

THE CHAIN LETTER

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

May/June 2001

Issue 158

Hooky's Scorching Trailblazers

The Labour Day long weekend 3 – 5 March 2001, the weatherman predicted a hot one, and...it was. Oh well, I must soldier on. At 4:00am I wake up, pack up, have brekkie and head to Perth railway station. "The Midland line is not operating this weekend, please catch a bus. Sorry for the inconvenience." Oh bugger. Lucky I had breakfast before cycling to Midland to meet the others.

Ann arrives. A railway employee said "We turned a chap with a trailer away earlier." Hooky, Debbie and Evie arrive and it was time to unload some gear onto their ute before a 9:30am journey towards Bindoon.

Setting off to Bullsbrook with no shade for shelter, it was blowing hot, scorching our frail bodies. It seemed an eternity getting to Bullsbrook and Tony had had enough. We bought our lunch and seeking some shelter cycling Chittering Road to our lunch stop 15km away. Ahh that's what I needed.

Don't relax too much as it was time to ride to Golden Grove for a refreshing orange juice – I bought some garlic to repel the heat. It didn't work. I slop on some more sunscreen on my white legs before ploughing through the heat-wave. Luckily I made some sandwiches the night before as this heat is sapping my strength.

The heat was also affecting young Kate climbing the hills of Chittering Valley. Fortu-



*Hooky blazers
the trail*



*The others ride
err... walk behind*

nately tail end Simon was there to help her and I with extra water in his pouch. Good on 'ya mate!

As we were drawing closer to Hooky's place, I was struggling to keep pace with the front pack. As I don't know where I'm going, I stopped in front of Hooky's driveway, remembering how challenging it was last time. I could see Debbie driving towards me. "Are you okay, Devo?" as she went off to rescue the back pack. Hooky brought in the tail end for a well-deserved rest. Where's the pool, Hooky? What pool? We were swimming in sweat as the luscious green grass looked like a pool – I was seeing things.

After getting our tents up and lots of cold water, we were famished and Hooky got the sausages out and the snags couldn't handle the heat as they went troppo on the barbie!!

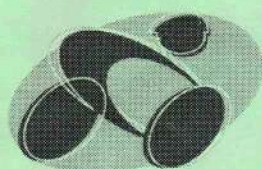
(continued on page 2...)

Please send all articles and pictures for the next newsletter to the Editor no later than June 20.

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Please contact the Treasurer for Membership details and send all correspondence to:

P.O. Box 174 Wembley 6913

CTA Email: cta_wa@yahoo.com



NEW MEMBERS

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

John Benari	Bernard Pearn-Rowe
Lidia Boniecka	Cherie Shanks
William Denning	Mark Stephens
Robert Jonas	Annelies Vogels
Max Kamien	

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

Tours and Weekends

XMAS IN JULY

14 - 15 July 2001

This year Xmas in July is being held at Club Capricorn near Yanchep. Accommodation is in chalets located at Club Capricorn, quite close to the ocean. You will need to provide your own bedding.

There are a number of options depending on how much cycling you would like to do. You can cycle from Perth for a total distance of about 70km each way. Alternatively, you can catch the train to Currumbine and cycle from there. Those who don't want to use either of these two choices can drive to Club Capricorn and go for a cycle around the area and visit the national park and areas near Wanneroo.

In the evening, we will be dining at Lindsay's Restaurant, which is located in the Club Capricorn complex.

Costs: Accommodation is approximately \$25 per person for Saturday night, and a sumptuous Xmas dinner will cost around \$35, not including drinks.

Breakfast is BYO for chalets, or you can have continental or cooked breakfast at the restaurant.

Bookings with a \$10 deposit are required by June 30. A booking has been made for 12 people for the chalets, with first come first served.

For those wanting something a little more luxurious, accommodation is also available in units at Capricorn Lodge. A camping option is also available in the complex, at a cost of \$6 per site per night.

Organiser: Mark 9382 1961 (H)

ON YOUR BIKE TOUR

2001: A BIKE ODYSSEY

6 - 14 October 2001

This year's tour will start with participants being coached east along Brookton Highway to Westdale where the 'Bike Odyssey' will begin. After a scrumptious morning tea it will be time to start pedalling. Our first night's stopover is in Pingelly, followed by Narrogin, Wickepin and then Corrigin. Here we will have a rest day where there will be an opportunity to take a coach trip to Waves Rock at Hyden.

Now refreshed, and continuing the odyssey we will be staying at Quairading, York and finally Beverley. As this is our last stopover it is the traditional 'On Your Bike' concert night and all hidden wondrous talents are revealed - not to be missed - a guaranteed highlight of the tour!

After surviving the concert it will be a morning's ride back to Westdale and then farewell 'til next year.

This year's tour is during the school holidays and so to all the teachers out there this is a great opportunity for you to join in the tour - an experience you will never forget. Book early as places are limited to 120 participants. Brochures and entry form will be available mid/late April.

Tour Organiser: Ann 9444 5160 or email: wilson@ccis.adisys.com.au



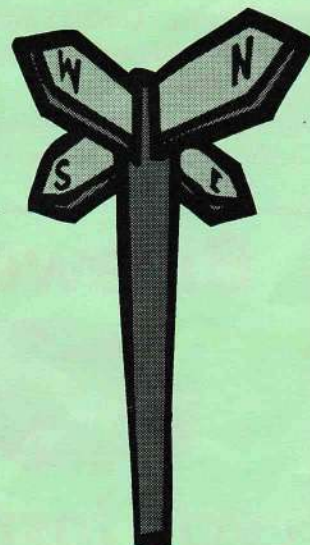
Mind Teaser

THE FALLEN SIGN

A cyclist was riding along a back road in country unfamiliar to him. He came to a crossroad where he found that the signpost showing the directions of the roads had fallen over. He had no maps and there was no one else around, so how did he find out which way to go?

ISSUE 157 ANSWER

The Last Message - The tape had started at the beginning of the man's utterance. Who could have rewound it?



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Hooky's Scorching Trailblazers (continued from page 1)

The next day we cycled to a popular winery and tasted their wares. The winery's crops were drying up due to the lack of water, but we bought some wine to enjoy later and bid them farewell.

Tony recuperated strongly as we had to restrain him from doing his stunts on the gravel roads. Our next stop was lunch at the local restaurant, talking about this and that and having a general chat, our lunch was quite nice. Now where's my smokes? Hmm...err...Basia, how would you like to check out Bindoon? We had a good look around, I bought the local newsletter and we enjoyed a cappuccino. We ventured up the hill using our 'granny gears' back to the restaurant (this was our rest day) for a dip in the pool. Well blow me down with a feather. My smokes were in my back pocket all along!!

Unfortunately it was time to get out of the pool and ride the roads back to camp, getting hot again. As I passed Ann and Basia, 'Tiger' didn't like Hooky's "obstacle course" flipping me off and blowing my "I can do it" ego. Finally Desama and young Mitchell arrive, as we drink more cold water because it was still "hot!"

The nights were cool as we sat in the middle of the grass wondering why we were silly enough to punish ourselves this weekend? We looked to the stars, we tried to see the lighter side, we philosophised, we even asked Terry - he knows everything. I presume being an 'Editor', you have to know everything. Some rubbed their backs to unconsciousness, some rubbed backs to relieve the stress. Even Harley (the dog) rubbed Desama's back!

We missed the humour of Rhys, the technical wherewithal of Kleber and the spontaneity of Lance and Patricia.

Before we knew it, it was time to go home. Will it be a cool day? Maybe tomorrow, but not today. Oh bugger. It was much easier going back to Midland. Mostly downhill, a mishap between Kate and Mark and no sheep to terrorise us.

Arriving at Midland, loading up our gear and deviated to Simon's favourite flavour...the 'Icecream Junction' hoping this would cool us down a trifle.

It was an odyssey journey, the hills are still there, it doesn't seem to get any easier, but Hooky's retreat is well worth the hard yakka.

A tired ol' Devo.



Taking a lunch break in the shade at the Village Green and pondering the rest of the journey as the temperature soars above 42°C.



The long, hot journey over, everyone relaxes and tries to cool off with copious amounts of ice cold water.



The motley crew ready to tackle the hot journey home.

Ride Leadership

PLANNING

Ideas For Rides

- Your own favourite places.
- Places you want to visit.
- Discuss with Rides Coordinator, Committee members or experienced riders.

Route Planning

- Ride (or if not possible, drive) the proposed route before leading the ride, noting the distance and any hazards.
- Carefully consider the starting point. Is it easily accessible by most people (e.g. at or near a railway station)? Also consider those wanting or needing to ride to the start of the ride.
- If possible, write a detailed route description that can be given to the designated tail-end person. At the very least advise the tail-end person of the intended destination so the group can reunite if it is separated.

Consult with the Rides Coordinator to find the best date for your ride to fit into the Rides Calendar.

Write a short ride description for the Rides Calendar in the newsletter with the following details:

- Date, as agreed with the Rides Coordinator.
- Short ride title (see past newsletters for ideas).
- Ride distance. Be as accurate as possible, especially with the shorter rides intended for beginners. The difference between 30km and 40km may be nothing for stronger riders, but for newer people it may push them to the extent that they may never come on a ride again.
- Ride grading (easy, moderate, moderately hard, hard). Generally an easy ride is less than 50km, over flat or undulating terrain and at a pace of about 20 km/h. The grading will increase for a faster pace, longer distances or hilly terrain. Hard rides will generally be greater than 100km.
- Starting time. If the ride has to get away "on the dot", designate a meeting time and a departure time (e.g. meet at 9:45am for a 10:00am sharp Start).

Plan for emergencies.

- Get one of the Club's first aid kits from your nearest Committee member if no Committee member is going on the ride.
- Be ready for minor mechanical problems (e.g. punctures) and carry a few simple tools for seat adjustments etc.
- Be aware of emergency phone numbers, police, ambulance etc.

Estimate, with the help of Committee members if necessary, the likely number of people that will turn up.

- If going to a restaurant use the estimate to book tables.



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BEFORE STARTING THE RIDE

Co-opt an experienced rider to be "tail-end Charlie".

Check the suitability of riders and their bikes for your event and have the courage to ask people not to come along if you feel they are not suited to the ride.

Check that all riders have helmets.

Check lights etc. for night rides.

Count the number of riders. Remember this number, it's important!

Check everyone has adequate water, especially in summer!

Give a briefing:

- Introduce yourself, the tail-end person, other members and welcome non-members. We were all a non-member once. Encourage interaction.
- Announce future events. Encourage other members to also make announcements.
- Explain the route, the intended destination, and any important points about the route.

- Explain safety issues for group riding, such as:

- ◊ Giving good verbal indications of intentions, e.g. "slowing", "stopping", "turning" etc.
- ◊ Using CTA standard hazard calls, e.g. "grate".
- ◊ Taking care with traffic (many people have very little traffic experience).
- ◊ Obey the road rules.
- ◊ Don't ride more than two abreast.

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ON THE RIDE

Maintain a good structure.

- Ensure the pace suits the group. Review throughout the ride. Some riders will tire before others.
- Care for the weaker riders. Talk to them, encourage them.
- With large groups of mixed abilities, consider splitting the group into two.
- Wait at all turn-offs ensuring that everyone makes the turn.
- Wait after crossing busy roads or traffic signals to ensure that everyone has made it across before continuing.
- Take breaks. Make sure that the last person to arrive is well rested before taking off again. (Too often the last person struggles in and the leader immediately shouts "OK let's go".)

Give safety calls where appropriate, e.g. "Single File" at double white lines etc.

AFTER THE RIDE

Count the riders. How many did you lose?

Remind the riders again about upcoming events.

Very important, make sure everyone (including you) enjoyed themselves.

Mark's Meanderings

BIKEWEEK

Bikeweek is over for another year. As you know, the club hosted the mid-week Bikeweek BBQ ride and the Sunday Lake Leschenaultia ride. Hopefully these events will have lifted the profile of the CTA in the cycling community, and that may lead to an increase in membership numbers. Generally, attendances at both events were pretty good. Firstly, I would like to acknowledge the financial assistance provided by the Bikewest Cycle Instead Campaign in running the events, especially as to the BBQ ride. Secondly, I would like to thank those who assisted in organising and running the events – especially Simon, Janet, Kleber and Terry. Lastly, I like to thank those members who came along and participated, as this shows that the members have a commitment to participation in events that the club organises.



ROADWORTHINESS OF BICYCLES

We had a recent incident where someone turned up on a ride with what would be considered an un-roadworthy bicycle. This person participated in the ride, with the result that bits fell off the bike during the ride, necessitating roadside repairs which delayed the whole group. As it turned out, the person concerned was also not equipped to handle the repairs required. This sort of incident is unfair on club members who were also on the ride, being hazardous to the others participating in the ride, and delaying the group's arrival at the intended destination.

I would like remind members, potential members and visitors that participation in CTA club cycling activities is contingent on having a roadworthy bicycle and being properly equipped to undertake the ride. All riders

should be self-sufficient in regard to being able to attend to minor mechanical repairs, and self-sufficient in terms of food and drinks for personal consumption during the ride. I encourage ride leaders to undertake bicycle inspections, especially where visitors and new members are concerned, to ensure that they are adequately equipped to undertake the ride. This is particularly true for long rides, especially during the hotter weather.

ACHIEVEMENT RIDES

The club conducted the first of the Achievement rides on the first Sunday of Bikeweek, being March 18 - the first Achievement ride for the new Millennium (*depending on your definition of new millennium - Ed*). And what a beautiful day it was, too. We had a bout of hot weather in the week leading up to the ride, but the day itself dawned clear and

bright, with very pleasant riding temperatures (*I thought the weather was terrible, so bad in fact I had to spend three days in bed and miss the ride - Ed*). The ride itself through the scenic Chittering Valley was very pleasant, with light winds and good company (*that would be right - every other time I've done the ride there's been a howling easterly blowing - Ed*). Some of those who participated commented that it had been the best 50km Achievement ride for some time. There was a very good turnout, while a significant number of hardy souls cycled from home, or at least cycled from Midland to get to the start of the ride. Well done all those who took part.

The 100km took place on Sunday April 22 starting from Armadale, again with very pleasant weather. There was a small breakaway group, with the participants apparently intent on trying to set personal time records.

The rest of us enjoyed the ride through the forest areas, with a brief stop at the Serpentine Dam café for well-earned drinks. I do have to concede, however, that the last stretch on the flats was something of a slog, riding as we did into the north-westerly wind which was to be the herald of rain for the evening. Again, well done to all those who participated in the ride.

Looking after your Bike

Do you clean your bike regularly? If you take the trouble to clean the drive train, it will help to prolong the life of the expensive components, comprising the chain, the chainwheels and the cassette. A clean drive train will usually run more quietly, and the gears shift more easily. Cleaning the general dirt off the wheels and brake pads will help to prolong the life of the wheel rims, as the dirt plus material from the pads and rims forms a very effective grinding paste which helps them to wear the pads and rims more quickly. It is also worth cleaning the frame from time to time, as you will notice any nicks and scratches which could become corroded if left unattended. This is important with many modern lightweight bikes as they often have very thin tubing, the strength of which can be compromised by corrosion. A spray-on furniture polish is very effective in cleaning the frame, but be careful not to get it on the rim breaking surfaces as it will act as a lubricant in a place where it is not needed, especially if the rims get wet. When it comes to changing tyres or mending punctures, it is usually much less onerous if things are relatively clean as you won't get anywhere near as dirty. Lastly, it seems somehow just a little more satisfying riding a nice clean bicycle!

Safe Cycling.

Mark



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Cycling Questionnaire

The Department of Transport has engaged ERM and Bikesafe to investigate the provision and management of public end of trip facilities for cyclists in the Perth Central Area.

The aim of the project is to look at the possibility of providing one or more public end-of-trip facilities in the Perth Central Area. The idea of a public end-of-trip facility is to cater for cyclists and potential cyclists who typically work in the Perth area but who do not have end-of-trip facilities at or close to their workplace. A public facility could be an existing facility in a building which has spare capacity and could be made available to other users, or it could be a purpose built facility in a central location such as a train station or car park. It is likely that users other than cyclists, e.g. walkers or joggers, would also make use of a public facility.

If you currently work in the Perth Central Area (Perth, West Perth, East Perth or Northbridge) we encourage you to complete and return the following questionnaire whether or not you currently ride to work on a regular basis.

Please return the questionnaire by 21 May 2001.

- Q1** Which company or organisation do you work for (optional)?
- Q2** In which building do you work? (street address and building name)
- Q3** Are the following end-of-trip facilities available in the building:
 ◇ Bicycle Parking e.g. "Toast Racks", "U-rails", wall mounted racks, bicycle lockers?
 ◇ Showers?
 ◇ Lockers (for clothes, etc.)?
- Q4** Are the end-of-trip facilities in the building generally adequate for your cycling needs?

Q5 Please describe any additional or enhanced facilities which might be desirable in the building and how these would make it easier for you to ride to work or encourage you to ride to work more often?

Q6 Do you regularly access end-of-trip facilities in a building other than your own workplace?

If yes, in which building are the end-of-trip facilities located?

and which components of the facility do you use:

- ◇ Bike Parking?
- ◇ Showers?
- ◇ Clothes Lockers?

Q7 If you currently do not ride to work on a regular basis, would it be practical for you to ride to work if better end of trip facilities were available?

Q8 Would you use a public end-of-trip facility if one were available close to your workplace?

If Yes, which components of the facility would you use:

- ◇ Bike Parking?
- ◇ Showers?
- ◇ Clothes Lockers?

Q9 How far would you be prepared to walk to work from a public end-of-trip facility? (metres or minutes walking time)

Q10 If there had to be a charge to cover the costs of running a public end-of-trip facility, what do you think would be reasonable (perhaps consider comparison with car parking fees or public transport fares)? (\$ per day)

Q11 Do you know of any existing facilities (either publicly or privately owned) which could be expanded, upgraded or opened to the public to create a public end-of-trip facility? (For example, there are public showers available at Perth train station or health clubs may allow access to their facilities.)

Q12 Do you have any suggestions regarding security (for both bikes and users) for a public end-of-trip facility?

Q13 Do you have any suggestions regarding management of a public end-of-trip facility?

Q14 We may need to contact someone from each building to find out more about the facilities in that building, e.g. numbers of bike parking spaces and lockers provided. Would you be willing to be a contact for your building?

Please also include the following information with your response:

Your name

Your e-mail address

Your work phone number

Your home phone number

Thanks very much for completing this questionnaire. Please e-mail it to richardstallard@bigpond.com

Alternatively, if you prefer, you can print it out and fax it to Bikesafe at 9470 4007.

If you have any questions or wish to make any other comments, please contact Bruce Aulabaugh of ERM:

email: brucea@inet.net.au

phone: 9370 2432

mobile: 0402 919 933

or Richard Stallard of Bikesafe:

email: richardstallard@bigpond.com

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Easter at Pimelia

by Kate Smith

There was movement at the station, for the word had become known
That the filly from Joondanna had got away
And had cycled all the way to Bunbury – all on her own
A distance of 180 k

All the tried and noted riders from the suburbs and the plain
Had mustered at Pimelia for R & R (?)
For the CTA love hard riding where there's hilly terrain
But the rest of us made it there by car

There were Melanie and Mark, who came to lend a hand
By towing the bikes and trailer with their 'truck'
There was level-headed Karen, whose calm and sense would stand
Us in good stead when cleaning up
There was Simon, armed with quotes and wine and chocolate to be shared
There was Stan, with his planning skills sublime
There was Teresa and her food, for a famine came prepared
And Chris and Helen, for whose cuisine we're much obliged

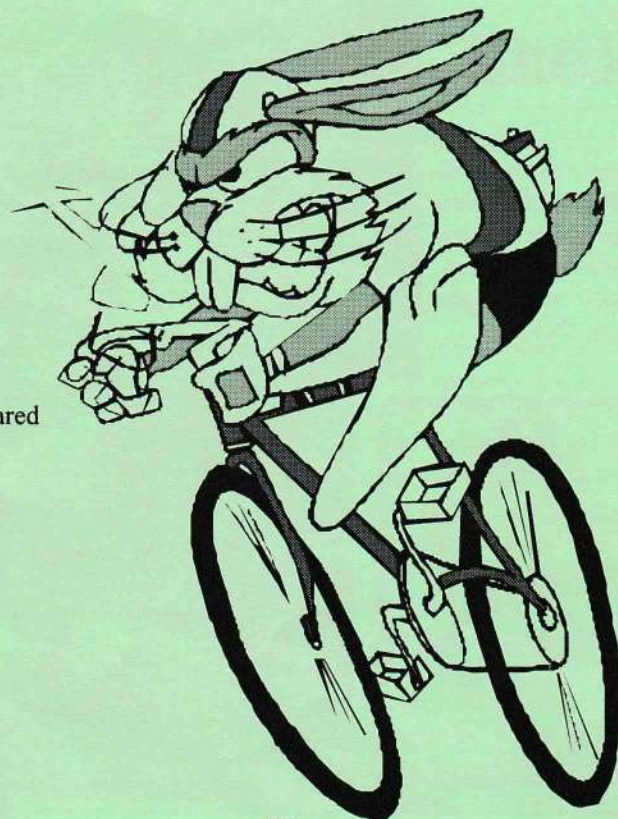
A sojourn on the Saturday to Northcliffe was the plan
Although, how we'd get there was contended
But at last it was sorted out and finalised by Stan
And the method of transport was amended
Some would cycle all the way and ride on back again
Others, preferring scenery, go by rail
But all enjoyed a feast for lunch, for who could refrain
And a further feast for dinner was assailed

Sunday saw the riders head, with fervour all renewed
Towards the rolling hills, with strength unflinching
Channybearup Road traversed, body and spirit imbued
For some anyway, by the prospect of the tasting
Then the stronger ones amongst them muttered "we may bid the mob good day"
"This route is far too short for the likes of us"
"We'll wait at the turn off, but we'd prefer the longer, hillier way"
Though they yielded, kept with the others and didn't fuss

When they reached the Smith Road turnoff, even Ann took a pull
It might well make the boldest hold their breath
The gravel road was winding, and the corners were full
Of pebbles, and any slip was death
But Ann had no choice, the decision was as such
'Pocket Rocket' was to brave that hairy track
And alas, for the Cannondale, the gravel was too much
And she landed fair and square upon her back

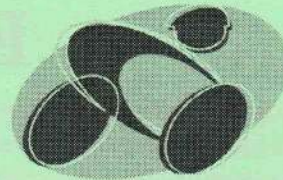
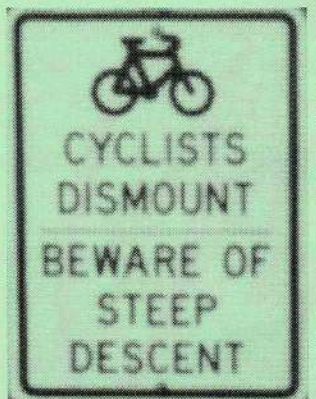
Now onwards to the Lavendar farm for a lunch stop at last
With floods pouring unabated from the sky
And Helen was so keen she cycled right on past
Us having pancakes and nasturtiums on a pie
Hungry tummies satisfied, to Gloucester Ridge they rode
Where, with the band, Simon showed his vocal skill
Then don the rain jackets one more time, "let's head for our abode!"
And one last dreaded grind to ascend Pump Hill

So down around Pemberton, where the Jarrah-clad hills raise
Their towering battlements on high
Where the air is clear as crystal, and the white stars fairly blaze
At midnight in the warm, fresh, country sky
And where around Pimelia where the Karri trees do grow
On the hills, which all need granny gear
Another CTA weekend draws to a close, we know
We'll come back for another weekend here



On the Road

Sharon and Cyril Veleff took this picture of an unusual road sign at Point Nepean during their recent tour through Victoria.



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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
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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.

For Sale

Touring Bike - a trusty steed! Bridgestone Cr-Mo frame, double butted, RX100 groupset, cantilever brakes, good rims and tri-bars. Gearing is front 28-40-52 to a 12-28 cluster. \$500 ONO.

Contact: Judit ☎ 9444 0847 (H) or email: judes@tartarus.uwa.edu.au

Tandem Bike (road). American Burley, blue and silver trim, 21½" front / 18" back, mudguards, rear racks, XT group set with STI levers and an extra rear drum brake. Price on application.

Contact: Graham Moses ☎ 9294 2392

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The CTA Achievement Ride Series

The CTA conducts a series of Achievement Rides each year that will allow you to qualify for an award. A cloth badge is also available for each of the individual rides and cost \$5 each.

Three series are available: the Super Achiever, Challenge and the new Merit Series. Each ride of the series must be completed in a set time limit but is otherwise non-competitive in nature. A member can only nominate for one award per year. The three series are detailed below:

Super Achiever Series

To become a Super Achiever you must complete the following five rides in the specified time limits:

- 50 km (3 hours)
- 100 km (6 hours)
- 200 km (13½ hours)
- 300 km (20 hours)
- 10,000 in 8 (10,000 vertical feet in 8 hours)

Challenge Series

To receive the Challenge Award you must complete the following five rides in the specified time limits:

- 50 km (3 hours)
- 100 km (6 hours)
- 100 mile (10 hours)
- 200 km (13½ hours)
- 10,000 in 8 (10,000 vertical feet in 8 hours)

Merit Series

To receive the Merit Award you must complete the following three rides in the specified time limits:

- 50 km (3 hours)
- 100 km (6 hours)
- 5,000 in 4 (5,000 vertical feet in 4 hours)

Using Brevets and Audax Rides

Each Achievement Ride will be held twice during the year to provide the maximum opportunity for members to complete one of the series. However, if you are unable to attend one of the official CTA rides, then a CTA brevet card can be used to complete the ride. Contact the Rides Co-ordinator to get your brevet card and route description. After completing a brevet, the card must be returned to the Rides Co-ordinator to record the ride and ensure that the ride is officially verified by the CTA Committee.

In addition to brevet cards, official Audax

rides can also be used to complete the 200km and 300km rides (Refer below for additional information on using Audax rides).

To qualify for an award, all rides for a series must be completed and verified by the CTA Committee two weeks before the AGM.

If you require further details please contact Simon on 9271 2959 (H).

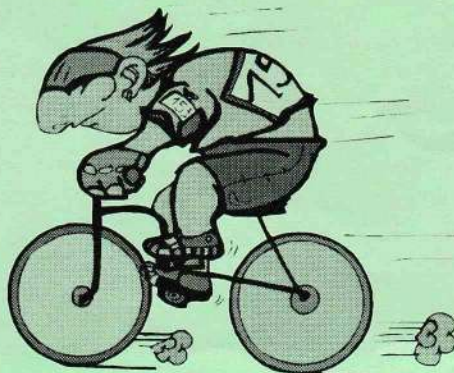
AUDAX FOR CTA RIDE SERIES

From now on if you want to take part in an Audax ride you **MUST** complete an entry form and get it to the ride organiser at least one week **BEFORE** the ride.

Forms are available from Audax (contact Brian Hawes on 9398 4724). There is an extra \$2 fee for non-Audax members. Then:

1. Fill in the Ride details with the distance and date of the ride.
2. Determine the ride fee as follows:
 - all unsupported rides - \$5
 - supported: 200km - \$8
 - 300km - \$12
3. Sign the form and send the form and correct money to the ride organiser (make cheques payable to Audax Australia) at least one week before the ride.
4. Maps and route notes can be collected from the ride organiser 2 weeks before the ride. If you want it mailed to you, send a stamped self-addressed envelope with your entry form. Otherwise you will get a map and route notes with your brevet at the start.

If you have any queries, please contact Simon on 9271 2959 (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 Brian Hawes on 9398 4724.

THE WINNER'S CIRCLE

Congratulations to the following people who were successful in completing the following achievement rides.

50km

Marion Affleck	Devo McCall
Paul Armishaw	John Meakin
Phil Baker	Colin Pearce
Bruce Beecham	Bernard Pearn-Rowe
Kleber Claux	Kate Smith
Karen Date	Max Talbot
Mark Elliott	Annelies Vogels
Michael Hook	Liz Wheib
Basia Lis	Ann Wilson

100km

Paul Armishaw	David Lewis
Terry Bailey	Basia Lis
Phil Baker	Devo McCall
John Benari	Colin Pearce
Bruce Beecham	Bernard Pearn-Rowe
Mark Elliott	Max Talbot
Graham Gillespie	Liz Wheib
Tony Gillespie	Ann Wilson
Michael Hook	

If you missed the first 50km achievement ride (like yours truly), there is a second chance coming up on June 24. Also in this calendar is the Century Challenge (probably been and gone by the time you read this), the inaugural 5,000 in 4 for the new Merit Series and the 10,000 in 8.

Rides Calendar – May to June 2001

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

Moderate - fit with geared bikes

Moderately Hard - fit and experienced. Distances < 100km

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

If you are interested in doing a particular ride, but you feel it may be too long for you, don't be put off. Contact the ride leader to see if you can do part of the route.

SATURDAY MAY 12 CENTURY CHALLENGE

100 miles Hard, 7:30am for an 8:00am sharp Start. Meet at the Lakes BP Service Station on Great Eastern Highway. The scenic course includes Wooroloo, Toodyay, Northam and York. The time limit is 10 hours (average 16km/h). Note there is a \$10 fee for non-members.

Organiser: Terry ☎ 9472 9887 (H)

SUNDAY MAY 13 MOTHERS DAY RIDE

10km Easy, 9:00am Start. Meet at Deep Water Point for a coffee and a 9:30am departure. All mothers and families are welcome to join us for a chat and a ride around the Canning River on the cycle path.

Leader: Janet ☎ 9319 9526 (H)

SATURDAY MAY 19 AUDAX 200

200km Hard, 7:00am Start. The Historical Hassell is an unsupported ride starting in Pickering Brook and passing through Toodyay before returning. As for all AUDAX rides, bookings must be made at least one week before the ride.

Contact: Colin Farmer ☎ 9330 4441 (H)

SUNDAY MAY 20 4 NATIONAL PARKS

60km Moderately Hard, 9:30am Start. Meet at Stirk Park, Kalamunda, for a ride through four National Parks and visiting Mundaring Weir en route. We will have a fuel stop in Mundaring at our favourite café.

Leader: Ann ☎ 9444 5160 (H)

SUNDAY MAY 20 CARINYAH TRAIL

MTB 2 hours Moderate, 9:00am Start. Meet at the Pickering Brook general store (corner of Pickering Brook Road and Canning Road) with your mountain bike for a frolic in the bush on the Carinyah trail.

Leader: Noel ☎ 9355 2745 (H)

SUNDAY MAY 27 5000 IN 4 ACHIEVEMENT RIDE

55km Moderately Hard, 8:30am for a 9:00am sharp Start. Meet at the BP Service Station, corner Albany Highway and Gilwell Avenue, Kelmscott (near Kelmscott railway station) for the inaugural ride of our latest achievement ride. The course promises 5 000 feet of uphills and downhills in the 4 hour limit. It is required for all aspirants (and expirants?) of the Merit Series. Note there is a \$10 fee for non-members.

Organiser: Terry ☎ 9472 9887 (H)

SAT-MON JUNE 2-4

Why waste a perfectly good long weekend just because it may be pissing down (i.e. raining fish)? Please contact Simon for details, as he would've thought up something interesting by then.

Organiser: Simon ☎ 9281 2959 (H)

LONG WEEKEND AWAY

SATURDAY JUNE 9 10 000 IN 8 ACHIEVEMENT RIDE

110km Hard, 8:00am for a 8:30am sharp Start. Meet at the Kelmscott Railway Station for the club's hilliest ride, requiring you to climb up and down 10 000 feet of hills in under 8 hours. Required for both the Super Achiever and Challenge Series. Note there is a \$10 fee for non-members.

Contact: Simon ☎ 9271 2959 (H)

SUNDAY JUNE 10 IT'S NEVER TOO COLD!

35km Easy, 10:00am Start. Meet at Shearn Memorial Park (cnr Central Av and Carrington St) for a ride to Midland to find icy refreshment.

Leader: Simon ☎ 9271 2959 (H)

WEDNESDAY JUNE 13 SOCIAL NIGHT

Meet at 7:30pm at the Loftus Community Centre in Leederville. Dale Neill is well known by many within the CTA for his portrait and landscape photography. Come along for a slide expose with pictures from the psychedelic seventies, as well as more recent 'On Your Bike' tours. Learn photographic related tips for touring overseas to capture all the blood, sweat and tears or otherwise of your trip. Supper provided.

Organiser: Janet ☎ 9319 9526 (H)

SATURDAY JUNE 16 AUDAX 200

200km Hard, 7:00am Start. Tolchers Special is an unsupported ride starting at the Brentwood police station and passes through Mandurah and Dwellingup before returning. As for all AUDAX rides, bookings must be made at least one week before the ride.

Contact: Alan Tolcher ☎ 9490 4449 (H)

SUNDAY JUNE 17 A VERY MOOR-ISH RIDE

50km Moderate, 9:00am Start. Meet at Charles Paterson Park (near the children's playground near Burswood Casino) for a ride to Hillarys Boat Harbour for morning tea before returning.

Leader: David ☎ 9383 9394 (H)

SUNDAY JUNE 24 'RED'DY FOR A ROUND OF HILLS?

85km Hard, 9:00am Start. Meet at Midland railway station, for a ride up Red Hill to 'Gidgee' where we will have morning tea. We will then continue for an undulating scenic ride to Mundaring for a lunch stop and then it's all down hill back to Midland.

Leader: Ann ☎ 9444 5160 (H)

SUNDAY JUNE 24 50KM ACHIEVEMENT RIDE TAKE 2
50km Moderate, 9:00am for a 9:30am sharp Start. Meet at the corner of Soldiers Road and Mead Street in Byford for your second chance at achieving the 50km. This is the premier of an alternative course that is more convenient to a train station. The time limit of 3 hours (17km/h average) should ensure that everyone has a chance of completing the distance. Participants must book at least one week prior to the ride and there is a \$10 fee for non-members.

Organiser: Simon ☎ 9271 2959 (H)

SUNDAY JULY 1 A CYCLE DATE
30km Easy, 9:30am Start. Meet at Claremont railway station for a pleasant ride around some leafy suburbs. Please contact the ride leader prior to ride, as it may be cancelled due to inclement weather.

Leader: Karen ☎ 9385 1358 (H)

SUNDAY JULY 8 FREE(WAY) WHEELING
80km Moderate, 9:00am Start. Meet at the Raffles Hotel car park for a ride to see how far the new Kwinana Freeway shared path goes. The recently completed freeway upgrade and extension now means that the shared path is also 'freeway' style with no road crossings for about 30km between South Street and Safety Bay Road. We will find some refreshments somewhere on the return journey.

Leader: Terry ☎ 9472 9887 (H)

SAT-SUN JULY 14-15 CHRISTMAS IN JULY
This year Xmas in July is being held at Club Capricorn near Yanchep with accommodation in chalets. Two ride options are available, one leaving from Perth which will join the other one leaving from Currumbine railway station. Bookings with a \$10 deposit are required by June 30. Places are limited so it's first come first served. See page 2 for further details.

Organiser: Mark ☎ 9382 1961 (H)

If you are interested in leading a ride, or you have a suggestion for a ride that you would like to do, please contact the Rides Co-ordinator by June 15.

Reporting Cycling Hazards

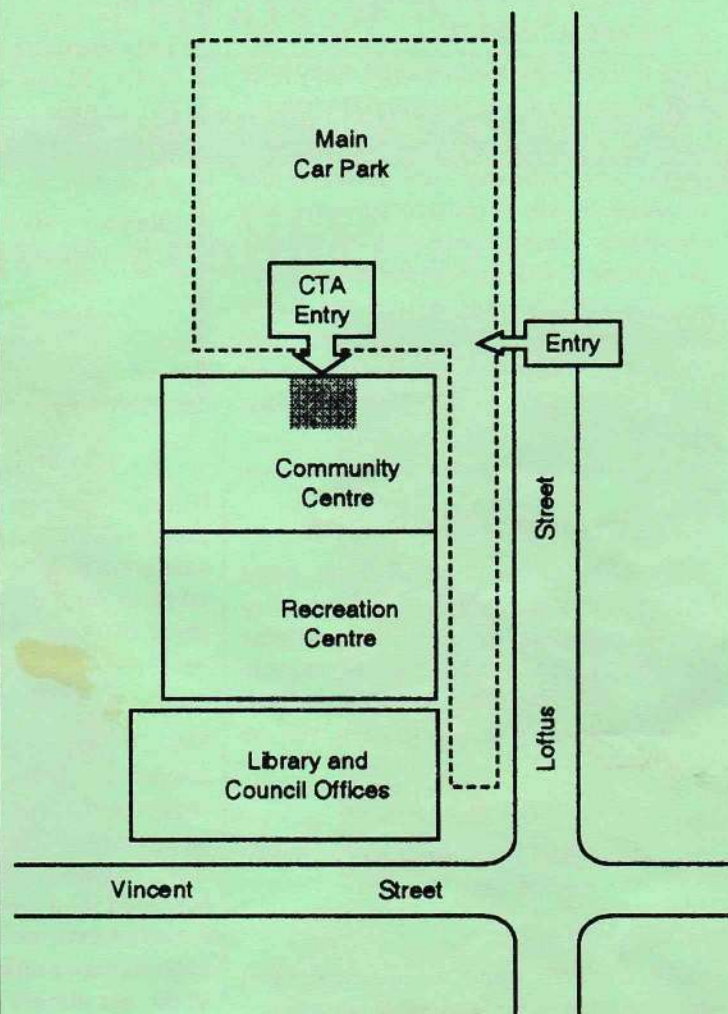
All riders are encouraged to make a note of hazards observed during rides on roads and paths, especially newly installed ones, and to submit a hazard report to Bikewest. Nearly all ride routes are likely to include hazards, even if minor ones, like centre-mounted grab rails on paths, lips on kerb ramps and drive entrances from roads, or drainage grates with gaps to trap skinny tyres. The aim is to get these fixed, and more importantly, to stop new hazards being installed.

About 80% of hospitalised cyclist crashes did not involve a motor vehicle. Most were "loss-of-control" crashes, and an unknown proportion of these were due to hazards on paths and roads.

The hazard reports should be submitted to Bikewest, either using the freepost cards provided by Bikewest or by e-mail. Sending an e-mail is an easy way of submitting a hazard report with HAZARD REPORT in the subject and a good description of the location and the hazard. The e-mail address is bikewest@transport.wa.gov.au with a copy to the BTA at bta_wa@hotmail.com please.

CTA Social Evenings

The Social Nights are usually (but not always) held at the Loftus Community Centre on the corner of Loftus Street and Vincent Street, Leederville. Enter from the main carpark on the north side of the complex (see map below). For further details contact Janet on 9319 9526 (H).



Rain Jackets



The CTA is ordering another batch of these popular rain jackets made by Maresa and they will be available to CTA members at cost price (actual price still to be worked out). The jacket is made from 'Breathalon' and is breathable, waterproof and wind-proof. It is well made and highly visible.

Contact Mark Boulton on 9351 9260 for further details.

2001 MEMBERSHIP FEES

The CTA Membership is from January 1 to December 31 each year. Membership fees for 2001 have been set as indicated below:

1. Adult membership \$40.00
2. New members \$35.00
3. Full-time Students/Pensioners \$23.00
4. Dependants under 18 no charge

Note that part year memberships apply after June 30 and the above fees should be halved.

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.

EQUIPMENT FOR HIRE

The CTA has some equipment (as listed below) which is available for members to hire for \$5 for 2 weeks or \$10 per month plus a bond. This is a great way to try out cycle touring without having to layout a large amount of money to equip yourself with the right gear.

- Rear Panniers (pair)
- Small Rack Bag (sits on top of pannier rack)
- Trangia

Please contact a committee member if you are interested in using this equipment.

CTA CLOTHING

The CTA has its own clothing available in two colour schemes - yellow with red stripes, or turquoise with green stripes.

The design is available in short sleeved Coolmax tops and black lycra knicks with a coloured side panel.

Some stocks are available in a range of sizes from S, M, L, XL and XXL and costs \$65 for knicks and \$70 for tops.

Please contact Mark or Melanie on 9351 9260 if you require any further information.

Cheques should be made payable to "CTA Clothing".



WHERE ARE YOU?

If you are lucky enough to move to a bright sparkling new place of abode, please share your good news with us. All members are asked to confirm their current address and phone numbers with Committee members.

CTA LIBRARY

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.

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 Officer in Charge at the Police Bicycle Section on 9222 1923 during working hours.

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

