed us the Domino Effect by falling straight over like a felled tree; Trevor also displayed an unusual dismounting technique. Then it was home, Trevor departed and we sat down to a delicious pasta dinner (Kleber) and zucchini slice (Sue). Supper was at the Martins' & Stockmans' around a log fire, listening intently as John Meakin relayed some of his life to us and we discovered that Kleber loves getting bogged! We reached slumber around 10.30 pm and rose early to pack and experience the terrific tasting glue Kleber had prepared us for breakfast each day.

It was decided that we would ride to Katanning and meet the bus there. We travelled thru rolling pastures on relatively smooth dirt road for 42 Kms (of which the last 3 Kms became a race instigated by one Kleber Claux, but joined by us all in the rush for tea, cakes and a soft seat on the bus). Once again we loaded bikes and ourselves and headed back to the Martins' place and home from there.

My thanks go to Bob Stockman and John Martin for organising the weekend and to all who came along, they were Betty Stockman, Aileen Martin (wives of course), Sue Campbell, Jack Dowie, Kleber Claux, John (old mother) Meakin, Noel Eddington, Trevor (The Hoon) and Annette Holme. The weatherman deserves thanks as well for two great days of weather. John Martin was unable to ride due to a bad back, we hope it improves soon.

Scott Davis



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MASTERLY MARSHALS RIDE THE RAINBOW.

We were confident....last year we'd cycled the Danube from source to Vienna. We were keen and had a brand new tent. The Rainbow Coast Ride with the WA Cycle Touring Association looked a cinch.

At Mount Barker the first couple we met had oldish bikes and fewer gears. Ron Bowyer and his marshalls who greeted us were so friendly....but then the bus arrived. All these lean cyclists appeared on lean, mean, shiny bikes. No decadent panniers filled with snacks, cameras and waterproofs. Our confidence ebbed.

Gear safely stowed in John's truck, our colourful mob set off.... cheerily waving to the black leather bikies who were just arrived at Mt Barker. Upstaged, they didn't wave back!!

The 28 Km to Karribank at the Porongorups was relaxing. The quiet swish as the real cyclists disappeared was soon over. What we did enjoy was travelling that fairly familiar road and watching the shapes of the Porongorups subtly change as we saw them from different angles. By car the changes are too swift to be appreciated.

Coming into Karribank the bright circus colours of the tent village sparkled on those green slopes. walking around, no two tents were alike. First night we pitched next to the grandest tent....then Craig warned us, he talked in his sleep and his mate snored: a good Chardonnay solved the problem for us.

Dinner set the standard for the trip, good food, hot, on time, and plenty for all. It was old friends meeting up and happy reminiscences. We sat next to Tony and Maureen the only ones over from Victoria for this ride. Overcome with the sense of occasion, he spilt his spaghetti into his lap. Some people will do anything to attract attention.

Next day we were among the few who climbed to Devil's Slide. Exhilarating then, we regretted at leisure on the ride to Albany. Our other awful mistake was to engage in chat with Marshall-Colin. He slowed down graciously, but we were silly enough to pretend that we ALWAYS cycled at 25 Kph uphill, regardless of headwind....Oh how we envied those honest souls on their backs outside the winery..and they hadn't even been inside!!

Tent village again grew at the Albany Aquatic centre, with it's heated pool and sauna, kind to aching limbs. We fell onto our beds gratefully that night and only in the morning learned of the tent pegs stolen by pranksters. Poor Barry had his tent fall on his face and spent an uncomfortable night on the floor inside. We cried off the Frenchman's bay trip the next day and explored the old town, the wineries and at the Commander's Table restaurant had Crocodile, Emu, and Wichetty grubs....we deserved it after the climb to the top of Mt Clarence Hill.

Evening meal was again a noisy "one family" affair. It struck us that cycling brought together people from every part of the community, from pensioner Bob Clapp (69) to elegant young triathlete Joanne. Are cyclists naturally talkative or are they making up for a day of silent riding? We found them a very friendly likeable group of people, all ages and interest groups sharing fun.

Second day in Albany was a round trip to Gomme cottage, with an extension to the Marron Farm for the really fit. It was a beautiful day and the riding was a pleasure. Some visited Mr Wignall for an interesting wine talk on the way. The dirt hill to Gomme cottage was tough (I did complain

my bike had "only" 10 gears!). The water and tea were needed and welcome. The damper and cake was not needed and even more welcome. Lying on the lawns in the shade making desultory conversation was one of the great pleasures of the trip. We felt so superior to the other guests who had not worked to get there: the arrogance of the fit.

Next morning we set off first thing for Denmark. (We like the early morning, and hoped not to be the last in). Liz in her psychedelic outfit overtook us before tea, chatted a few Km, then sped off into the blue. We reached the tea spot before the bus and used our little stove to make tea....carried it all the trip for that one cup!!!

The ride to Denmark was warm and a skinny dip in the Frankland river a nice surprise....especially for the truckie who stopped and caught us out. Denmark left us with memories of superb coffee, interesting wines and mead, and lovely places to explore. And the great fare provided by the scout and guide mums.

Thursday was misty: we started extra early, knowing it would be hilly..it was a magical ride through cotton-wool countryside....but where was Liz? and everyone else?? Poor Liz had been knocked off her bike and it was decided to stay in camp until the visibility was better.

At Walpole we took off over the inlet in a hire boat to visit friends st Rest Point (only so we could brag about our weeks cycle trip and make them feel shamefully indulgent of course). Back at camp, Jim the bike Doc, was rebuilding a front wheel after a tumble. We were luckier, our only crunch was when Shirley, overcome with interest in a herd of cows rode into Graham on the Valley of the Giants road; a lovely leafy ride in the moist forest, with long satisfying downhill runs (we forget the uphill bit).

Tea break at Bow Bridge...a real example of the kindness of fellow cyclists and their love of bikes...Graham jammed his chain half on and off...before he could bend over three people were at it, and in no time they came up black-handed and triumphant, while Grahams' hands were immaculate still...I love it....

Masterly Marshalls Ron, Aileen and John smoothed our way with impeccable organisation, extending to the best weather we've ever enjoyed on the rainbow coast, and even following winds to AND from Walpole....THAT'S STYLE!! They shepherded 75 cyclists without intruding on the feelings of freedom. Meals appeared, hot water gushed, tents and luggage arrived, back-up vehicles discreetly helped, tea bikkies and fruit appeared en route, evening cycle clinics fixed little problems and always time for a friendly chat and "bicycle talk" to welcome the strangers.

For the whole trip we could be as sociable or private as we wished; every day was well planned, no hitches. Distances were good; challenging enough but no anxiety about making it. No-one pushed anyone to go faster, and no- one was late for tea.

Complaints? I'll say....there I was congratulating myself on a cheap holiday, didn't see the little woman learn about gear clusters, accept the offer to "try mine out"...now, one 21 gear lightweight swish birthday cycle later, A WEEK AT THE BURSWOOD WOULD HAVE BEEN CHEAPER... but not as much fun.

Mr and Mrs Fisher.

RIDES CALENDAR: AUGUST- OCTOBER

For the new chum who is coming on a ride for the first time and those who just forget. You will need to bring a spare tube, puncture repair kit, tyre levers, pump and a spanner to fit the axle nuts (if your bike is not fitted with quick release hubs). Most importantly, water.

August 2 Friday. Wine and cheese night

Social Evening at Murdoch University 7.00 pm

Enter campus off South Street and follow CTA signs. Join your fellow members for a social evening of wine (not whine) and cheese. One of the many wine buffs of the CTA will be supervising the purchase of wine, suitable for this night. He will give a short introduction to the wines available and then it will be up to you to enjoy yourselves. Somewhere in the middle of this joyous indulgence, a guest speaker will talk on a cycling orientated subject.

August 4 "Training" Ride.

40 Km Easy Pace, Flat Terrain, 9.00 am

Meet at Causeway Carpark for a ride to the Castledare Boys Home, Wilson. Railway enthusiast's will love this ride. BYO bike lock.

Leader: Paul Bonetti PH: 451 8260 (H)

August 4 5000 in 4

80 Km Hard Ride, Hilly Terrain 9.00 am

Meet at the Kelmscott Railway Station for a 'suitable' ride for intending participants of the '10000 in 8' Achievement Ride. All appropriately fit crazies can try this too!

Leader: Rory Murray PH: 398 7086 (H)

August 11 Apples & Pears Ride.

75 Km Moderate Pace, Hilly Terrain, 8.30 am.

Meet Causeway Carpark. Riding via Guilford Helena Valley, Kalamunda, Bickley and passing orchards in Pickering Brook. Bring a pannier for fruit. NOTE: this is quite a hard ride so intending participants should have good hill climbing stamina!

Leader: Andrew Candy PH: 384 1869 (H)

August 17, 18 MUNDARING YHA WEEKEND

Meet at Causeway Carpark on Saturday at 10.00 am.

See Notice Board For Details.

Organiser: Liz Green PH: 454 6102 (H)

August 18 The Rendezvous Ride.

100 Km Moderate Pace, Hilly Terrain 8.00 am.

Meet at the Causeway Carpark en route to Mundaring Weir to meet the tourists and a good workout in the hills!

Leader: Greg Larkin PH: 361 1959 (H)

August 18 Audax 200 Km Randonee.

200 km Flat Ride 7.00 am.

Meet at the entrance to Coogee caravan park at 6.30 am for a 7.00 am start. The course; Coogee - Mandurah - Pinjarrah - Coogee. Lights essential, entries close August 11th.

Organiser: Brian Hawes PH: 398 4724 (H)

August 25 200 Km Achievement Ride

200 km Hilly Terrain, Hard Ride. 6.30 am

Meet at Midland town Hall at 6.30 am for a 7.00 am sharp start and ride along the demanding but very "pretty" Toodyay - Bindoon course. Maximum time allowed, 12 hours. Lights, reflective vests, anklets or pedal reflectors ESSENTIAL. Members Only.

Organiser: Brett Rutherford PH: 339 7059 (H)

August 25 Informal Ride

Causeway Carpark. 8.30am

See Noticeboard For Details

September 1 Rockingham Ride.

140 Km, Moderate Pace, Flat Terrain, 8.30 am.

Meet at the Carriage Coffee Shop, Fremantle for a ride to Rockingham - via a secret route. Tourists welcome!

Leader: Steve Blackburn PH: 339 3203 (H)

September 1 Scones at Noon.

90 Km Moderate Pace, Flat Terrain, 8.30 am.

Meet at the Uni Boatshed, Corner of Hackett Drive & Mounts Bay Road, Crawley for a ride to Milstone Gardens, Henley Brook for Devonshire Teas.

Leader: Kristina Swan PH: 386 6696 (H)

September 6 Another Bike Repair Night.

Social Evening at Murdoch University 7.00 pm.

Enter campus off South Street and follow CTA signs. Due to the positive feedback received from the last repair night, another small repair workshop will be held. This time a number of repairs will be carried out at the same time, allowing small groups of people to watch closely and HAVE-A-GO- THEMSELVES. Members who would like their bike repaired or adjusted are encouraged to telephone .

Graeme Burton on 450 3885 (H)

CYCLE TOURING ASSOCIATION OF W.A. (Inc) MEMBERSHIP APPLICATION

Membership fees are due on the 1st of January. **JOINING FEE \$10.00** Add to first year of membership.

FEES: ADULT \$20 FAMILY \$26 CLUB \$37 JUNIOR \$12 PENSIONER \$12 STUDENT \$12

I/We wish to become members of the C.T.A and agree to abide by the Constitution of the Association

SURNAME.....	GIVEN NAMES.....
ADDRESS.....	SUBURB.....
POSTCODE.....	PHONE (h).....
I ENCLOSE CHEQUE/MONEY ORDER FOR \$.....	PHONE (w).....
SIGNED/DATE.....	

September 7, 8 "Peace Be Still" pannier tour.

Touring or mountain bikes. See Noticeboard For Details.

Organisers Simon Koek touring bikes PH 4461617 (H)
Noel Eddington(mountain bikes)PH: 293 1305 (H) am

September 8 French Croissant Ride.

60 Km, Hard Ride, Hilly Terrain, 8.00 am.

Meet at Causeway Carpark to ride some hills, Welshpool - Lesmurdie - Gooseberry, before eating at Perth's finest morning tea stop at the FC in Goosberry Hill. *Kalamunda Hill descent included.

Leader: Graeme Burton PH: 450 3885 (H)

September 13, 14, 15 Donnelly River Weekend.

See Noticeboard For Details.

Organiser: Brett Rutherford PH: 3397059 (H)

September 15 Canning Explorer.

60 Km, Easy Pace, Flat Terrain, 9.00 am.

Meet at the Raffles at Canning Bridge for a comfortable ride along the Canning River and it's surrounds. BYO picnic lunch.

Leader: Neil Porteus PH: 457 7146 (H)

September 15 Audax 200 Km Randonee.

200 km Very Hilly Ride, 7.00 am.

Meet outside the Donnelly River General Store at 6.30 am for a 7.00 am start. The course, Donnelly - Nannup - Pemberton - Manjimup -Donnelly. Lights essential. Entries close September 8th.

Organiser: Brett Rutherford PH: 339 7059 (H)

September 22 10,000 in 8.

110 Km, Your Own Pace, Extra Hard and Hilly Terrain. Meet at Kelmscott Railway station at 8.00 am for an 8.30 am start. The year's hardest ride which requires you to climb 10,000 feet in less than 8 hours. Members Only.

Organiser: Sam Burton PH: 450 3885 (H)

September 22 'Claytons 10,000 in 8'.

50 Km, Moderate Pace, Hilly Terrain, 8.30 am.

Meet at the Kelmscott Railway Station for a ride to the Croydon Tearooms. Observe the spectacle of grown men and women throwing themselves like Lemmings against the crags of Roleystone. Be charmed by the unique wit of the CTA's own living (just) legend. Then welcome home the survivors, if any, with a donation of blood or mouth to mouth, if you're game.

Leader: John Meakin PH: 332 5550 (H)

September 29**Hillarys Breakfast Ride.**

60 Km, Easy Pace, Flat Terrain, 7.00 am.

Meet at the Causeway Carpark at 6.45 am for a 7.00 am start for a ride to Hillarys for a sumptuous breakfast.

Leader: Jane Bowskill PH: 448 8786 (H)

September 29**Bickley or Bust!**

ATB ride, 9.00 am.

Meet at Carpark, Welshpool Road. Next to Crystal Brook BP Service Station, for a ride to Bickley Reservoir.

Leader: Bob Stockman PH: 274 4779 (H)

October 4**The Mountain Bike Night.**

Friday Social Evening at Murdoch University, 7.00 pm.

Enter campus off South Street and follow CTA signs. Tonight it is envisaged that a mountain bike expert, will be on hand to tell all on the subject of MTB in WA. The talk presented, will cover necessary equipment and riding technique. Mountain bikes will be on display. Although mountain bikes do not have a high profile in the CTA, there are a number of dedicated off-road riding members in the club - lets find out what all the noise is about!

October 5 - 13 Wildflowers & Wineries SW Tour.

See Insert For Details.

Organiser: Simon Koek PH: 446 1617 (H)

October 6**Coastal Cruise.**

75 Km, Moderate Pace, Flat Terrain, 9.00 am. Meet Causeway Carpark for a ride through Floreat, Fremantle and beyond! BYO Sunglasses!

Leader: Tony Radford PH: 450 1167 (H)

October 13**Boulder Bash.**

80 Km, Moderate Pace, Hilly Terrain, 9.00 am.

Meet at the Causeway Carpark for a ride to the mysterious Boulder rock on the Darling Divide. Leader: Peter Bombadieri PH: 362 4135 (H)

October 13**Informal ride.**

Causeway Carpark, 8.30 am.

See Noticeboard For Details.

**C.T.A. COMMITTEE (1991)**

PRESIDENT:	KLEBER CLAUX	458-7519(H)	NEWSLETTER EDITOR:	LIZ GREEN	420-8990(W)
VICE PRESIDENT:	RON BOWYER	224-2460(W)	SOCIAL SECRETARY:	GRAEME BURTON	450-3885(H)
SECRETARY:	ARTHUR TAN	457-1059(H)	RIDES CO-ORDINATOR:	ANDREW CANDY	384-1869(H)
TREASURER:	MAUREEN MURRAY	398-7086(H)	ASST RIDES CO-ORDINATOR:	GREG LARKIN	361-1959(H)

AUDAX REPRESENTATIVE: BRETT RUTHERFORD 339-7059(H)

CORRESPONDENCE TO P.O.BOX 174 WEMBLEY 6014

FOR MEMBERSHIP DETAILS CONTACT THE TREASURER