



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

Volume 118

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EDITOR: Roger Stevenson

PRESIDENT ON PAGE ONE

Hello to all the intrepid cyclists out there who still managed to keep on their bike during the last gasps of Autumn and the first taste of Winter. I recently led a ride around the Canning River where we started with sunshine and balmy winds and ended with gales and a solid wall of water. We certainly have had variety on our rides if nothing else!

This period of the year will usually see a lot of people hang up their bikes in a ritual form of hibernation – to rise again only when the butterflies emerge from their cocoons. Please reconsider and stick with it during these cycling unfriendly months. It really isn't that bad and you will be suprised how much fun you can still have whilst increasing your road handling skills. Common sense must prevail however, since you are harder to see on the road and tyres do slip easily on our smooth bitumen surfaces. Take care!

I have heard complaints recently about the fact that too many weekends are tied up with tours or weekend events. I guess it's a no win situation because we have also had complaints that there are not enough pannier tours for the enthusiasts. In an attempt to solve these problems a recent Committee meeting resolved to form a small group of 'tourists' to coordinate both short term and long range planning of touring events. Read about it inside the newsletter and maybe provide some feedback on the idea.

Despite the weather our membership numbers are steadily climbing with another 35 new members joining since the last newsletter. Although some of these are 'On Your Bike'ers converting to full membership, a large group of new, active cyclists are now wearing the CTA badge. A lot of people are still contacting me with regard to possible membership and I must thank Maureen Murray for guiding many people over to me via phone or mail. Maureen was a previous Treasurer and unfortunately is still the contact in the Yellow Pages. The situation has been rectified and hopefully you will actually be allowed to retire soon Maureen!

You will find various snippets on the 20th Anniversary Tour inside - but unfortunately not from me. I completed my Audax Randonneur Nouveau in preparation for the Tour and then tore a quad muscle tripping over a vacuum cleaner at home! I guess some things were

not meant to be. My small attempts at Audax pale into insignificance however, when compared to the efforts of our Secretary. Sue Nilan has become the second woman in WA cycling history to receive a Super Randonneur badge for her efforts (Aileen Martin was the first). Well done Sue for a very gutsy effort – although I believe you were about to join Happs during some of the rides as a whine maker! Watch out Rod Evans, Sue is on her way!

Speaking of Rod, I must pass on the congratulation of all members on the record breaking events which happened a couple of weeks ago. A formal letter is on its way from the Club but I think that individual congratulations would also be appreciated now that Rod has reached the level necessary to cycle with the CTA.

On a sadder note I must pass on the news that Arthur (Basil) Turner was killed during a cycling holiday in England. He had been so excited about the trip and when his wife rang to tell me the sad news, she said that he died doing what he had always wanted to do. A loss to both his family and to the Club.

On a slightly cheerier note I wish to congratulate Roger on his input to the Newsletter over the last few months. The history of the CTA is something that should be of interest to all of us and it is intriguing to find out how some of our rides arose. Also of use are some of the tips and technical topics passed on to us by various members. I hope to see many such changes in future issues.

Just a small reminder that the Achievement/Challenge series are underway and that they are open to ALL financial members of the club. Why not have a go at the rides (they are free!) and wear one of the fancy and colourful badges (they are not!). Any thoughts and ideas for changes to previous achievement rides would also be appreciated (No, we can't do the 10,000 in 8 on a flat road!). Our 200km course this year will be the reverse of our normal direction, and it will also be held in conjunction with the Audax Club. Our 300km course will also be different and again held in conjunction with Audax, so we hope the changes will entertain and encourage you to attempt some possibly longer distances than you previously thought possible. Hope to see you on one of these rides. Until then,

Cheers!

Steve Blackburn



MEMBERSHIP FEES

Just a reminder that at the last Annual General Meeting held on 12 December 1993 fees were set for membership as follows:

1. Family membership \$45.00 (an increase of \$5.00).
2. Individual membership \$25.00 (unchanged from last year).

N.B. Existing memberships not paid until after March, attract a late fee of \$5.00.

The CTA is a non-Government organisation relying on membership fees, donations and volunteer labour to achieve our aims and objectives. These monies help to provide each member with six Newsletters per year, a social evening venue and tea and coffee making facilities, weekend trips and tours "at cost", a library, an indemnity to cover property to name a few of the obvious benefits.

Unfortunately to keep our bank balance in the black and to continue to provide the same service, there has been a necessary rise in the cost of family membership (one or two adults and their dependants) \$45.00. Costs of membership for adults - \$25.00 and students/pensioners \$15.00 will remain THE SAME. Note, there will be only one Newsletter per issue per family membership. A late fee of \$5.00 will be charged for any member who has not paid by March.

There will also be a charge for Achievement/Challenge badges of \$5.00 commencing with the first Achievement/Challenge ride of 50km in 1994. Members still participate in these events for free but will be required to pay for their badges if they want them.

Don't forget:

Members only will be allowed to participate in Achievement/Challenge Rides and weekend tours (with the exception of the On Your Bike Tours)

MEMBERSHIP PARTICULARS

All members are asked to confirm their current address and phone numbers with Committee members. Of recent months a number of members have advised that they did not get Newsletters. In the majority of cases it appears that current addresses have not been supplied and unfortunately the CTA Committee is not "psychic" in this area.

NEW MEMBERS

A hearty welcome is extended to the new members who have joined since the production of the last Newsletter.

David Adams	Amanda Annells	Johnny Barber
Kevin Bolt	Betty Christie	Jim Christie
Alison Cooke	Marnie Couch	Lorna Cross
Peter Fallon	Ian Greenham	Peter Hancock
Kevin Hayter	Gary Hughes	Devo McCall
Michaela McCarthy	Peter Moen	Dermid Phelan
Fran Phelan	David Phillips	Keith Pond
Beverly Roberts	Mark Ryan	Brian Sawyer
Geoffrey Scharf	Carmel Schmidt	Lorraine Schutz
Uli Seydel	Brian Smith	John Spencer
Mark Stephens	Barrie Thomsett	Lance Whiteford
Paul Widnall	Neale Winter	

Hope to see you "on your bike" on one of the announced rides in this calendar.

INFORMAL RIDES

For those who do not wish to join the organised ride of the day but would like still some company, a time and place will sometimes be given for informal rides. It is up to those who turn up on the day to decide where and for how long to ride - try it, it is often a delight!

AUDAX AUSTRALIA

Audax is an international long distance cycling club. The first club originated in France in 1904. The name is a loose translation from the latin and means "courage". All rides are non-competitive and conducted over specified routes and distances within set time periods.

At the successful completion of each event the rider is eligible for a certificate and medallion. Rides range from 50km to 1500km in length and are open to all CTA members, though membership of Audax Australia Club is encouraged if you envisage participating regularly. Thereby you are able to gain the very generous personal injury and income protection cover afforded from such membership.

PLEASE NOTE - Notification of participation is required at least one week prior to the event and there is a cost to enter dependent on the distance to be travelled. Further information and a program of events is available by contacting Mr Don Briggs on 458-8175(H) or checking the Events Calendar.

SOCIAL EVENINGS

These are usually held on the first Friday of each month and the current venue is the Ernest Johnson Oval Guide and Scout Hall. Turn right off South Terrace into Fortune Street, then right again into Pilgrim Street in South Perth. Ample parking is available. For further details contact the Social Secretary, Simon Koek on 271-2959 (H).

ACHIEVEMENT/CHALLENGE SERIES

For those who are not "in the know" both "Series" are designed to push your cycle abilities and stamina forward in a graduated, supported and rewarded way. Both Series consist of set rides, with increasing levels of difficulty, spread over a ten month period.

In order to make the Series truly challenging all rides have a time limit associated with them. Completing the distance within the required time will make you eligible for a cloth badge (note payment this year of \$5.00 per badge) and completion of either Series will see you rewarded with an award at the Annual General Meeting in December (no charge for this badge! - so why not try for a freebie?)

Please note, you can only nominate for ONE of the Series Awards not both; but you can change your mind along the way if you find you are fitter than you think and would like to try the more difficult Super Achiever Series.

For this year the CTA is running a combined 300km Achiever ride in association with Audax club calendar so this should be an exciting event and all aspiring distance riders are encouraged to join in.

CTA LIBRARY

For new members and those of us who did not know the CTA has a small library of books and magazines relating to all facets of cycling and cycle touring. These are available for all members to borrow or just read at each of the social evenings. The books may be only borrowed for 4 weeks by contacting your Social Secretary, Simon Koek on the night.

Contributions to the library would be greatly appreciated so do not dispose of any cycling literature which you feel may be relevant. We also propose to expand the library from time to time from club funds, and new titles will critiqued in the Newsletter.

To all members who have borrowed titles and not returned them from last year **BEWARE!!!** - please return them pronto!

CLUB SHIRTS

An increasing number of members, splendid in blue, red and yellow club clothing, are appearing on club rides. These garments are cheap by comparison with those available in the shops and are easily visible on the roads. They are on display at each social evening courtesy of Warwick Lang our club administrator and vendeur. We would love to have more members in our colours. It is a great advertisement for the club.

EXCEED SPORTS NUTRITION PRODUCTS

The following products are available to club members at reduced costs and can be ordered by contacting Warwick Lang PH: 337-2681(H). Payment prior to ordering of the goods is required.

Fluid & Energy Replacement, 600g tin
Fluid & Energy Replacement, 1.5kg pack
High Carbohydrate Source, 512g
Sports Nutrition Supplement, 237mL
Sports Bar (chocolate), 82.8g

FOR SALE/WANTED

Members can place advertisements under this heading free of charge and may include anything cycling related including even "Arnold Schwarzenegger" male riders for feminine cyclists wishing companionship.

50KM CHALLENGE/ACHIEVER RIDE.

SUNDAY 8TH MAY, 1994.

This year's ride was held in perfect fine and cool weather, with some enthusiastic riders initially 'charging' up the Bullsbrook hill, then via a very picturesque, circuitous route, back to the start near the Bullsbrook Tennis Club courts.

The pace this year seems to have been quite fast and furious, with Andrew Woodroffe, David Uren and a small covey of other riders completing the course in just a whisker over 1 1/2 hours. Lucky this was not an official race, as a 'swab' test may have proved positive for this small number of 'fliers'!

The number of new and shinningly keen faces at the ride start was gratifying to behold. A very sincere welcome to those Over 55's riders who joined in and whose riding pace was far from slow, as requested to by yours truly, (who struggled to keep up!).

It was really good to see Barbara Farmer back on her bike again after an absence of a number of months. Rumour has it that she, and her "Super Audax" rider husband Colin, are to depart for France in November this year, for 12 months touring (including Colin's participation in his second Paris-Brest-Paris Audax 1200km Clasic. Colin, I'm somewhat green with envy!

So, all in all it was a great day, enjoyed, I'm sure, by all ride participants (despite the small extra challenge of a head wind that seemed to buffet us whichever direction the route took).

Finally, a round of thanks to Amanda Annells for the generous supply of home-baked muffins and cookies she shared around, to the appreciation of all concerned. Congratulations to:

Craig Abernethie	Amanda Annells	Jose Arregui
Jenny Bailly	Steve Blackburn	Dennis Braddon
Andrew Candy	Don Caplin	Jim Christie
Wendy Clements	Gregory Clements	Frank Culverwell
Ross Cussons	Peter Fallon	Barbara Farmer
Colin Farmer	Kevin Hayter	Graeme Hill
Ralph Horley	Anthony Humphries	Mary Kitchen
Jenny Knight	Simon Koek	Warwick Lang
Arie Lemson	Carmel Loughney	Peter Lundy
Marian Mayes	John Meakin	Bob Montgomery
Sue 'Oppie' Nilan	Mark Nilan	Nathaniel Offer
Brian Sawyer	Debbie Selfe	Roy Sonnemann
Roger Stevenson	Barrie Thomsett	David Uren
Tom Wall	Stan Wiechecki	Neale Winter
Andrew Woodroffe	Robert Zwikelberg	

KNIGHT TOURING - UPDATE

Hi! Each newsletter we hope to introduce you to all the latest in pannier touring, from bikes to gear to highlighting local and interstate tours that members may be interested in.

A sub-committee of avid tourists has been formed and we hope to organise the following 'touring' programme into the CTA calendar each year:

- * 3 or 4 weekend pannier tours per year
- * 2 social evenings oriented around aspects of touring, or tours that members have been on.
- * 1 major tour of 2-4 weeks every year to second year.

We'd also like to have more hire gear available for members to 'experience' touring before spending big dollars on tents, panniers, etc. All of this may be rather ambitious, but our hearts are in the right place. You, the members, can help us with information on what you'd like to see and do, or organise. We hope to get a pannier tour to South Australia off the ground for April 1995, covering the Clare and Barossa Valleys and the York Peninsula, over a two week period. And look out for Tasmania in 1996!

Expressions of interest for these tours would be appreciated by the committee NOW! JLK

Committee: Peter Lundy PH 247-1625; Stan Wiechecki PH 448-2335; Tony Humphreys PH 447-9014; Jenny Knight PH 339-3196.

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WEEKEND AT WAROONA JULY 29-31

Lake Navarino Forest Resort is located on the banks of the Waroona Dam approximately 90 mins drive by car from Perth. Accommodation will be in either bunkhouses or chalets (depending upon numbers). Both on and off-road cycling will be catered for with rides to various local attractions. There also attractive bush walking trails and horse riding facilities. So bring a non-cycling friend.

Approximate accommodation cost is \$40.00 per person. Closing date for bookings is 14th July and a \$20.00 deposit must be paid to Sue by that date.

Organiser: Sue Nilan Ph: 397-0804

PELATON RIDING SATURDAY AUGUST 13, 1994.

Interested in group riding etiquette, and the benefits of 'pelaton' riding, plus increasing your riding skills? Then this session run by Colin Farmer, one of our club's most experienced riders, is definitely for YOU!

Venue: Armadale Railway Station

Date & Start time: Sat. 13th August, at 1pm sharp.

Colin will provide instruction on the basics of these techniques and practical experience on quiet roads in the Armadale area. Timing is proposed to include 30minutes instruction at the Station complex (under cover), followed by around 1 1/2 -2 hours of 'hands on' riding experience.

All those interested, please ring Colin, PH: 330-4441 (H) to enable him to gain some indication of numbers attending.

Bring with you, wet weather gear, 'munchies', and an enthusiasm to learn as much as possible from what promises to be an interesting and very valuable learning experience

Historical Notes

(These notes have been unashamedly "cribbed" from past issues of the Newsletter- Many thanks to the unknown contributors.)

The CTA Achievement Rides Story.

The CTA was founded in late 1974 by a small, but dedicated, band of far-sighted pioneers. It was only three years later that preparations were made for the first 50km ride and then the 100km Achievement Ride; both of which were planned and organised by CTA co-founder, Dale Neill. The route of the 50km ride included the Perry Lakes-City Beach suburbs. From the start on Perry Lakes Drive the ride went in an anti-clockwise direction. One circuit of this course measured 10km and many of the riders were very tired as they completed the final lap of this far from flat route.

The author of the original article continues, "I did not take part in the very first achievement ride, but I remember quite clearly how most members regarded them with a lot of respect. When I rode my first ever 50km Achievement Ride in 1978, I was full of awe and found the 2 1/2 hour time limit quite daunting. One of the nicest things about the infant CTA, was the sincere and friendly encouragement offered to the new members contemplating their first ever attempt at the 50km ride. The enormous benefits of joining a non-competitive sporting club were self evident benefits which I would learn to cherish during the later years of the Club's development.

The bushland setting of the first 50km ride was appealing, however the first 100km Achievement Ride route was not a circuit this time,

and was far less attractive, due mainly to the seaside traffic congestion on West Coast Highway. The start/finish was located on this highway at the City Beach roundabout. We would head North along the highway to Mullaloo and then East to Wanneroo Road, then north to a point perhaps 10km north of Wanneroo township, where the turn-around check-point was located."

Our Achievement Rides still rank amongst our most popular and well attended events.

Technical Topics.

"On the Road with Rod" - Those Problem Knees!

Sore knees don't just happen!-They are caused by over enthusiastic training, with lack of adequate training or fitness level beforehand and possibly incorrect cycle position, adjustments, or a combination of all the above!

Fortunately, there are a number of simple rules for avoiding knee injury, or trouble and if you do hurt your knees, a couple of worthwhile methods that can aid recovery.

When it comes to knee injury, although there can be medical reasons for knee trouble, such as chondromalacia, or patella tendonitis, most knee problems are caused by either an incorrect movement or over-exertion. To avoid knee injury, you should stick strictly to the following rules.

- a) Don't undertake rides you are not adequately trained for.
- b) Build up your training mileage gradually and slowly.
- c) When training, ride at a cadence of a minimum of 85 revolutions per minute, and preferably around 100rpm.
- d) Check your position on your bike. A saddle in the wrong position can be disastrous on knees.
- e) Ask an experienced cyclist where you should be positioned, if you are not sure. A broad rule of thumb, is to have a slight bend in your knee at the bottom of your pedal stroke.
- f) Check the position of your feet on the pedals. The ball of your foot should be over the pedal spindle. When riding your legs should move straight straight up and down like pistons. You should not ride "knock kneed" nor should your knees move outwards during the top of your pedal stroke. A good rule is to ride with your feet parallel to each other.
- g) Keep your body weight down. The heavier you are, the harder it is on your knees, especially when climbing hills.
- h) If, after all of this, you still injure your knees, try the following remedies.
 - 1) Cut down the length of your training rides, for several weeks at least.
 - 2) Don't place pressure on your knees whilst riding eg. no hills riding or chasing other riders. (again for several weeks at least).
 - 3) Use lower gears eg. if you normally train on a 42x16, try riding on a 42x18.
 - 4) Recheck the position on your bike.

The medical treatment for sore knees can vary depending on the nature of the injury. Racing cyclists sometimes take anti-inflammatory medications, such as aspirin or Voltaren® but this is something I would not advise without careful thought or your doctor's approval. Ice applied after riding, plus light stretching can help.

Knees are tricky things. If pain persists, you should consult your doctor. The trick is not to get sore knees in the first place! Prevention is better than any cure!

Rod Evans.

WHY DO I GO CYCLE TOURING?

(Some thoughts during the 20th Anniversary Tour Albany-Perth, 1994.)

It was an informal meeting of the Geriatrics (*geri* - meaning old *atric* - meaning three together - a well known cricketer's term). John Meakin, Kleber Claux, and I (Stan) were lying exhausted on a bed of pine needles, after a hot day pushing heavily-laden bikes through the karri-fringed hills of WA's South West corner, from Walpole to Shannon. As we sipped our second cup of Earl Grey, John said, "Why do we do these stupid things? Its like beating your head against a brick wall - its so wonderful when you stop!"

That got me thinking about why I, personally, go cycle touring - and really that is the only question any of us needs to satisfactorily answer if we are to continue this past-time of ours.

Like all of our group, I had had a hard day. The heat and seemingly incessant parade of hills leading to our little hide-out at CALM's Shannon camp-site, had taken their toll. I asked the question of myself, "What's in it for myself?" The answer came back loud and clear over the next 48 hours. No, it was not written in tablets of stone, but in the many features that go to make each of these tours such a unique experience, a time to restore body and soul to new levels of vitality.

What were the steps along the pathway? Firstly, the very fact of being able to relax with friends with a hot cuppa at the end of a long day of shared toil. Then the sheer physical sight of a beautifully hot shower (thanks to the efforts of Les Wilkinson in lighting and selling the wood heater), followed by a dousing under water so cold that it took my breath away. The daily tour meeting was held later that night under a canopy of stars. Then we were treated to the sight of what appeared to be a dance of tiny lights approaching us through the bush. This turned out to be members of the 'cappuccino set' led by Simon Koek with torches alight.

The next morning was cool and overcast and the ride to Northcliffe, although still hilly, was easily accomplished. Awaiting us were the delights of coffee, milk-shakes and cakes of all varieties to satiate us. I dare not eat so frequently, nor at such a high carbohydrate loading, when not in touring mode!

Arrival at the YHA Pimelia (Pemberton) meant a return to civilisation; beds, gas stoves, electric lights, and the now traditional cooking contest between the guys and the girls. Because of the imbalance of numbers, some of the guys were drafted into the ranks of the opposite sex for this event. The guys, ably led by Robert Zwickelberg and Les Wilkinson, set the standard on the first evening with an excellent three-course offering. Not to be outdone, the ladies triumphed with an outstanding four course meal complete with floral centre-pieces, candles, patterned serviettes and a singing 'pseudo' Italian waiter (Simon Koek). Special thanks to the ladies team, which was inspired to great efforts by Phil Torkildsen (a ring in!); Gloria Clapp, Ann Wilson and Carmel Loughney. The competition led us all to work together as a team, many of the guys remarking that they were learning techniques which had been previously foreign to them.

The rest day at Pemberton had also allowed us to relax from the pressures of 'moving house' and to catch up on the laundry chores.

More next issue!

DAM WEARY RIDE- APRIL 10TH

Our close knit group of 10 riders took off from Armadale railway station in beautiful, crisp morning weather, to tackle our initial climb up Bedforddale hill. I studiously ignored Phil Giddin's comment that I should be leading from the front, as he, and his companion John, whizzed past me as I was struggling to power my bike up the steep gradient at my own dogged pace. At the top, we had lost Lin Hambleton to a puncture (unbeknown to us, almost as soon as he had started on the ride). Once re-united, we all had great pleasure in converting our hard won altitude into downhill speed on the run into the Canning dam reserve. I might say that the Dam, sparkling in the bright mid-morning sunlight, was one of the prettiest sights to behold through the overhanging foliage alongside the road. Undulating terrain, followed by vistas of wooded valleys, made the next section of the ride a continued pleasure.

The climb up from Canning dam, along Gardiner Rd, was, as I had to remind myself, what the ride was all about-though my weary legs had a totally different outlook! A mid-morning break at the junction of Canning Rd gave us all a breather, and we continued into Kalamunda in fine fettle. On our arrival at Kalamunda, we made the fatal mistake of heading for the French Patisserie for a cappuccino break. It was here that the pleasant

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atmosphere, sitting in the sun, sipping coffee and partaking of delicious pastries and croissants, had a numbing effect on our resolve to continue the ride past Mundaring Weir, up to Mundaring and down to Midland. My plan was out-voted and a decision made to head down Kalamunda hill, and thence back to Perth via Welshpool Road. Phil Giddins and John, had, prior to this, taken leave of our group, and we remaining riders raced down the hill, like the speed crazy teenagers we all are at heart!

For this, my first introduction to ride leadership, I am grateful that we never lost any riders (at least not permanently!) and that the ride newcomers seemed happy to consider my directions as those of an experienced cyclist! I did enjoy riding with newcomers, Uli Seydel, Mark Stephens and Peter Moen. It was also good to meet up again with Carmel Schmidt.

SOME DIRT FOR MOUNTAIN BIKING

Perth does not, in fact, have a mountain bike club. Perth Mountain Bike Club is a racing club! Almost all of their rides are races. For those who want to spend all day in the hills, in the dirt and who don't want the stress and competition which racing entails, there is only the odd ride offered by the CTA and AOA (Action Outdoors Association). There are also a number of rides offered by commercial interests.

Whilst not really advertised as such, the CTA weekends down south, and south-west, offer excellent opportunities. Lewana Park, Donnelly River, Waroona and Lane Poole reserve all offer fantastic mountain biking country.

There is, of course, the problem of getting there. At the moment, I can only suggest some serious car-pooling arrangement.

'Mud in Ya Eye'.

Andrew Woodroffe.

THE COCKATOO PEDAL

(Thoughts on the Audax 400km ride, April 23/24).

Now I truly had the perfect answer to my friends, who always say of my distance riding activities, "You're nuts! Why do you do this?"

These thoughts came to me on the final leg of the ride back over Toodyay hill in brilliant moonlight, with the silence of the bush enveloping me like a mantle, the near soundless 'swish' of the bike tyres on the road and my body working in perfect unison with the machine, to propel me effortlessly through space! There's a special magic in these moments when they occur, and they are rarely attainable through any other means.

The perfect cycling weather conditions, and feeling really good about one's cycling performance (especially after having already completed over 350 km of the ride), created an almost euphoric state which lasted, paradoxically, even as I was powering up Gidgegannup

hill and the final uphill gradients before the wonderful swoop down Red hill to our final destination at Midland. To cap off my feelings of delight, I was in the leading bunch and feeling I was unstoppable!

A round dozen of us set out on this ride from Midland town hall at 5am on Saturday, on what was to be one of my most enjoyable rides ever. A rare combination of near perfect weather (beautifully fine, not too hot and the complete absence of wind) made the distance seem much shorter than it was, and apart from a mid afternoon period when rising temperatures sapped one's energy somewhat, there were for me, no periods of the 'bonks' to struggle through.

Early evening we were treated to a blood red sunset, and with Goomalling, came a renewed vigour with the approach of cooling twilight temperatures.

The ride leg from Goomalling to Northam was accomplished by our group as if we were furnished with wings. With Rod Evans leading our bunch, we were cruising at 35+km/hr speeds with little apparent effort. By that stage night had set in and the moon had not yet risen. Our bike lights splashed pools of mobile light on the road ahead and on either side of the road, the dull red glow and drifting smoke from stubble field fires, created quite a surrealistic atmosphere.

The final delight for me was that the bike performed perfectly. I was not plagued by any punctures or other mechanical breakdowns (apart from my rear flashing reflector light bracket fracturing, and the light falling off onto the road - luckily with no damage to the light). Sue Nilan was, however, not so lucky, and she and Mark struggled for over two hours during the ride, fixing various punctures. Mark, and particularly Sue, have my sincere admiration in finishing the ride in really cheery spirits, despite such mental aggravation. Sue in particular, deserves special mention for her determination in completing the ride. She's was now actually looking forward to the Audax 600 km ride! A far cry from her reaction to such a prospect this time last year I'm sure!

Jamie Ingram had the real misfortune to have his bottom bracket collapse on him shortly before the Goomalling control point, forcing him to pull out of the ride. Before this he was going well and was confident of completing the ride. The only other misfortune befalling the riding group was Brian Smith's foot problem, forcing him to abandon the ride about 2/3rds of the way through. He was scheduled to have a corrective 'op' shortly after and had wanted to have this ride under his belt before going into hospital. Jolly bad! Brian! The other riders on this trip were Mark and Sue Nilan, Paine, Lin Hambelton, Colin Farmer, Don Briggs, Phil Giddins, Rod Evans, Brian Smith, Brian Hughes and Jamie Ingram.

The ride backup was very competently organised by Brett Rutherford and Liz Green whose cheery call on arrival at each control point of "What will you have? Coffee or tea? White or black?" was most welcome.

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It was likewise a pleasure having both Brett and Liz riding with us for a leg of the ride - particularly Brett, who, due to an unfortunate elbow injury in a bike accident several months ago, has been off his bike until very recently.

Altogether, this was a ride that will remain in my memory for a long while, and is in my view the essence of what a good Audax ride is all about - good riding company, an excellent route (with the bonus of good weather) and real satisfaction of a ride completed.

EDITOR'S CHIT

A hearty welcome to the June/July edition of the CTA Newsletter. Hopefully members have been taking advantage of the magnificent weather over the past weeks to participate in cycling activities to their full satisfaction.

My own participation in cycling activities has included leading the 'Dam Weary' ride on April 10th; embarking on some truly wonderful riding on the Augusta Weekend; joining in with the intrepid '20th Anniversary Cycle Tourists' in the final ride into Perth on Sunday April 24th; and a truly enjoyable Audax 400km ride (Yes! really it was) on the weekend of April 23rd & 24th. As promised in my last Chit our series of Technical Topics is continued here - as is the Column on Historical Notes.

Several reminders are appropriate for events in the June/July Rides Calendar. The Century (160km) Challenge Ride is scheduled for Sunday 10th July and departs from the Carriage Coffee Shop (A

favourite haunt of experienced CTA riders). Let's see those past Super Achiever and Challenge Series riders joining in to show those of us who are contemplating 'having a go' for the first time just how to go about the rides. I'll certainly be joining in for the fun of it and hopefully to offer a friendly word of advice to newer riders!

On the Social Events scene (by the time that this Newsletter goes to print) the Progressive Dinner and Wine & Cheese Evening will be happy memories. The 'Pot Luck' evening also promises to be a very enjoyable affair. With our esteemed Social Co-ordinator's penchant for gourmandising it will be a true 'Gastronomic Experience'. Miss this evening at your peril!

We are likewise in for a different 'Smorgasbord' of Rides and Tours under the Rides & Tours Update banner. First is included a most informative (and I might say amusing) article by our illustrious 20th Anniversary Tour Rides joint Co-ordinators, Kleber and Stan. Also to be serialised in the next newsletter is a description of cycle touring in Tasmania and New Zealand. In further issues, we will be including other snippets from members of the 20th Anniversary Pannier Tour.

I have been particularly pleased to have met a number of new faces on several of my recent rides. I have really enjoyed cycling with them and extend a particularly warm welcome to Uli Seydel, Mark Stephens and Peter Moen.

So that's it for now. Happy cycling.

Roger & Out.

Rides Calendar

June/July 1994

For any cyclist coming on a ride for the first time, it would be wise to start with an 'Easy' ride. If you are unsure of your suitability for a particular ride, please telephone the Ride Leader. You will need to wear a helmet and 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, bring water!

JUNE 10

POT LUCK EVENING

Friday night Social Evening at Ernest Johnson Oval Guide and Scout Hall, end of Pilgrim Street, South Perth, 7.00pm start. Tonight the night to bring and sample some good home style cooking. Contact Simon for details on what you can do to help by telephoning Ph: 271-2959 (H).

JUNE 12

100KM ACHIEVMENT RIDE

Meet at the Armadale Railway Station at 8.00 am for an 8.30 am sharp start.

Details: Jenny Knight 339-3196 (H)

JUNE 18

BEVERLY OATLANDS

Audax 300km. Meet at the Midland Town Hall at 5.30 am for a 6.00 am start. Midland-Clackline-Spencers Brook-York-Beverly-Brookton-Karragullin-Kalamunda-Midland.

Details: Don Briggs Ph: 458-8175 (H)

JUNE 19

CHOCKS AWAY WITH STAN

40km, touring pace, flat terrain, 9.00 am sharp start. Meet at Causeway carpark for an easy ride to the RAAF aviation museum in Bullcreek to explore the exhibits.

Leader Stan Wiechecki Ph: 448-2335 (H)

JUNE 19

SEVEN SICK HILLS OF THE CITY (NORTH)

60km, moderate pace, hills (7), 8.30 am sharp start. Meet at Lake Monger Carpark on Vincent Street for a ride through the nearer Northern Suburbs looking for sick hills, again the infamous rides coordinator will lead from the rear.

Leader: Mark Nilan Ph: 397-0804 (H)

26 JUNE

WARWICKS' ANTIQUES AND BRIC A BRAC RIDE

40km, easy pace, flat terrain, 9.00 am sharp start. Meet at Causeway carpark for a Northern riverbank route to Guildford to explore the Antique and Bric a Brac shops and a coffee.

Leader: Warwick Lang Ph: 337-2681 (H)

26 JUNE

SERPENTINE SUE'S ESCAPE

80km, moderate pace, flat and hilly terrain, 8.30 am sharp start. Meet at Fremantle Carriage Coffee Shop for a ride to Serpentine Falls to see the sights and eat some bites.

Leader: Sue Nilan Ph: 397-0804 (H)

2-3 JULY

XMAS IN JULY

Details: Simon Koek Ph: 271-2959 (H)

3 JULY

FREMANTLE-MIDLAND TRANSIT

60-80km, easy pace, flat terrain, 9.00 am sharp start. Meet at FREMANTLE TRAIN STATION for a treddle up to Midland, coffee and return via train or cycle.

Leader: Neil Stooke Ph: 364-3899 (H)

JULY 8**SOCIAL EVENING**

Contact Simon Koek on 271-2959 for further details.

10 JULY**THE DARLING RANGE RIDE**

Audax 200km. Meet at the home of John Martin at Pickering Brook at 6.30am for a 7.00am start. Pickering Brook-Mundaring-Chidlow-Toodyay and return.

Details: Don Briggs Ph: 458-8175 (H)

10 JULY**CENTURY (160KM) ACHIEVEMENT RIDE**

Meet At Carriage Coffee Shop Fremantle at 8.00am for an 8.30am sharp start.

Details: Mark Nilan Ph: 397-0804 (H)

JULY 17**HMAS ORION GARDEN ISLAND**

50km, easy/touring pace, flat terrain, 0830hrs SHARP! start. Meet at Carriage Coffee Shop, the Esplanade Fremantle, for a ride to Rockingham then over the causeway to Garden Island. The ride will include a tour of the Submarine Escape Training Facility and an internal inspection of HMAS Orion submarine. A barbecue lunch will be provided by the Navy before returning to Fremantle. **DON'T MISS THIS RIDE** as it may be your only chance to ride over the causeway and onto Garden Island. Our heartfelt thanks to member Petty Officer ETPSMR Robert Zwikelberg and Stan Wiechecki for organising this event.

Rules: - NO externally cleated cycling shoes allowed on the submarine (SPD's will be ok) so bring joggers etc. Also NO open weave sandals or thongs allowed. Members only. **YOU MUST CONFIRM YOU ARE COMING ON THIS RIDE BY RINGING THE LEADER! THERE ARE LIMITED NUMBERS.**

Leader: Stan Wiechecki Ph: 448-2335 (H)

JULY 17**INFORMAL RIDE**

Meet at the Causeway carpark at 8.30am to decide the ride. See page 2 for further details.

JULY 23**THE GINGIN STRUGGLE**

Audax 300km. Note Saturday at Kelmscott Railway Station at 5.30am for a 6.00am start. Midland-Toodyay-Dewars Pool-Bindoon-Gingin-Guilderton-Yanchep-Wanneroo-Midland.

Details: Don Briggs Ph: 458-8175 (H)

JULY 24**THE K.K.P.M. PEDAL**

100 km, moderate pace, medium hilly terrain, 8.00am start. Meet at Kelmscott Railway Station for David's Kelmscott-Karragullen-Pickering Brook-Mundaring Pedal with a couple of stops for fuel before returning via obvious descents to Kelmscott.

Leader: David Uren Ph: 368-1993 (H)

JULY 24**FAST EDDY'S NOT SO FAST**

40 km, easy pace, flat terrain, 9.00am start. Meet at the Causeway carpark for Ron's annual legendary ride to Fast Eddy's in Fremantle

for a scrumptious breakfast of bacon and eggs or what ever you wish on a cold winters morning.

Leader: Ron Bowyer Ph: 382-3993 (H)

JULY 30-31 WAROONA ROAD AND MTB WEEKEND

See inside newsletter for details of this road and MTB event.

Organiser: Sue Nilan Ph: 397-0804 (H)

JULY 31 JUST HOW GOOD ARE THESE OVER FIFTY FIVERS?

80 km, moderate pace, hilly terrain, 9.00am start. Meet at the Ampol garage on Toodyay Road just East of Great Northern Highway for a ride up to and around Gidgegannup with a few breaks for tucker and admiration of the view before returning via Red Hill descent to the garage.

Leader: Frank Culverwell Ph: 279-6099 (H)

JULY 31**VAL AND LORNA'S BEACH BELLE RIDE**

40 km, easy pace, flat terrain, 9.00am start. Meet at the Surf Club Cafe carpark at Port Beach for a ride with a difference led by the belles Val and Lorna around the beach side cafes and back.

Leaders: Val Siataga and Lorna Cross Ph: 339-2429 (H)

AUGUST 5**SOCIAL EVENING**

Contact Simon Koek on 271-2959 for further details.

AUGUST 7**INFORMAL RIDE**

Meet at the Causeway carpark at 8.30am to decide the ride. See page 2 for further details.

AUGUST 7**200KM CTA AND AUDAX RIDE**

Combined Achievement ride / Audax 200km Classic. Meet at Midland Town Hall at 6.30 am for a 7.00 am sharp start. This will be a clockwise 200km course run in conjunction with the Audax club. Riders may qualify for both the 200km CTA achievement badge and the Audax 200km badge providing they fulfil the entry requirements and completion deadlines for each ride with the respective club.

Details: Mark Nilan 397-0804 (H)

AUGUST 14**NORTHWARD BOUND**

80 km, moderate pace, flat terrain, 8.30 am start. Meet at Warwick train station for Arie's route around various Northern suburbs including a bite to eat along the way before returning to Warw

Leader: Arie Lemson Ph: 307-5820 (H)

AUGUST 14**MARIA'S MT LAWLEY MEET**

40 km, easy pace, flat terrain, 9.00 am start. Meet at the Causeway Carpark for a pleasurable ride via circuitous routes to Mt Lawley's new Cappuccino strip for the odd devonshire or three.

Leader: Maria Antonas Ph: 444-3951 (H)

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C.T.A. COMMITTEE – 1994

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