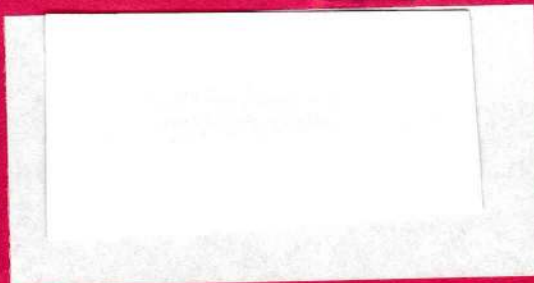


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Newsletter of the **CYCLE TOURING ASSOCIATION OF W.A. (Inc.)**

Volume 138

December/January 1997/98

EDITOR: Terry Bailey

PRESIDENT ON PAGE ONE

Firstly, as another year draws to a close, I'd like to wish all members and prospective members a happy and safe holiday period. Summer is upon us again and I'd like to remind, in particular our newer members, to always take plenty of water and sunscreen and don't forget to use them!

Another AGM has passed and I'd like to welcome the committee of '98. It's pleasing to see new committee members Lance Whiteford, Paul Bonetti and David Stobie coming on board to help the committee with their depth of knowledge and experience. Lance has been responsible for getting the new look CTA club clothing beyond mere discussion, through design, manufacture and onto our members' bodies. Paul has been in the club for many years and while he's been gainfully distracted in recent times he's been working on putting the CTA on to the Internet (more on this later). David has been a CTA member of long standing and a previous committee member. It will be great to benefit from David's previous experience.

I would also like to give thanks to Ann, Bridget, Desama, Janet, Mark, Simon, Steve, Terry and Tony for all the hard work they did on the committee of '97 to get the club to where we are now. I'd especially like to thank the outgoing committee members. Simon Koek has served on committee for 5 years - 2 years as rides coordinator, 2 years as President and most recently helping and supporting me as Vice President. Thanks again Simon for all the hard work. Tony Humphreys has been Touring Coordinator for one and a half years and has recently moved out to the country. From there he continues to be active in organising events, especially the upcoming '98 On Your Bike Tour. Thank you Tony. Bridget Woodroffe has been expanding into new fields. 1997 has been more (re)productive than most. Bridget leaves the committee to concentrate on her efforts to get more cyclists into the world and onto the streets. I'd like to give a very special thanks to Bridget. Mark Hallam was with us on committee for a short period at the beginning of the year and it was unfortunate for us that job prospects lured him over to Brisbane (he's now quite active with the local cycling club over there and has passed back some interesting

ideas). Best wishes to both Mark and Debra. To all the committee members past and present thanks again guys.

It would be negligent of me not to thank all the CTA members who organised rides, weekends away, tours and the "Spring on Your Bike Tour '97". As has been said in the past, too much of this work has been done by too few people. Every one of our members has the ability (with help from the committee if necessary) to organise rides themselves. If every member organised just one ride per year that would be a ride on the calendar every second day! So come on and please help us out.

This year has seen a record number of CTA "Super Achievers". There were 4 people who earned the prestigious Super Achiever mug and a further 3 people who earned the nearly as prestigious Challenge mug. As you may have noticed from previous newsletters we have made the scheduling of the rides needed to achieve these awards a lot more flexible which has given those with the ability to complete the arduous round of rides a much better chance of doing them.

I'd like to thank the leaders who have organised weekends away for their enthusiasm and hard work. One thing that has slipped back a little this year has been attendance on these weekends. These events take a lot of organising, and although we have a great time even with small numbers, after all that work it would be nice to get a great roll up. The Committee are thinking of cutting the weekends back a bit in '98 to try to concentrate the numbers more. In the past we've usually had a weekend away each month. We wouldn't like this to drop too much so please get behind the leaders and help them make their effort worthwhile. Also some new organisers would be great.

As I said previously Paul Bonetti has been busy developing a CTA World Wide Web page. It's still in its early stages but from the few sneak previews I've had it looks really great. We've had a problem in the past handling large numbers of general enquiries so hopefully this will give those interested in coming here something useful to look at and read. Once Paul has shaken a few of the bugs out we'll publish the Web address for all to peruse.

(continued page 4)

1998 MEMBERSHIP FEES

Just a reminder that your 1998 membership fees are now due, as indicated below:

- | | |
|----------------------------------|------------|
| 1. Individual membership | \$35.00 |
| 2. New members | \$30.00 |
| 3. Full-time Students/Pensioners | \$18.00 |
| 4. Dependants under 18 | no charge. |

Existing members should note that there is a \$5 discount on fees (resulting in a \$30 fee) if they pay before the end of January 1998. *Note that this does not apply to the student/pensioner membership fees.*

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.

MEMBERSHIP PARTICULARS

All members are asked to confirm their current address and phone numbers with Committee members. If you are lucky enough to move to a bright sparkling new place of abode, please share your good news with us - it makes it so much easier to ensure you are kept up to date with the important things in life!

NEW MEMBERS

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

Janet Box

Laura Adair

Shirley Dardi

Hope to see you "on your bike" on one of the rides!

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 only be borrowed for 4 weeks by contacting a committee member 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 be critiqued in the Newsletter.

POLICE BICYCLE REPORTS





The Police Bicycle Section would like to hear your reports of harassment, abuse or other serious incidents involving motor vehicles.

In order for the police to investigate an incident, you must be able to provide the registration number of the vehicle involved and the time and place of the incident. A description of the motor vehicle and the age and sex of the driver are also useful. You should always carry a pen and paper on your bike to record important details should you become involved in an incident. If the offense is serious, you should try to obtain the names of other witnesses who can verify your account. You can contact Sergeant Leewangh at the Police Bicycle Section on 9222 1923 during working hours.

FOR SALE/WANTED

Members can place advertisements under this heading free of charge and may include anything cycling related.

For Sale

-  Mountain Bike, 52cm Centurion Aurora, Shimano Deore, Araya RM20 rims, Cro Moly Tange frame, front and rear rack mountings, bar ends, very good condition.
\$400.00
-  Hybrid, 52cm Trek Multitrack 750, Suntour XCM, Matrix Titan II 700C rims, Cro Moly Tru Temper frame, Scott AT4 bars, Selle Ergo saddle, front and rear rack mountings, very good condition, suit touring or commuting.
\$400.00
-  Classic Touring 58cm Ricardo Le Tour, 18 speed, Shimano, Dia Compe, Blackburn racks front and rear, Cro Moly Tange 900 frame, halogen lights, Cateye computer, good condition.
\$400.00
-  Trangia Camping Stoves
Trangia 1 (small set - suit 1 person) \$35.00
Trangia 7 (small set - suit 2 people) \$45.00

For more information contact Sue Thomas on 9572 1784



SMOKEY CAR SPOTTER

Ever notice how difficult it is to breathe when smokey exhaust fumes are choking up the atmosphere? Well here's your chance to strike back! Report smokey vehicles by giving the registration number, make and colour of a smokey car, together with the time and place that you spotted it, to the Department of Environmental Protection by telephoning 9324 2835.



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Keep up with the latest breaking news on all cycle related matters - whether your interest is in MTBs, Touring, Time Trials, Road Racing, or gizmos and gear. Listen to the experts (and occasional CTA dumbos) as they bring you what is happening in WA and the world.

Tune in to Radio 6NR on Saturday nights

6.00 - 6.15pm

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1997 SUPER ACHIEVERS

Four fantastically fit, fanatical flyers finished five fun events. Well done to Tony (stickman) Humphreys, Ann (the pocket Rocket) Wilson, Mark (with two 't's) Elliott and Kleber (what hills?) Claux. These tough riders sacrificed many hours of sleeping in (as did their support crew) and trained hard by cycling from dusk 'til dawn with a grimace on their faces. Tony, Ann, Mark and Kleber completed a 50km, a 100km, a 200km, a memorable 300km and the very hilly 10 000 in 8. In case you're confused, each of the four riders cycled each of the five events to become Super Achievers.

1997 CHALLENGE AWARDS

There were three people that successfully completed the Challenge series this year. They were Bruce Beecham, Janet Deverill and her side-kick(ed) Steve Blackburn. They "won" a Challenge Award each for chuffing (not chucking) their way through 50km, 100km, 160km (100 miles), 200km and the cheery 10 000 in 8.

Thanks must also go to the club's dedicated support crew who sacrificed their chance for glory to be there (often at ridiculous hours) to feed, water and encourage us. Without these fabulous people the hot soups, hot drinks, carbo-loaded food, sag wagon etc. would have only been at the control points of our dreams. The efforts of the following people are well appreciated. Desama Bailey and Rhys Greenhalgh for supporting the 100km, Max Talbot for supporting the 160km, John Meakin for supporting a 300km and the Audax club for supporting CTA riders. Thank you!

Janet Deverill



CYCLE TOURIST OF THE YEAR

Congratulations to Janet Deverill who is this year's winner of the Cycle Tourist of the Year award. Janet is only the second woman to win the award with the inaugural winner Nicole Harrison being the first.

RIDE OF THE YEAR

This year's most popular ride was a close contest with the eventual winner being the Penguin Island Adventure in March. Congratulations to Graham Blackwell for a well organised and enjoyable ride.

THE 1998 CTA COMMITTEE

The new CTA Committee for 1998 is as follows:

| | |
|----------------------|------------------|
| President | Graham Blackwell |
| Vice President | Desama Bailey |
| Secretary | Mark Elliott |
| Treasurer | Ann Wilson |
| Editor | Terry Bailey |
| Rides Co-ordinator | Janet Deverill |
| Audax Representative | Steve Blackburn |
| Committee | Lance Whiteford |
| Committee | Paul Bonetti |
| Committee | David Stobie |

Welcome to the new committee and a big thank you to the outgoing committee for 1997.

EDITORS CHIT

Well what an interesting year it's been as Editor. Having recently acquired a new toy (a computer that is) I agreed to take on this job at last year's AGM. Being naive I assumed that with the aid of this modern piece of technology, a completed rides calendar, and a good supply of articles from members, that it would be a simple case of throwing everything into a good publishing package and hey presto - a newsletter on disk ready to be sent to the printers.

Oh, how I wish.

Well after a few teething problems, the newsletter production was going along smoothly with a steady supply of articles, many via email (which saved me having to type them). Thanks to Noel Eddington for the loan of his zip drive which is able to store 100mb on a disk, and also to Paul and Ali for the use of their scanner. After my computer died and was later resurrected, I upgraded the publishing software (thanks Steve).

The range and supply of articles was good throughout the year and included many interesting and sometimes amusing accounts of rides and tours. We had pieces from an immoral vice president, poems from On Your Bike concerts, new product information, news from cycling friends afar and snippets from other publications and the internet. There has also been a good number of photos supplied. I like to include as many pictures as I can because it adds more interest to the newsletter and helps to break up the monotony of the words. After all, a picture tells a thousand words.

But the most important thing to make the newsletter interesting is input from the members.

I want to extend a special thank you to Mark Elliott who regularly supplied an article (or more when needed) for every newsletter this year.

After reviewing every newsletter article for the year, I think the one that deserves the title of "Newsletter Article of the Year" is one which portrayed the adventure, the friendship and the experience of a ride. That article is "Spring On Your Bike: A First Timers Perspective" by Steve Raynes from the October/November issue. Congratulations Steve, you win a free CTA membership for 1998 and I hope to see more enjoyable articles from you.

Terry Bailey

REMINDER REMINDER REMINDER

Please send articles for the next newsletter to the editor by January 20 1998.

PRESIDENT ON PAGE ONE (continued)

Still on the Internet, we now have about 20% of CTA members on email (that we know of). We occasionally use email to deliver updates on information provided in the newsletters or for current information that we receive that may be of interest to members. Just prior to receiving this newsletter I have emailed a Christmas Email message to all members whose addresses I know of. If you didn't receive this message and have an email address and wish to get access to the CTA in this way please send an email to me at "barnaby@omen.net.au" to let me know your address. As it costs (virtually) no more to email one or one thousand people I'll also include former members in this fabulous offer. Again just let me know.

Finally, I'd like to give another great cycling body, the Bicycle Transportation Alliance, a big plug. While the CTA aims to give cyclists of WA great recreational cycling, the BTA aims to improve the facilities that we cycle on. These can be roads, dual use paths, bridges, "car" parks or anywhere you take your bike. Whereas the CTA needs active members, the BTA can achieve great things by "representing" its member base when lobbying politicians, government bodies and other controllers of cycling territory. The more members they have the greater their influence. They would welcome active members too. As the CTA is an affiliated body of the BTA, membership is \$32 per year for individuals and \$36 per year for families for CTA members. Membership forms are in every edition of "Cycling in the West" which is available from bike shops, Bikewest, by phoning 9288 1658 (anytime), or emailing "richards@multiline.com.au".

See you out there in '98.

Graham Blackwell

CTA President (again)

TOURING TIP

Less experienced tourers may not know this, but cycling knicks (with padding in the crutch) are designed to be used by both women and men without underwear! Taking off your knickers dramatically increases the comfort of cycling in knicks over long distances as there are no uncomfortable seams to dig in and rub. This does not apply to the cheap "cycling pants" sold in Target and Kmart, these have no padding at all. No one brand can guarantee comfort for all people. In most long distance cyclists' wardrobes you'll find a wide variety of knicks (and usually some too old and disgusting to be shown in public) that have been bought to find "ultimate" comfort. So the best advice is to get your underwear off and give it a go.

Graham Blackwell

BUYING THE RIGHT BIKE

This article is aimed at the new riders who venture out with the club. We have all been through the experience. Firstly, we had to pluck up the courage to contact the club and then join in with a ride. At this stage we can ride a bike but probably don't know much about bicycles - different types, sizes, etc. Well we have all had to learn, are learning still and for most of us found out the hard way and sometimes the expensive way.

The first hurdle. If you are into mountain bike riding that means bush tracks, gravel tracks, off road, etc. cycling. You need a mountain bike - fat tyres and shock absorbers - a specialist bike for that type of terrain.

From my experience most of the CTA members participate mainly in road and cycle path cycling - a hard, smooth surface. What you need is a road bike, sometimes called a touring bike. There is also the hybrid or cross bike that is supposed to be okay for both mountain bike riding and road riding. My experience is that this type of bike is good for road cycling but not so good for mountain biking.

So many of us have fronted up to a cycle shop and been given the spiel that a mountain bike is what we need only to find out later that this is not the preferred choice for hard surface road cycling. The mountain bike on the road is harder to push due to the smaller diameter wheels and the fat tyres and you wonder why you are huffing and puffing much more than the others in the group who have road bikes.

Of course if you really want to speed along the road you use a racing bike - narrower tyres, very light-weight frame - easy to push, very fast but can be somewhat uncomfortable over the bumps.

Recommendation - Get advice from the CTA before you purchase your bike. The sizing of the bike is vitally important too. Then having bought the right type of bike and the right size bike, it is important to set up the bike by adjusting the seat and handlebar position to perfectly suit your anatomy.

Noel Martin

SOME SAD CTA NEWS

It is with sad regret that we hear about the recent death of Ian Yates. In late October he passed away alone in his home and was found some time later. Ian does not have any close family in Perth. The CTA extends their sympathy to Ian's family and friends.

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FROM THE SUBLIME TO THE RIDICULOUS

With instructions ringing in our ears and our tour guide in hand, with 120 bicycles and riders the convoy set forth from Midland. Just as Roy had described, the vineyards and wayside wildflowers were there on Tourist Drive 359, the Swan River and Brook Valleys after the slow climb to lunch, and the almighty one straight after! A little overawed amongst all these strangers we chose a quiet campsite, rested, and missed all the delights Bindoon offered.

It was good fortune that as we prepared to leave Malcolm (titanium frame racer) was pumping tyres. He doubled my air from 50 to 100. The prescribed 110 seemed too much of a shock to the system, mine and the Eddy Merckx. We'd met at last night's sumptuous and scrumptious three course meal - a hard act to follow.

It was calm and cloudy as we took to the hills, listening to Macca. Once up we continued through open forest to sheep and crop clearings. But the roadside flowers continued in vivid hues, then Salvation Jane - it's rather South Aus in character. At 31km and 30am, tea and coffee with fruit stop. Now more crops, peas, lupins, canola and our ordered-last-night-bread-rolls for lunch at 53km at 12:30pm, outside Poll-Merino Stud est. 1888 gateway, road and rail opposite. Then 26km beside railway through Victoria Plains, camped by 3:30pm and the shower was up the hill at the Bolgart Golf/Bowls Club.

Robin and I were pathfinders, heading into the 'unknown' - the mist in the trees across the clearing soon became a fog, blotting out sky, moon and a high plane. The moonlight had fooled me into listening to the 5:00am news, believing it was 6:00. We enjoyed the early start, flattered by being chased by everyone. Like a tennis audience our heads constantly turned from side to side to see different colours and shapes of bushes and flowers. At 22km out morning tea and the curried egg and one salad roll for lunch. Next a very up-and-down route between 250m and 310m and crops of wheat and canola. At 1:00pm arrival at huge areas of sports ground and a large indoor complex too... washing, resting, settling in. Speakers at 6:30pm dinner to organise tomorrow - the Wongan Hills Agricultural Research Station Tour.

Robin and I remembered the painting 'Wongan Hills' we saw at the WA Art Gallery last Friday which was much drier than the lush

green of crops now. It was a busy, tiring day being coach-tourists through the wildflowers, up Mt O'Brien (a flower garden with views!), seeing genetically engineered crops, a museum of rural life, and an excellent townscape, even a bed of pale paper daisies. Today's the Big One - 96km on a pinkish shears cut out profile. It was wet when we packed our tents and gear, then a headwind made conditions difficult all the sunshine and cloudy day.

I declared this a photography day, but clouds built up. Having 'snapped' the white swans on the Avon, the pink paper daisies opposite the campsite, the purple field out of town, the trikes, I rode blithely on, whistling green parrots and galahs, through smoke and a bee swarm, past a commemorative rock above a 'sheep wash' 1910-1934, chatting with a carload of binocular birdwatchers -

and of course I'd overshot the turn off Southern Brook Road and I nearly missed morning tea after I back-tracked. Nevertheless I reached York's Forest Oval Rec Centre by 2:45pm without a toilet or lunch stop, just two health bars and an apple while pedalling. After a shower at the Bowling Club I spent an hour in town getting an overview for tomorrow's rest day activities.

Ambleside Ostrich and Emu Farm was a delightful diversion, with an emu-egg sponge cake for morning tea, followed by more town touring, shopping, the group photo and a BBQ tea. Kleber announced that counselling (on how to think for yourself) and cooking lessons would be available at the end of the tour.

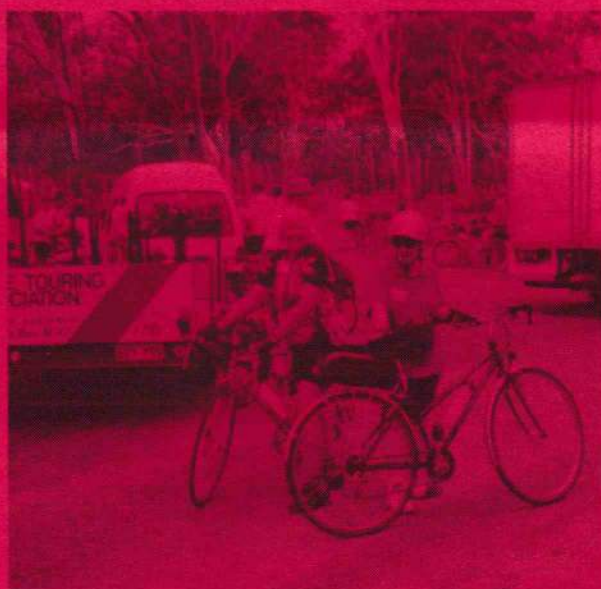
By 8:15am we'd left the trotting track and Bowling Club in grey, calm weather, then called at the bakery for a 'sticky bun' morning tea and wholemeal rolls for lunch. Soon it was sunny, the haze and cloud lifted, and again we were on a Picture Postcard Ride. The road was edged with purple, yellow and white; rough-bark gums, golden blooming wattles and eucalypts grew beside crops of lupins, wheat, barley and canola, and Salvation Jane/Patterson's Curse, brought to York for stockfeed. My photos show everyone enjoying the sunshine and the scenery of the Brooks Valley hills and the magnificent colours!

And there the Diary ends.

Between the evening meal and the concert, when the chairs were being re-arranged, I hurried out onto the veranda, headed for the next building down the slight slope, misjudged the height - and fell.

I still enjoyed the concert and the drive to Perth, and felt justified in asking for a bed when an X-ray confirmed a broken pelvic bone. My three weeks in Royal Perth Hospital and Rehab. Centre were so enlivened by visiting cyclists that I didn't realise I had double vision (Diplopia). I thought I was overwhelmed by the attention, the drugs and the dope. Anyway, I'm more lucid now, have special glasses with built-in prisms to help over maybe 100 days - my pelvis may be healed first.

Bettina Woodburn



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Rottnest Cultural Visit (Xmas in July)

I woke up very early on Saturday morning with a great sense of anticipation. I was going to ride over to Janet's place to accompany her to the ferry terminal at Fremantle. I had loaded up the MTB with panniers bulging and wheels groaning under the weight of the Xmas presents, food, and clothing required for a full-on CTA overnight tour. The weather looked threatening but I glared at the sky with a look guaranteed to blister paint at 50metres and was soon rewarded with the first glimpses of the beautiful sunshine which was promised for the weekend. The pedal to Janet's was at a record pace and the big cheery grin and "Hello there" that greeted me certainly compensated the adrenalin expenditure. We soon departed the boundaries of civilisation and entered Fremantle at Victoria Quay to see how many other CTA stalwarts were attempting the ocean crossing in a tiny boat that was responsible for an unknown number of paper bags filled with diced carrot salad. The need for a caffeine fix was identified and fulfilled at the E-Shed coffee shop as the group slowly coalesced around the aroma of hot chocolates and cappuccinos.

We greeted newcomers Lisa, Jenny and Michael as Graham and Bridget explained how this trip to an island paradise required more gear than the previous overseas tour of Indonesia by bike. One look at their fully laden bikes soon assured us that they weren't joking!

Finally the Sea Eagle edged out of Rous Head and Ann and Tony showed their chameleon trick as they altered their skin colouring to match the exact shade of the green seat covers. Luckily the trip was very quick and the swells small enough to avoid any embarrassing tales of calling for Ralph or Burt! Once on the Island, we soon rode to our Xmas retreat which looked suspiciously like a family residence frequented by normal people. That image was very rapidly changed as our group yahooped, caroused, and generally abused every non-cyclist in sight (or maybe that was just Rhys!).

The time was spent on a delightful and gentle ride around the island before the task of preparing food for the multitude was started in earnest. Everyone was supposed to bring a Xmas present for the tree (actually a dead branch from the surrounding bush) and the makings of a portion of the Xmas dinner. Some had obviously put a lot of thought into their choices (others hadn't really put anything resembling choice in their thoughts!) and the kitchen was soon filled with the heady aromas of Western food and Janet and my Thai curries and condiments. The TV chefs would have been proud of the quality of the wine we quaffed whilst we cooked up a storm! Everyone got stuck into the huge repast and soon the groans of extended bellies mingled with the heady aromas of cab savs and flatulence. Those who didn't cook were shown the washing up

sinks but were soon joined by the rest of us to ensure the presents wouldn't be forgotten.

To work off the excesses of the evening we went for a bracing walk to the Bathurst Lighthouse for photos, cuddles and shivers as the wind found its way through polartec, cotton and lace whatever. Exercise completed for the evening we returned to the cottage to await a visit from a certain geriatric. At last! - a large, rotund man in red with a look that would make Gillette shareholders shudder soon appeared at our front door. "Ho Ho Ho little girl!" he boomed as he swept little orphan Annie off her feet, "Have you been a good girl this year?" Little Ann whispered into Santa's ear what she had done during the year, and what she would like to do. Santa's face turned even redder than Rudolph's nose and he hastily started handing out presents to all the lucky little vegemites huddled around the Santa Throne.

Once everyone had swooned or cursed over their offerings, we enjoyed a few hours of a card game that I believe is called 'bottom-

opening' (or something similar!). Games completed and eyes drooping we retired to the choice of Married, Males, or Females rooms. Desama and Terry chose a cyclist's honeymoon chalet outside, whilst I decided the sofa in the dining area looked pretty comfortable.

I had my usual 4 hours sleep and lay awake listening to the various sounds surrounding me, and was pleasantly surprised to hear a quiet newcomer drag their sleeping bag down the corridor, curse as they tripped the chair, and set up their bag on the floor of the dining area. It turned out that someone had started



a chain-saw in the Females room and Janet couldn't sleep in there for the noise and fumes. We talked for a while until the light crept through the windows and then decided to go for an early morning walk down by the water. It was so peaceful walking around the island before the bakery crowds started and the seagulls began their raucous calling, that we wandered around the lakes and Country Club grounds. Photos of Janet in the wildflowers guaranteed memories of the day, and then it was back to the bakery for yum-yums before heading to the cottage for some serious breakfasting.

Everyone was either just getting up, or definitely deciding that they weren't getting up, for a communal breakfast and discussion of the day's plan. More rides, more food, more cards, more food, more bakery, more food, and then it was time to go to the ferry for the return trip. The weather was kind and everyone enjoyed a pleasant trip back to Fremantle. I was extremely happy because it was the start of a beautiful friendship!

Steve Blackburn

THANK YOU

Thank you for visits, cards, messages, flowers, fruit, even clothes to wear in hospital.

All my WA cycling friends - including Kleber, Ross, Marion, Sandy and Tony, Ruby and Will, Geoff and Geoff, Isabel, Charles, Gwen, Ian Young (whose books I read one eye at a time), Roy, Edith and Rebecca, T & S Lee, Sharon and Sharon, Helene, Gillian, Dale, etc. ... and Rhys Greenhalgh - my chauffeur to RPH.

Take care not risks.

Look after yourselves - and your bicycles.

As the little sandalwood plaque I bought in York says: "Trust in Allah, but tie your camel."

Still can only lie on my back, but these elbow crutches build great shoulder and upper arm muscles! I'll be set to paddle 1000km next autumn on the Murray River.

Bettina Woodburn

MY FIRST NIGHT RIDE AND NIGHT FIRE IN HIS EYES

I have truly become a lover of night rides. Having led my second ride ever, as a night ride, I was surprised and a little daunted at the numbers that showed up. Still, with a brave face I led the 18 cyclists through many a winding path to their destination. Upon arrival it was nice to see four more had joined us (a good idea for those with late finishing times), and after a few table shuffles we were seated and enjoying ourselves. A hearty meal was served and a group of 22 very satisfied cyclists wandered home. I was quite chuffed when Ross said that my circuit had been enjoyable to him. Feed back to a ride leader is always a positive step, especially if you enjoyed yourselves. One thing you can always count on during a night ride is the cool evening air, much appreciated after our hot summer days. I find riding at night brings out a different atmosphere, definitely one of anticipation for the food, plus a friendly competition among the leaders to find a café no-one has been to before, and the enjoyment of cycling with little or no traffic. For those contemplating a night ride, do it! The average cost of a meal is around \$10.00 and you can always come along just for the ride.

This brings me to my second title 'Night Fire In His Eyes'. It seemed like an innocent enough start, we all met at the Kings Park Jog, and our leader Mark escorted us around Shenton Park, Claremont and Nedlands. Here we stopped at Greeko's Cafe (a deceptively large place), and parked our bikes along the front flower rail (a perfect bike stand). After ordering, and choosing an outdoor seat, the seven of us all huddled around a table for four. Why?, because the tables were cemented in place. The food arrived and we gladly tucked in. Most dishes were hot and spicy (we thought this was the reason that Mark chose this particular café), however they were nothing compared to the following entertainment. This started with Mark stalling our departure by ordering a coffee (we were still oblivious to the reason). He then lingered around his bike (doing goodness knows what), fiddle here, tinkle there. Suddenly a strange glow filled his eyes - a Night Fire! Some music was playing in the café and an exotic belly-dancer emerged. Ding dong! It all became clear. Mark was here to see the dancing lady! We all watched as she danced among the tables, but soon decided it was time to leave. As the group crossed the road and prepared to go, one by one we looked around, only to find our leader STILL at the rail. After a few friendly jibes, we were on our way. However, this made the return journey quite fun, as we were able to give Mark a bit of curry (pun intended)!

Desama the night owl.

THE AGE OF CHIVALRY IS NOT DEAD!



Throughout my cycling career I've had so many experiences that show it flourishes. In WA my "Knights in Shining Lycra" have shown consideration and kindness, spent time and money to ease my suffering, but more importantly given of themselves. How I appreciate those wheelchair rides, chats on the bed edge, the plans and juggling of time involved! I hope I have shown my appreciation - but being full of pain killers and sleeping tablets one loses a grip on reality.

Today my doctors joked about their fittest (or sickest?) patient. I pride myself on having the fittest and best looking visitors.

Cycling is so basic, but enjoyable.

Hospital life reduces everything to essentials too, but the pain level is higher. For me happiness is bike touring - and my perpetual grin has even school children responding.

Perth's blue skies have been a delight, with passing clouds, rough artists' sketches. The two wattles across the road have dropped their golden blossoms, gums and pencil pines make a fine backdrop out my window. The two bare trees rising above the Geraldton wax have started sprouting and are visited regularly by your great green parrots. An old and young magpie patrol my piece of lawn, eat my crusts and meat fat pushed through the flyscreen, and yesterday started collecting dry nest-making material.

The one-way bus routes 5, 9 and 11 and car parks provide non-stop action. Pedestrians head for Ward 10's back door. Visitors' flowers indoors, nature out the large windows, encourage happy thoughts.

My lady-cyclist friends have shown much love, support and encouragement. That so many males showed understanding, and shared hugs and smiles, was surprising. Under those biking muscles they're real softies, or rather I consider them my "Knights on Shiny Bicycles" and "Charioteers on the Wheelchairs".

I'll be fit for Christmas, to start training for next year. Keep fit, I'll see you then.

Love from BettinaWoodburn.



BIKEWEST

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PERTH

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Kleber Claux's Cycling Tour

With apologies to Banjo Patterson

Written by Chris, Helen and Tina on the 1997 *Spring on Your Bike Tour*

Twice Kleber Claux from Lynwood that caught the cycling leaders craze.
He gave away the good old leisure time that had served him many days.
He dressed himself in CTA nicks resplendent to be seen
And hurried off to town to buy a shiny new PA machine.
And as he walked it through the door with an air of worldly pride,
The grinning CTA committee said, "excuse me can you organise a ride?"

"See here young man", said Kleber Claux, "from York to Wondowie",
From Bindoon to Bolgart, there's none can ride like me".
I'm good all round at cycling as everybody knows.
You know I'm not the one to walk, and I hate the man that slows,
But organising rides, that's my special gift, my chiefest sole delight.
Just ask a wild Charles can he sing? A Max can he fix your bike?

There's nothing bound in CTA gear, nor made with legs of steel,
And there's nothing walks or jumps or runs on axle, seat or wheel,
But what I'll guide while voice will hold, and direct while there is light.
I'll organise this 'ere two wheeled tour, using a list to get it right.
It was Kleber Claux from Lynwood who dragged each from his own abode
And sent them via Dewars pool along a mountain road.

He gave them careful instruction how to cycle for each day,
But 'ere he'd spoken a dozen words they bolted clean away.
They left the track and through the trees and struck him dumb to speak
As some they cycled three abreast and others cuddled in the creek.
They shaved a truck by half an inch and ate at the wrong shop.
The very volunteers in fright sought to make the next tea stop.

And the sleepers hiding in their bags dug deeper underground
While Kleber Claux as white as chalk tried to get them journey bound.
As he sought to find the owner of some lost sock, or fly left in the tree,
He yearned for the days of Devo just to take the stuff for free.
And then as Kleber Claux let out one last despairing shriek,
They all asked for counselling on how to think for themselves next week.

It was Kleber Claux from Lynwood that reached Midland once more.
"I've had other tours he said, and lively rides before.
I even organised a New Zealand ride, with itinerary safely set,
But this is sure the darndest tour that I've encountered yet.
I give this two wheeled tour best, its taken all my nerve.
They've driven me completely spare, and that I don't deserve.

Despite the hair he lost this week to Margaret River we will go,
And near enough won't be good enough
for the man called CARE-BEAR-CLAUX.



CYCLING IS BEST

Gathered from the internet here are some great (if a little risqué) reasons to love your bicycle. If you are easily offended don't read on!

WHY BICYCLES ARE BETTER THAN WOMEN

- You can share your bicycle with your friends.
- Bicycles don't care how many other bicycles you've ridden.
- When riding, you and your bicycle can arrive at the same time.
- Bicycles don't care how many other bicycles you have.
- Bicycles don't care if you look at other bicycles.
- You'll never hear, "Surprise, you're going to own a new bicycle" unless you go out to buy one yourself.
- You don't have to be jealous of the guy who works on your bicycle.
- If you say bad things to your bicycle, you don't have to apologise before you ride it again.
- Bicycles don't insult you if you're a bad rider.
- Your bicycle never wants a night out with the other bicycles.
- Bicycles don't care if you're late.
- You don't have to take a shower before you ride your bicycle.
- If your bicycle doesn't look good you can paint it or get better parts.
- The only protection you have to wear when riding your bicycle is a decent helmet.

WHY BICYCLES ARE BETTER THAN MEN

- Bicycles don't work late.
- Your bicycle stays as clean as you want it to.
- Bicycles don't get sick.
- Bicycles don't get overweight, except as per your convenience.
- If your bicycle goes flat you can fix it.
- If you say bad things to your bicycle, you don't have to apologise before you ride it again.
- Your bicycle always has time for you.
- Bicycles don't complain and don't ride away from you when the road gets rough.
- Bicycles don't watch TV.
- Bicycles don't snore.
- Bicycles don't leave a mess in the kitchen or bathroom.
- Bicycles are better protection in a bad neighbourhood.



PRODUCT REVIEW

Swift Skins Cycling Knicks

Where do you wear your lambs wool seat cover?

The padding in cycling knicks, that is so important to cycling comfort, has gone through changes over the years. For a long time chamois was the only material used. These took a long time to dry and required special care. More recently chamois have given way to synthetic padding or towelling or combinations of the two. Another alternative is the Swift Skin lambs wool 'chamois'.

Swift Skins do take a period to wear in, but once this is done they are comparable in comfort, if not a bit better, than other comfortable knicks. The padding is quite luxurious although this can be a bit thick and 'nappy like' when off the bike. Natural fibres are used to promote airflow and to draw perspiration away from the body.

Swift Skins have been locally made for over 18 months. They are constructed from heavy duty lycra and are available in a range of leg lengths. They are available for \$10 off to CTA members for \$69.95 from XTreme Cycles, 900 Hay Street, Perth (9481 5448). If you're having problems with comfort on those long distances this is certainly an option to consider.

Graham Blackwell



CONGRATULATIONS

The members of the CTA would like to congratulate Paul and Ali on their wedding on November 23 and wish them both (and Lachlan, Brendan and Emma) all the best for the future. DJB Productions has just released a film of the galah event which features Ali the flying bride.

GRANNY GEAR

by Don Bruce

She's sweet and kindly and helps you along,
Just when the going gets rather strong,
Mostly you don't see her or pay no heed,
But she's always there when you're in need.
Silently in the background
Quiet and canny
I am talking, of course
About your granny
When you come to a hill that's a real gut-buster
You come down to granny, the last in the cluster
She saves you effort, she saves you pain
She really lightens and takes the strain
She's our darling and hills now cause us no fear
Now that we've fitted a GRANNY GEAR!

ACHIEVEMENT/CHALLENGE SERIES 1998

All rides for both series must be completed in the set time limit which is notified for every ride. Please note that you can only nominate for **one** of the series awards, not both - but you do not have to nominate which one you are applying for until closer to the AGM. To explain it all in words of one syllable:

Super Achiever - must complete 50km, 100km, 200km, 300km (CTA or Audax rides), and the 10 000 in 8 to be eligible for the award.

Challenge Award - must complete 50km, 100km, 100miles (160km), 200km (CTA or Audax rides), and the 10 000 in 8 to be eligible for the award.

You can use either a CTA ride, an Audax ride or a brevet card for all rides except the 10 000 in 8 which must be done as a CTA ride on the designated day or as a brevet card.

If you are still confused, contact a committee member for further details.

SOCIAL EVENINGS

These are usually (but not always) held on the second 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 Desama on 9474 2068 (H).

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 a patch or 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. Very generous personal injury and income protection cover are 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 Don Briggs on 9458 8175 (H) or checking the Rides Calendar.

INFORMAL RIDES

For those who do not wish to join the organised ride of the day but would still like some company, a time and place will sometimes be given for informal rides. This is generally the Causeway car park (number 4, near the bike hire shed). It is up to those who turn up on the day to decide what type of ride. This may mean that several different rides may be available, as people want different rides. Try it out if none of the rostered rides appeal to you - you may like it!

BACK TO NATURE TOUR

During the recent On Your Bike Tour there was interest shown in another "Back to Nature Tour", similar to the one held a couple of years back. I know that some people have been to the area around Margaret River, but probably not to the out of the way places I intend to ride and camp for 8 days.

The tour will be from Saturday February 28 to Saturday March 7 1998. The itinerary will be as follows:

Day 1: Leave Margaret River to visit the great shell museum camp at Contos Reserve.

Day 2: In to Cosy Corner Beach and then to Augusta for a night of luxury in a caravan park.

Day 3: Head for Warner Glen and camp for the night next to the Blackwood River.

Day 4: On Brockman Highway towards Nannup, along Sues Road towards Busselton and camp at Sues Bridge on the Blackwood River.

Day 5: Along Sues Road to Mowen Road and into Rosa Brook for supplies and ride to another water hole near Osmington.

Day 6: From there to the luxury of the Cowaramup Caravan Park for two nights.

Day 7: Explore the coast, the side roads between Cowaramup and Dunsborough and visit the wineries close by.

Day 8: Return back to Margaret River and thence to home.

This will be a self supported pannier tour without backup, unless there is a volunteer to take a vehicle, which defeats the purpose. It is intended as a down to earth experience with songs, yarns, poems, etc. round the evening fire and relax for 8 days. The distances will not be great and reasonably wide tyres will be an advantage as some roads are not sealed (but most are now).

Please contact the organiser, Brian Gale on 08 9757 2431 for further details.

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Rides Calendar – December/January 1997/98

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!

RIDE GRADINGS

Easy - anyone

Medium - fit with geared bikes

Medium Hard - fit and experienced. Distances < 100km

Hard - fit, experienced and strong. Distances > 100km over hard terrain

SUNDAY DECEMBER 21

LAKE TO RIVER

25km Nice and Easy, 8:15am for an 8:30am Start. Meet at Lake Monger North Carpark (Dodd St). We'll wind through North Perth down to the Swan River to check out Perth's most expensive real estate; returning via Northbridge and stopping for an icecream or coffee.

Leader: Graham Blackwell ☎ 9444 5098 (H)

SUNDAY DECEMBER 28 THE POST XMAS SPECIAL

A whenever start time to ride a distance suitable to work off the Christmas indulgences. The terrain should preferably be hilly and the pace that of a paralytic possum. Start at your front door and cycle around the block, around the suburb, or around the State – depending on how lucky you got with Santa.

Leader: Merry Christmas Ho Ho Ho!

SUNDAY JANUARY 4

BEGINNERS RIDE

15km Easy, 9:00am Start. Meet at the Coode Street Jetty, for a pleasant ride around the river, and nibbles at a local Café. This is designed to get you into the joys of cycling with a group and to show you that 15km really isn't that far!

Leader: Desama ☎ 9474 2068 (H)

SUNDAY JANUARY 4

UP THE RIVER

50km Medium, 8:30am Start. Meet at the Raffles Hotel for a wander up the river (without a 'peddle'?); If we stay on track (and afloat) we should make the markets for a mid morning snack before drifting back to the Raffles.

Leader: Terry ☎ 9474 2068 (H)

WED JANUARY 7 THE NORTHERN LAKES BY NIGHT

20km Easy, 6:00pm Start. Meet at the carpark at the bottom of Oxford Street in Leederville. Visit the lakes of the north (watchout for the moon) before returning for a bite to eat. *Lights essential and reflective vests recommended.*

Leader: Ann ☎ 9444 5160 (H)

FRIDAY JANUARY 9

200KM AUDAX

200km Hard, Midnight Start. The Midnight Horror starts from Fremantle and finishes for coffee at Gino's on Saturday morning. Please register with the organiser prior to January 2 if possible.

Organiser: Brian Hawes ☎ 9398 4724 (H)

SUNDAY JANUARY 11

JARRAHDALE REVISITED

70km Medium Hard, 8:30am Start. Meet at the Armadale Railway Station before we head towards Jarrahdale via Bedforddale and Glencogle. After a well-deserved rest we will head back to Armadale via Nettleton Road.

Leader: Kleber Claux ☎ 9458 7519 (H)

SUNDAY JANUARY 11

COOGEE BY COAST

25km Easy, 9:00am Start. Meet at the Fremantle train station for a ride down the coast and into Coogee, before returning via an inland route to a local Fremantle café.

Leader: Terry ☎ 9474 2068 (H)

WEDNESDAY JANUARY 14

WAY DOWN UPON THE SWANNY REEF

18km Medium, 6:15pm for a 6:30pm Start. Meet outside the Claremont Showgrounds on the corner of Ashton Ave and Judge Ave. Come and enjoy a pretty ride to the beach, dinner at the Swanny Reef Café and finally a cruise along the new yelloway. *Lights essential and reflective vests recommended.*

Leader: Desama ☎ 9474 2068 (H)

FRIDAY JANUARY 16

SAVOURING THE PAST SOCIAL NIGHT

Meet at the Ernest Johnson Guide and Scout Hall (off Pilgrim Street) in South Perth at 7:30pm. Bring something savoury and enjoy devouring the food and the best of past newsletters. A collection of the earlier, interesting articles will be the highlight of the evening.

Organiser: Desama ☎ 9474 2068 (H)

SUNDAY JANUARY 18

A KING'S RAMBLE

30km Easy, 9:00am Start. Meet at the large log (near the parking area) off Fraser Ave in King's Park, for a relaxed ride around the suburbs. Sights include Perry Lakes and Lake Claremont, before finding a morning tea stop.

Leader: Simon ☎ 9271 2959 (H)

SUNDAY JANUARY 18

GIANT BAKERY RIDE

20km Easy, 1:00pm Start. Meet at the Warwick train station for a mouth watering ride to see just what goes on at the Buttercup Bakery. For those who love a good bun (STAN!), this is not a ride to be missed. Lunch will be devoured at the markets along the way.

Leaders: Patricia and Lance ☎ 9249 1970 (H)

WEDNESDAY JANUARY 21

Café WANDERER

A Short Ride Easy, 6:00pm for a 6:15pm Start. Meet at the Daglish Railway Station (Stubbs Terrace side). Wander through the back blocks of Shenton Park to a spicy café with a fiery dessert. *Lights essential and reflective vests recommended.*

Leader: Mark ☎ 9382 1961 (H)

FRIDAY JANUARY 23

50KM AUDAX

50km Medium, 7:00am Start. Hannibal's Journey is an unsupported Audax ride to check out the sighting of elephant like beings, which jump out on unsuspecting cyclists late at night. Early start to stay in the daylight! Please register with the organiser prior to January 16 if possible.

Organiser: Jamie (I am not an animal) Ingram ☎ 9337 1066

SUNDAY JANUARY 25

ISADORAS' BREAKFAST

25km Easy, 8:00am Start. Meet outside the Lone Star Restaurant at the Galleria off Walter Road in Morley. Take in a pleasant

morning ride to Isadoras Café for a hearty Breakfast and 'full filling' ride.

Leaders: Patricia and Lance ☎ 9249 1970 (H)

SUNDAY JANUARY 25 A JAUNT NEAR JOONDALUP

20km Easy, 3:00pm Start. Meet at Joondalup railway station for a scenic, leisurely ride in the far north and discover some hidden secrets of this area.

Leader: Ann ☎ 9444 5160 (H)

MONDAY JANUARY 26 FIREWORKS!

15-20km Fun, 5:00pm Start. Meet at the Coode Street Jetty for an evening ride before taking in the sights and sounds of the Fireworks Show. We will be grabbing our evening meal along the way (or bring a packed dinner), and don't forget your lights (and reflective vests) for the trip home! *Lights essential and reflective vests recommended.*

Leader: Desama ☎ 9474 2068 (H)

SATURDAY JANUARY 31 DINNER AT SEA

25km Easy, 6:15pm for a 6:30pm Start. Meet at the Warwick train station for a cruise to Hillary's Marina where your captain and his first mate will tell you a few shanty's along the way before serving up some fine sea fare. *Lights essential and reflective vests recommended.*

Leaders: Patricia and Lance ☎ 9249 1970 (H)

SUNDAY FEBRUARY 1 A DAM WEIRY RIDE

60km Medium Hard, 8:00am Start. Meet at the Midland Town Hall for a moderate ride to Mundaring Weir via Mundaring, returning via Kalamunda and the Zig Zag. A DT (Devonshire Tea) stop is almost guaranteed!

Leader: Simon ☎ 9271 2959 (H)

WEDNESDAY FEBRUARY 4 A MAIDEN RIDE

20km Easy, 6:00pm for a 6:15pm Start. Meet at the Causeway carpark for a ride following a fair maiden with rings in her fingers and she will lead you to a secret eating place where many an appetite has been satisfied. *Lights essential and reflective vests recommended.*

Leader: Marion Affleck ☎ 9271 9409 (H)

SUNDAY FEBRUARY 8 THE LONG AND THE SHORT OF IT.

8:15am Start. Meet at the Carriage Coffee Shop on the Esplanade in Fremantle. The girls have got together and are putting on two rides. One long and one short which will cross paths along the way and meet for something to eat.

20km Easy Leader: Desama ☎ 9474 2068 (H)

50km Medium Leader: Ann ☎ 9444 5160 (H)

WEDNESDAY FEBRUARY 11 A SOUTHERN SOJOURN

25km Easy, 6:30pm Start. Meet at the Barrack Street Jetty and be blown southward for an evening ride with Ross. He's sure to take you places that no one else has been! *Lights essential and reflective vests recommended.*

Leader: Ross Cussons ☎ 9317 2588 (H)

FRIDAY FEBRUARY 13 SOCIAL NIGHT CYCLING DOWN THE DANUBE

Meet at the Ernest Johnson Guide and Scout Hall (off Pilgrim Street) in South Perth at 7:30pm. Come cycling down the Danube with Richard and Judith Stallard as they give a slide presentation of their recent cycle tour through Denmark, Germany, Austria, Hungary and France in the (northern) Autumn of 1997. The highlight of the tour was following the Danube from it's source, cycling along routes down to Budapest.

Organiser: Graham Blackwell ☎ 9444 5098 (H)

SATURDAY FEBRUARY 14 AUDAX 300KM

300km Hard, 5:00pm Start. Meet at Midland for a supported ride to York, Beverley, Brookton, Karragullen, Kalamunda and return to Midland. Please register with the organiser prior to February 7 if possible.

Organiser: Jerry Clarkson ☎ 9493 0974

SUNDAY FEBRUARY 15 SPEED AROUND PERTH

60km Fast Pace, 8:00am Start. Meet at the Kings Park Log for a rapidly accelerating ride zooming in and out of the Suburbs. With luck you'll stop long enough to grab a bite to eat!

Leader: Mark ☎ 9382 1961 (H)

SUNDAY FEBRUARY 15 A "STUMPED FOR INSPIRATION" RIDE

30km Easy, 9:00am Start. Meet at Shearn Park (Cnr Central Ave and Carrington St, Inglewood) for a ride to Midland to an unknown destination (although most people will guess!).

Leader: Simon ☎ 9271 2959 (H)

WEDNESDAY FEBRUARY 18 RAFFLES ROAMERS

15km Easy, 7:00pm Start. Meet at the Raffles Hotel (river side) and roam around aimlessly until you find a delicious dinner destination. Fill up and saunter back home again. *Lights essential and reflective vests recommended.*

Leader: Desama ☎ 9474 2068 (H)

SUNDAY FEBRUARY 22 BEGINNERS RIDE

15km Easy, 9:00am Start. Meet at the Raffles Hotel for a Southern Discovery ride which will include a café stop. Come along and discover the enjoyment of a club ride.

Leader: Desama ☎ 9474 2068 (H)

C.T.A. COMMITTEE - 1998

| | | | |
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