

# THE CHAIN LETTER

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

May/June 2002

Issue 164

## Bikeweek 2002 in Review

Bike Week is over for another year as we look back on a very successful event. At the bike-to-work "free" breakfast on Friday 15 March, Charles Lockwood entered the "Singing in the Shower" competition, at the time thinking that it was just a bit of fun to entertain the crowd. Charles and his booming voice is well known to On Your Bike Tour participants, being a regular act on the final night concert. However, the song he chose at the bike week breakfast (Oh What a Beautiful Morning) was to mean more than he thought. By popular acclaim (he thinks) he was the very surprised and very excited winner of a \$2,000 voucher for Giant Bicycles from Gordonson Cycle Centre in Hay Street, a prize organised through Bikewest and Radio 92.9 with the cooperation of Giant Bicycles.

So what did he do with the voucher? He now owns a new Giant OCR 3 Road Bike, his son is now riding a Giant Boulder in Melbourne and a second Boulder has been given as a raffle prize to a local group sponsoring a village in East Timor. Oh, I forgot. He also gave his old road bike to a refugee friend. So everyone got a bit of the action!

The rest of Bike Week 2002 was also a great success with more than 60 people attending both the Wednesday night BBQ ride and the Sunday ride to Lake Leschenaultia.



*The short and long road riders meet up at Mundaring before continuing on to Lake Leschenaultia.*

*Charles Lockwood in action at one of the On Your Bike concerts.*

(More Bike Week pictures on page 3...)

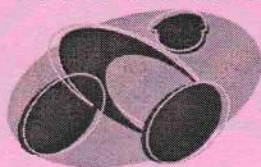


Please send all articles and pictures for the next newsletter to the Editor no later than June 20.

### In this issue...

Tours and Weekends .....	2
Bikeweek 2002 in Review ..	3
Easter Frottage in the Porongurup's .....	4
CTA ANZAC's in the Avon ..	6
An Adventurous Senior .....	7
It's a Boy! .....	7
Simon Sez .....	8
Mind Teaser .....	8
CTA Achievement Series ...	9
Rides Calendar .....	10
For Sale/Wanted .....	11
Reporting Cycling Hazards .....	11

## Bikewest



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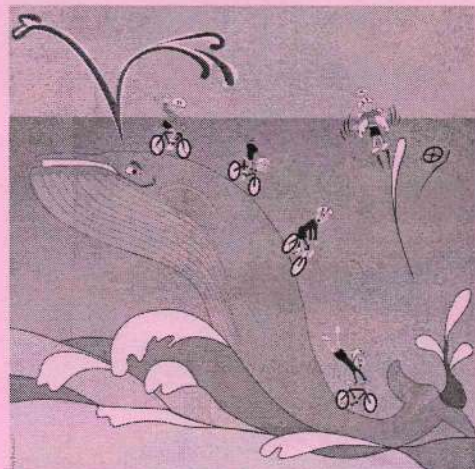
Web Site: www.ctawa.asn.au

**NEW MEMBERS**

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

Allan Butler	Dennis Kelly
Patricia Davis	Michael O'Hara
Andy Forster	Boris Roglich
Nicolas Gosman	Mary Roglich

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



# Tours and Weekends

**HUMPHREYS' SURPRISE**

1 - 3 June 2002

Join us for a full pannier weekend (that is carrying all your gear with you on your bike) for a scenic ride through the Ferguson, Preston and Blackwood catchments.

Saturday 70km - Start in the Ferguson Valley (about 25km east of Bunbury) and ride to Balingup passing through the localities of Wellington Mills, Lowden and Kirup before camping on the banks of Balingup Brook that meanders through the town of Balingup.

Sunday - Walk or ride around the town to see places like the Old Cheese Factory, Birdwood Park Winery, Tinderbox (for the girls - smelly stuff), Lavender Farm and two bakeries. Or ride to Bridgetown for some pumpkin soup and to check out the cider factory. Dinner will be in Balingup at the local café/restaurant.

Monday 70km - Ride back to the Ferguson Valley via Kirup.

(Note: if the weather is unkind, we could just stay at the Ferguson Valley, put our feet up around a log fire and have a holiday.)

You need to bring tents, sleeping gear etc. Bookings are required at least one week before the ride. For further details, bookings and directions contact the organiser.

Organiser: Tony ☎ 9728 3105 (H) or email tony.humphreys@mainroads.wa.gov.au

**XMAS IN JULY**

13 - 14 July 2002

This year Xmas in July is being held in Mandurah. Accommodation is c/o Peter Lundy's holiday home which is located right on the beach front and has splendid views over the ocean and surrounding coastline.

There will be options for everyone as to how much cycling you wish to do. For the keen ones there will be an organised ride from Perth on the Saturday which will take in the new(ish) DUP extension down the freeway and then a return trip on Sunday (or scrounge a lift off someone). For those that wish to drive down, they can do so either on Friday night or Saturday morning and then meet up with the cycling group from Perth. A lunch stop is planned at one of the wineries en route. Saturday evening we will be dining at the local tavern and then retiring back to the home to await a visit from Santa.

Costs: Accommodation is \$10 per night and evening meal is \$20 (drinks excluded). Also bring a small pressie for Santa's bag (spend \$5 to \$10).

Breakfast is BYO or eat out at a local café and lunches can be bought at the bakery. Bookings are required by July 7 with a \$10 deposit. Places are limited to 20 people so book early to avoid disappointment.

Organiser: Ann ☎ 9444 5160 (H)

**ON YOUR BIKE TOUR - A WHALE OF A TOUR**

2 - 10 November 2002

This year's tour will start with participants being coached from Perth to Kendenup where we will have a scrumptious lunch. All fuelled up it will be time to start pedalling. Our first night's stopover is in Mount Barker, followed by the historic whaling town of Albany. Here we will have a rest day where there are plenty of interesting places to visit. The next day we will head west to Denmark and then onto Walpole. The coastal scenery is spectacular and the aspiring Karri forests meet the sea. We will have another rest day at Walpole where you might want to cycle around the magnificent Valley of the Giants and also take the famous Tree Top Walk. Now refreshed we will backtrack to Denmark and finally to Mount Barker. As this will be our last stopover it is the 'On Your Bike' traditional concert night where all hidden wondrous talents from participants are revealed - not to be missed - a guaranteed highlight of the tour!

After surviving the concert it will be a short ride back to Kendenup for morning tea and then farewell 'til next year.

As places are limited to 120 participants it is recommended to book early. Brochures and entry forms are now available.

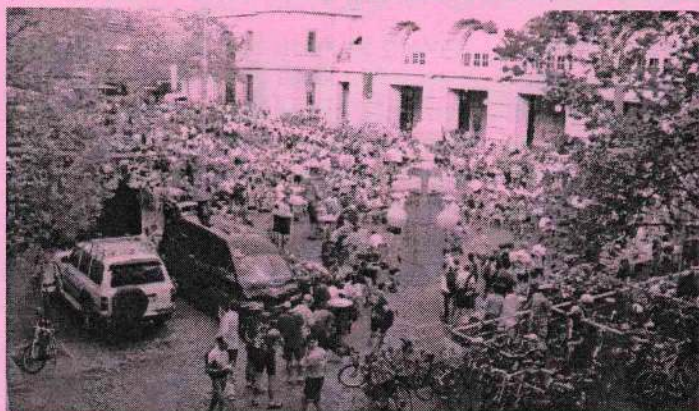
**BOOK NOW** to avoid disappointment.

Tour Organiser: John Meakin ☎ 9332 5550  
email: oyb@ctawa.asn.au





# Bikeweek 2002 in Review

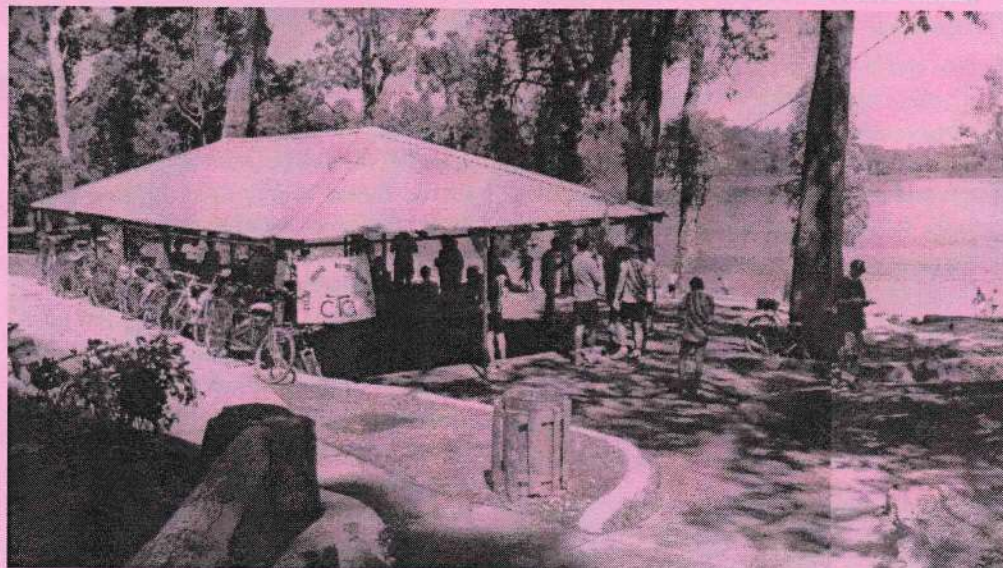


*LEFT: It was wall-to-wall cyclists in Forrest Place and bike parking spaces were at a premium.*

*BELOW: And somewhere right in the middle of that massive crowd was a table of CTA members.*



*BELOW: 60 plus cyclists were treated to perfect weather as they enjoyed their free sausage sizzle by the shores of Lake Leschenaultia.*



## Rain Jackets



Get ready for winter with these popular rain jackets made by Maresa, available to CTA members at the low price of \$155. The jacket is made from 'Breathalon' and is breathable, waterproof and wind-proof. It is well made and highly visible.

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# Easter Frottage in the Porongurup's

Frottage was a new word that Basia introduced into the vocabulary of CTA members who joined the Porongurup Easter Weekend. As far as I can tell, frottage is probably an acronym for Friendship, Riding, Overland Trekking, Thai, And Getting Eggs (readers with a good dictionary may find an alternate definition). The word frottage was definitely the most used word on this weekend, with the suggestion that there was a whole lot of frotting going on.

Unfortunately our illustrious club president was unable to attend due to illness. This was particularly distressing to many of us because he had promised to bring down homemade apple pie. While we were the poorer for the loss of his company, it was noted that everything started on time. This was certainly the most punctual CTA event I have attended.

Friday afternoon, upon arrival at the campsite, we undertook a walk across the peaks of the Porongurup's as an entree to an energetic weekend. It was a walk that rewarded us with views to the coast, a distant glimpse of the Albany wind farm, and an opportunity to watch two wedge-tail eagles circling overhead as they taught a young wedge-tail to hunt.

Saturday was ride day. In the morning we rode the long way to Mt Barker via Kalgarup Roadhouse. After a brief stop to fill our water bottles and eat some snacks at the roadhouse, we turned eastwards towards Mt Barker battling a fierce headwind. When the weary crew hobbled into Mt Barker we found most of the town closed, at a time when we desperately craved lunch. Fortunately the roadhouse was open and we were able to feast on truckies' cuisine.

After lunch we set out on the final leg of this

ride, from Mt Barker back to our campsite at the Porongurup's, travelling along Porongurup Road. Several kilometres out of town Basia's tyre deflated, providing the opportunity for Kleber to give an impromptu roadside workshop on the art of tyre changing. Basia returned Kleber's kindness by breaking one of the club's unwritten rules: do not pass Kleber on a hill. Basia passed Kleber, and I followed suit, unaware that we had laid down the gauntlet! Kleber passed us, then Norman passed him. Soon Norman disappeared over the horizon, with Kleber and Mark E drafting him. Mark decided to stop at a winery. Norman and Kleber continued to battle, the older master defending his title from the younger upstart challenger!

Kleber arrived back at the Caravan Park red-faced and covered in sweat, but with a convincing lead on the impertinent Norman. The crown remained firmly upon Kleber's head. Norman became merely another notch on his handlebars, just another wanna-be challenger who put up a good fight without having what it takes to go the distance. Later that afternoon Mark E counselled poor Basia on her breach of club protocol. Basia pleaded ignorance of the club's unwritten rules.

We had been joined on the weekend by an English trio, Lola (a workmate of Kleber's), her partner Robbie, and friend Nick. Lola was noted for her rye grass health potions, ground and mixed freshly on-site, and allegedly full of vitamins. I was present when Stan tasted one of Lola's concoctions. The look on Stan's face after a sip of this drink was sufficient to inform me that I probably didn't really need a taste.

Saturday's dinner was Thai at Maleeya's Thai Café on Porongurup Road – very hot Thai. As people gasped for breath and

sponged the sweat from their red faces, Norman boldly asserted that the meal had not been that hot. This message was passed on to Maleeya, the proprietor. Maleeya emerged from the kitchen demanding to know "Who says my chilli is not hot?"

Gestures and glances from the group quickly established Norman as the culprit. Norman soon found the top of his ear squeezed tightly between Maleeya's thumb and index finger. "So, you think my chilli is not hot?" she inquired, twisting the top of Norman's ear. She noted that Norman had left many of his chillies on the side of the plate. "Look at your face", she said, pointing to the beads of sweat across Norman's brow, "you look like you've had a shower".



On Easter Sunday morning we awoke to the sound of the door of our cabin being opened by the Easter Bunny (who looked surprisingly like Janet wearing rabbit ears). Ann was a hardened cynic who appeared not to believe in the Easter Bunny. She buried her head beneath the pillow, hoping the Easter Bunny was a waking nightmare that could be erased by slipping further into slumber. Fortunately for Ann the Easter Bunny is a determined creature, who had resolved to wake Ann to ensure that she did not miss out on her rocky road treat. Wasn't Ann lucky?

After our visit from the Easter Bunny, our morning ablutions, and a fast-paced 42km ride into Mt Barker and back for Mark B and Norman, we set out to climb Bluff Knoll. At 1,070 metres this is the highest peak in the Southern Half of the State, and the path to the top is a challenging walk. However, the pain in the legs, and exhaustion in the lungs, dissolves into awe at the panoramic views once the top of the Knoll is reached.

Norman and I discovered that the club's unwritten rule about passing Kleber on hills also applies to walking. We made a bold fast start up Bluff Knoll, leading the pack. However, we were barely half way up this arduous



*The eagle went that way I tell you.*





*Finally, atop Bluff Knoll and it's time for lunch.*

slope when Kleber rocketed past, with Stan in hot pursuit. Lola, Robbie and Nick soon followed, but it was Kleber who emerged victorious at the summit.

Stan, the Don Quixote of the club, scanned the horizon with binoculars searching for a mythical windmill that he had allegedly visited on an "On Your Bike" to this region. No evidence of this windmill could be seen. He managed to convince others present to share in his delusion. They all shared in Stan's belief that they had once seen a 6-storey high Dutch windmill towering over the Great-Southern Region. Stan told us that they serve Dutch apple pie with whipped cream at this windmill. Upon hearing this Norman, who had to this point been a sceptic, became a believer and wanted to seek out the windmill with its culinary delights.

Arrangements were made to visit this windmill on our way back from Bluff Knoll. However, it was decided that it was too late, and the windmill would probably be shut by the time we got to it – very convenient Stan. It was decided that we would visit the windmill the next morning, on our return to Perth. The following morning people decided that the trip to the alleged windmill was too far out of our way – once again very convenient Stan.

At the summit of Bluff Knoll Kleber regaled us with the tale of his previous visit to this peak, where a banana peel had been dropped from the cliff-top. A strong gust of wind had returned the peel to its discarder, boomerang style.

Among the lunch items Kleber had carried to the top was a juicy, ripe, red apple. It was a perfect specimen of an apple, an apple by which other apples are judged, and Kleber eagerly anticipated eating it. Unfortunately, this fine morsel slipped from his hand, and tumbled over the edge of Bluff Knoll, down to the rocks below. Unlike the banana peel, the apple did not return. Kleber stood pre-

cariously upon the precipice, scanning the terrain below for his apple. Such a succulent piece of fruit as this is a prize not easily conceded. There was no doubt in the mind of those watching Kleber that the glint in his eye indicated a determination to mount a rescue mission for it, should its location be ascertained. Throughout the walk down the face of Bluff Knoll Kleber kept a watchful eye for his apple. Stan claimed some sightings of the apple, but I believe these to be hoaxes (just like the windmill).



*Let's see...I dropped it from about this height soooo...*

*Damn it! I'm not going anywhere until I get my apple.*



After Bluff Knoll some of us walked up Castle Rock, while others visited Castle Rock winery. After this it was time for a well-earned BBQ. After the BBQ we adjourned to the party hut, where Kleber pulled out his song lyrics sheets, and led us through a hearty sing-a-long of golden oldies.

For Norman, the weekend was an opportunity to trial a new cooling system for his water bottle. A wet sock placed around the water bottle keeps the water inside very cold. Tony found himself amused by the wet sock, and found a way to keep it even cooler. He very kindly placed the wet sock in the freezer for Norman. Later in the day Norman found the sock in the freezer. Instead of saying "hmmmm, if this stays here much longer it will freeze solid" he said "what a good idea for keeping the bottle even colder". He took the sock out of the freezer, inspected it for coolness, and then returned it to the freezer. To Norman's (and no one else's) surprise the sock had frozen solid by the next morning.

Monday arrived. April Fool's Day! The significance of being in the company of Tony on April Fool's Day did not escape me. I approached the morning with some nervous anticipation. Fortunately, it seems that Tony's April Fool's Day prank was to forget April Fool's Day altogether. The one day of the year when Tony's waggish behaviour becomes socially acceptable turned out to be the one day of the year when it didn't manifest itself!

This is where our story should end. However, at the request of Kleber it is my sad duty to relate a particularly sordid story that occurred on the way home. Various cars of CTA members returning to Perth had converged in Williams at the "Free Coffee for Driver" caravan. CTA members gathered together to drink their coffee around the rubbish bin. Another traveller (not part of our group) dumped a two-thirds full bottle of fruit juice into the bin. No sooner had they turned their back to return to their car than one CTA member gleefully fished the bottle from the bin and drank the fruit juice. Given the unhygienic nature of this antisocial act, I will refrain from naming the member involved. (He's had a tough enough time this year with his velodrome accident.)

Many thanks to Ann for organising this weekend. I've carried home many fond memories of the fun we all had this Easter.

Tim Reid



*Yes, Tim. That dutch windmill really does exist.*



# CTA ANZAC's in the Avon

"Digger's Day", April 25, a beautiful day to ride. Some of us couldn't sleep the night in anticipation; I bought a B.o.B Yak trailer to test this pannier mini tour.

Last year there were 4 riders, this year there were 11: Ann, Tony, Theresa, Mark C, Mark B, Janet, Mike, Tim, 'Stormin' Norman, Devo and our tour leader Simon. Setting off we heard a lone bagpipe blowing at the marshalling yards.

We cycled the usual way to Mundaring, but Simon had to pick up the "Mac attack breakfast trio" at Midland.

When we arrived at The Lakes roadhouse, car drivers inquired "I say, what's going on 'ere?". Mark B's wife, Melanie, drove to the roadhouse to see how her "lean" husband was going (what's the secret, Mark?).

Although it was a great day to ride, there was a lot of huff and puff when you are towing a B.o.B. or riding with panniers full of gear. All riders cycled at their pace, some had little to carry, some had none, the remaining carried the lot.

There is a sign saying oversize vehicles travel this road and one of them came too close to Norman; again, he had come a cropper. I understand now why cyclists have rear vision mirrors.



When we arrived at York, it was getting late and it was best to struggle to Bill & Marri's place. Streuth, it was a long day and the spa was beckoning.

Friday we woke refreshed (who snored last night? Tony, Devo or Simon?), the chickens gave us a good crop as we allowed them to free-range and we pedalled to town for the day, minus Mark and Melanie who drove back to Perth. Back at base camp the big shed had a table-tennis set-up; Norman, Mark C and I challenged each other to a few games, burning off the remaining kilojoules.

Late afternoon, Lance & Patricia, Kate and Mark E arrived setting up their tents outside, and Judy drove up later in the evening. At that time, Simon was teaching an odd game of cards called "Grass"; I think it's Cheech & Chong's version of Monopoly. Theresa,

Mark C, Patricia and I played Gin-Rummy. Saturday morning, after a cool night, the fog was in the air and we woke our leader about plans for the day. After a hearty breakfast to fix the sore heads, we readied our bikes to head to Northam. I towed an empty B.o.B. for a test run. Riding out of base camp, Norman's body was feeling stiff so, understandably, this was his "day-off". With the inclusion of Lance & Patricia, Kate, Mark E and Jud, (Theresa and Mark C cycled back to Perth), it was a lovely day for cycling. With only our day packs, we were going at a good pace, most riders wanted to reach Northam quickly but Simon, Lance, Patricia and I just took our time. Barbara joined us shortly after we arrived, Simon giving her directions on the mobile.

Northam (northern homestead, after a village in North Devon, England), was declared a town in 1833 by Lieutenant-Governor James Stirling.

Sporting and recreational facilities for croquet, bowling, cycling, hockey, footy, golf, squash, cricket, greyhound and horse racing and an Olympic size pool. One of the historic trees was planted by Prince Charles and in 1954, Northam was one of the towns chosen to host the Queen's visit to WA. This town had a major flood in 1983 (does anybody remember that?).

Northam was the birthplace of war hero Captain Hugo Throssell, the first Western Australian to be awarded the Victoria Cross in WW1 and the only member of the 10<sup>th</sup> Light Horse Brigade to receive the honour. Northam is the start of the 133km annual Avon Descent held the first week-end of August. (*I think someone's been reading the tourist information signs! - Ed.*)

On the return journey on tourist drive 254 our legs were full of energy, some riders cranked their pedals for short sprints, catching others by surprise, Ann and Mark E just zipped past them; *Tiger* was not designed to race and the B.o.B. was bouncing quite a bit at the back.

Arriving back at York, we had a small rest while we waited for the tail enders. Then after loading some supplies, we headed back to base. Upon arriving, Norman and I played a few games of table-tennis and before we knew it, Judy had jumped into the spa before tea time!

It was the last night before leaving York and we celebrated with a BBQ. Everyone did their share of the cooking and cleaning up,

letting Barbara rest as she had looked after us so much on the previous days.

The gala occasion occurred during the chocolates and drinks phase (loose lips sink ships, guys), when Ann was crowned "CTA Queen of York" (Barb was Queen on Friday night). In return, the new Queen knighted Sir Simon on one knee. Everyone was happy in the land of Noffsinger.

Sunday. All good things come to an end and it was time to go home. The chickens went free-ranging while we started packing our bikes. Norman wanted a last game of table-tennis with me (Stormin' Norman - you're the champ). A last photo for memories as we cycled to town where we ran into Walter King, one of the founding members of the CTA.

Cycling out of York were 9: Kate, Tim, Mike, Norman, Ann, Simon, Janet, Tony and myself with Mark E as the support driver. The lunch was cancelled at Chidlow, so we had lunch at The Lakes roadhouse. The kids stare: "Mummy look at that man. Dad look at that bike."

I anticipated the cycle to Midland would be brisk as I struggled to keep pace with Ann and Norman (you did very well, mate), cycling the shortcut down Greenmount while I rested at the top. B.o.B. does not like to be overweight; there is a warning on the trailer saying max. load is 36kg.

I pedalled *Tiger* half the distance because (a) I ran out of gears and (b) B.o.B. was wobbling uncomfortably. Eventually the remaining CTA Anzac's who pedalled the longer route arrived and Simon said "You have all done very well." But not before Ann was away on the train. Several others thought that seemed like a good idea and caught the next easy ride to their station. I had just enough energy to cycle *Tiger* and B.o.B. the last leg to Perth before nightfall.

Congratulations to Simon for a successful ANZAC tour ('Reasons to be cheerful - part 3'), a HUGE thankyou to Barb for looking after us and many thanks to Bill & Marri for the use of their home and especially the spa!

Last year it was good, this time it was better. After all that sweat, pain, expense and a "cropper" it was a worthwhile experience and no 'local lads' to bother us. Norman...this was a good practice for your European tour; no more "croppers"; take care.

This story will have to do as I'm waiting for my camera to be returned.

A tired ol' Devo.



# An Adventurous Senior

During February the inaugural Seniors Card Get Up & Go Awards were announced with Bettina Woodburn of Williamstown in Victoria being named Australia's most adventurous senior.

*(CTA members may remember Bettina from the 1997 Spring On Your Bike Tour. On the last night of that tour Bettina unfortunately broke her hip but decided to stay and watch the concert before being taken to Hospital for treatment. It would appear that a broken hip at 74 years of age isn't going to slow down this super woman.)*

The awards are a nationwide search for the Australian senior citizen with the most zest for life. They are all about the spirit of adventure and getting the most out of life during retirement. The awards are run by Seniors Card and Get Up & Go, a travel guide designed especially for seniors.

"Bettina is a remarkable person" said Arna Presland, Coordinator of the national Seniors Card Tourism Scheme. "Her achievements should serve as an inspiration to all seniors to get the most out of life in their later years."

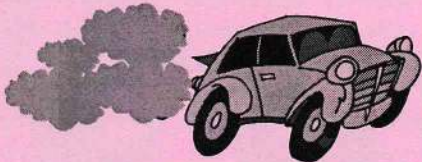
Seventy-eight year-old Mrs Woodburn was chosen from 400 entrants throughout Australia for her many adventures including a 1,000 kilometre kayak journey down the Murray River and long distance bicycle trips in Australia, Europe and the United States. Despite suffering from deep vein thrombosis she still manages to stay active, embarking

on around three Australian trips a year through an older adults recreation network.

Mrs Woodburn has no plans to slow down as she enjoys life to the full. Her latest adventure was competing in a dragon boat race in Melbourne as part of the Moomba Festival, raising awareness of breast cancer.

The national award entries were of a very high standard and picking the national winner proved to be a very tough decision for the judges. Many of the entries featured extraordinary tales, including a 66-year-old barefoot water-skier from the ACT who went on a four-wheel drive expedition through the Great Victorian Desert. Another runner-up was a West Australian man who learned to fly at the age of 75 years and is now in the Guinness Book of Records as the world's oldest aerobatic pilot.

## 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.

## It's A Boy!

Congratulations to Debbie and Hooky on the safe arrival of their son Liam Michael who was born on April 17, 2002. Liam's big sister, Evie, is overjoyed at having the most realistic doll to play with, although the novelty may wear off when she realises that there is no volume control and no batteries to go flat.



"The message being promoted through the Get Up & Go Awards, is that travel and adventure maintain health, well-being and quality of life in retirement. Research indicates a marked increase in travel by seniors following retirement from full-time work and children leaving home. We found that today's seniors look forward to 20 years of active life in retirement, and 80 per cent of them plan to travel during this time," said Arna Presland.

*(Story courtesy of Centrelink Age Pension News for Seniors.)*

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# Simon Sez...(not a lot, hopefully)

Greetings and felicitations to you all. Here we are in May, feeling the first wintry winds and soaking showers. It's been a busy two months, with Bikewest, three weekends away and a multitude of day rides! I'm having trouble keeping up, which might explain why I missed the 5 000 in 4 and the 100km Achievement Ride! Oh well, there's always the Take 2's or the brevets.

Bikewest was a great success, with over 60 people at each event. The weather was very favourable for both events, and the free meal was the icing on the cake. I must heartily thank all those you contributed their time and expertise for these events. Thank you and well done!

The Weekend of P's on the March long weekend was very successful, and my thanks must go to Tony who organised it. The venues were great, both at Tony's parent's farm and the Caravan Park we stayed at in Bunbury. It was also very nice for Tony and his canoe club to allow us to use their kayaks and expertise for kayaking around Eaton (and by around, I mean a-"round"! ). My thanks again to him, and all those who made the weekend enjoyable.

I heard that Easter in the Porongurup's was a great weekend away. Sadly, I was unable to

participate as I had contracted some nasty bug. As such, I missed Kleber's stunning arias, as well as Norman's 'hot' confrontation that really "Thai-ed" him up! Oh well, I shall just have to content myself with the article.

A tour I managed to enjoy was the ANZAC Day in the Avon extended weekend. We had a very good turn out, with 11 people cycling up there on ANZAC Day, and a total of 16 over the course of the 4 days. The weather was wonderfully kind, and the 4 days let us have a rest day, of making scones, green Thai curry, spaghetti bolognese, playing cards and playing around! I must thank the Nroffsingers for the generous use of their house, and everyone else who contributed to such a wonderful weekend.

The Achievement Rides this year have been very successful, with a number of people already qualifying for the Merit Series, and 2 people already qualifying for the Challenge! These 2 have used this series as training for their "2002 Boys Ride Out" European Tour. It's good to see members use these rides not only for personal achievement, but also as training. I wish all the European tourists good luck, and I look forward to hearing about their travels.

In coming events, Tony is once again volunteering his services for the June long weekend with a full pannier tour around the Ferguson Valley. Although the weather maybe less than sunny, the area should be lush and green and cool for cycling. Also in the calendar is the Xmas in July, being held again in Mandurah. I certainly enjoyed it last time we went down there, and with the dual use path extension down to Safety Bay Road and the Kwinana Freeway overpass work finished, the ride there should be a bit less confusing and busy.

Well, that's the end of another list of words strung together, interspersed with punctua-



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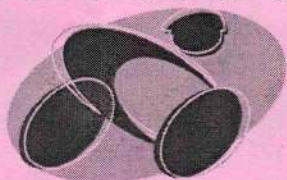
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**9321 6412**

tion. If you have any comments, please let me know, as I'm only too happy to ignore listen to members. Wishing you all safe and pleasant cycling, and I hope to see you soon on your bike!

Simon

## Bikewest



**cycle instead**



Department for Planning  
and Infrastructure  
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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.

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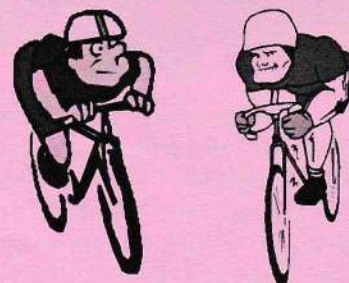
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## Mind Teaser

### LAZY CYCLISTS

Two cyclists renowned for their long breaks, let's call them Simon and Stan, started out at 8am. They travelled the same distance and arrived at their destination later that day. Simon rode for twice as long as Stan rested, and Stan rode for three times as long as Simon rested. Who rode the fastest?



### ISSUE 163 ANSWER

**Red Light** - The cyclists rode through a green light on the cross road.



# 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 Mark on 9382 1961 (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 Mark on 9382 1961 (H).

## WINNER'S CIRCLE (continued)

### 5,000 in 4

Dennis Braddon	Tony Humphreys
Mark Boulton	Dennis Kelly
Karen Date	Gabrielle Kelly
Janet Deverill	Teresa Liddiard
Devo	Norman Lip
Connie Eddington	Mike O'Hara
Noel Eddington	Colin Pearce
Mark Elliott	Tim Reid
Phil Giddons	Kate Smith
Mike Holland	Liz Weib
Michael Hook	Ann Wilson

# 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

Dan Boulter	Simon Koek
Mark Boulton	Teresa Liddiard
Andrew Candy	Norman Lip
Kleber Claux	John Meakin
Mark Corbett	Bev Morrissey
Karen Date	Colin Pearce
Devo	Lorraine Price
Connie Eddington	Don Reece
Mark Elliott	Tim Reid
Mike Holland	Max Talbot
Michael Hook	Ann Wilson

### 100km

Kleber Claux	Norman Lip
Mark Corbett	Mike O'Hara
Mark Elliott	Colin Pearce
Warren Hinscliff	Tim Reid
Mike Holland	Mary Roglich
Michael Hook	Boris Roglich
Dennis Kelly	Kate Smith
David Lewis	Ann Wilson
Teresa Liddiard	

### Century Challenge (100 miles)

Norman Lip	Tim Reid
------------	----------

### 200km

Norman Lip	Tim Reid
------------	----------

### 10,000 in 8

Mark Elliott	Tim Reid
Norman Lip	Ann Wilson



# Rides Calendar — May to June 2002

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.*

### SUNDAY MAY 19

### UP (MIDLAND) HILL AND OVER (ARMA) DALE

80km Hard, 9:00am Start. Meet at Midland railway station (meeting the 8:30am train from Perth) for a ONE-WAY scenic hilly ride to Armadale. We will be stopping at Mundaring for morning tea and after a few hills (and k's) will relax for lunch at an authentic "Pommie" location. A good training ride for those contemplating the Century Challenge next weekend.

Leader: Ann ☎ 9444 5160 (H)

### SATURDAY MAY 25

### CENTURY CHALLENGE

100miles 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: Simon ☎ 9271 2959 (H)

### SUNDAY MAY 26

### A CYCLE TO THE SEA

40km Moderate, 9:00am Start. Meet at the Raffles Hotel car park. We'll leave the Raffles for our ride, upon our bikes at 9.

We'll ride about for 40 kays, I hope the sun'll shine.

Can't promise what the day will bring, but if you ride with me.

I'll take you on an "easy" ride, through the suburbs to the sea.

At Port Beach we can watch the waves, and get some morning tea.

Then we'll ride through suburbs posh, past a brew-e-ry.

Past a royal park we'll ride, along the cycle track.

And when we get to Canning Bridge, we'll just about be back!

Leader: Janet ☎ 9319 9526 (H)

### JUNE 1-3

### HUMPHREYS' SURPRISE

70km each day, Moderately Hard. Join us for a full pannier weekend starting from Tony's place in the Ferguson Valley near Bunbury. From there we will cycle through Wellington Mills, Lowden and Kirup before camping in Balingup on the banks of the Balingup Brook. You can then wander around the many attractions of Balingup or cycle to nearby Bridgetown before returning to the Ferguson Valley. See page 2 for further details.

Organiser: Tony ☎ 9728 3105 (H)

### SUNDAY JUNE 2

### CARINYAH TRAIL

MTB 2 hours, 16km 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. Note: please ring the leader before the ride to confirm numbers as the ride may be changed to a road ride depending on numbers and interest.

Leader: Colin ☎ 9291 7773 (H)

### SATURDAY JUNE 8

### AUDAX 200

200km Hard, 7:00am Start. The Historic Hassle is an unsupported ride starting at Pickering Brook. As for all Audax rides, bookings must be made at least one week before the ride. Note lights and reflective vests are required for all Audax rides.

Contact: G Thornton ☎ 9293 3027

### SUNDAY JUNE 9

### THE TRAINING RIDE

60km Moderately Hard, 9:00am Start. Meet at Midland railway station for a hilly but scenic ride through Kalamunda, Darlington, John Forrest National Park and Parkerville to lunch at Mundaring. Then it's back down Greenmount to Midland ready for next week's 10,000 in 8.

Leader: Kleber ☎ 9472 9887 (H)

### SATURDAY JUNE 15 10,000 IN 8 ACHIEVEMENT RIDE

110km Hard, 8:00am for an 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.

Organiser: Lorraine ☎ 9271 1540 (H)

### SUNDAY JUNE 16 A SLOW START FROM FAST EDDIES

35km Easy, 9:00am Start. Meet at Fast Eddies Carousel (off Albany Highway) for a leisurely ride along the Canning River between Riverton Bridge and Maddington before returning for something to eat at Fast Eddies.

Leader: Terry ☎ 9472 9887 (H)

### SUNDAY JUNE 23 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. 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: Lorraine ☎ 9271 1540 (H)

### SUNDAY JUNE 23

### RAIL THEN RIDE

45km Moderate, 9:30am Start. Meet at Currambine railway station to cycle via the coast and back inland to finish at Leederville for a cuppa. Please contact the ride leaders prior to the ride, as it may be cancelled due to inclement weather.

Leader: Lance & Patricia ☎ 9249 19470 (H)



**SUNDAY JUNE 30 AROUND (SOME OTHER) BRIDGES**

20km Easy, 8:30am Start. Meet at the Raffles Hotel car park for a leisurely ride along the Canning River to Riverton Bridge returning via Waterford and Manning.

Leader: Graham ☎ 9450 3545 (H)

**SUNDAY JUNE 30 HILLS, HILLS, HILLS**

50-60km Hard, 9.00am Start. Meet at Stirk Park (corner Elizabeth St & Headingly Rd) Kalamunda to go riding hills, hills and more hills. Resuscitation kits will be available at a local establishment.

Leader: Mark C ☎ 9294 2625 (H)

**SATURDAY JULY 6 AUDAX 200**

200km Hard, 7:00am Start. The Dairy Lands is an unsupported ride starting in Oakford. As for all Audax rides, bookings must be made at least one week before the ride. Note lights and reflective vests are required for all Audax rides.

Contact: R Morgan ☎ 9339 7259

**SUNDAY JULY 7 A QUICK START FROM FAST EDDIES**

40-50km Moderate, 9:00am Start. Meet at Fast Eddies Morley (off Walter Road West opposite McDonalds) for a ride somewhere before returning for something to eat at Fast Eddies.

Leader: Hooky ☎ 9375 5246 (H)

**SAT-SUN JULY 13-14 XMAS IN JULY**

This year Xmas in July is being held in Mandurah. Accommodation is c/o Peter Lundy's holiday home which is located right on the beach front and has splendid views over the ocean and surrounding coastline. Bookings with a \$10 deposit are required by July 7. See page 2 for further details.

Organiser: Ann ☎ 9444 5160 (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 on 9271 1540 or email: [mondo\\_zac@optusnet.com.au](mailto:mondo_zac@optusnet.com.au)**

## For Sale

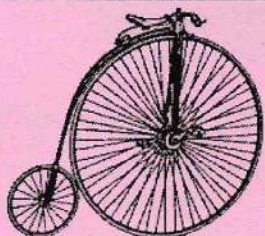
Tandem KHS, Alloy frame, top quality components, 26 inch wheels, racks plus extras. Excellent condition and only two years old. \$1850

Call Ron ☎ 041 904 4465

## Wanted

Second hand "link bike" (also known as a "trailer bike") - attaches to a standard bike and is suitable for children to pedal and ride.

Call Graham or Bridget ☎ 9450 3545

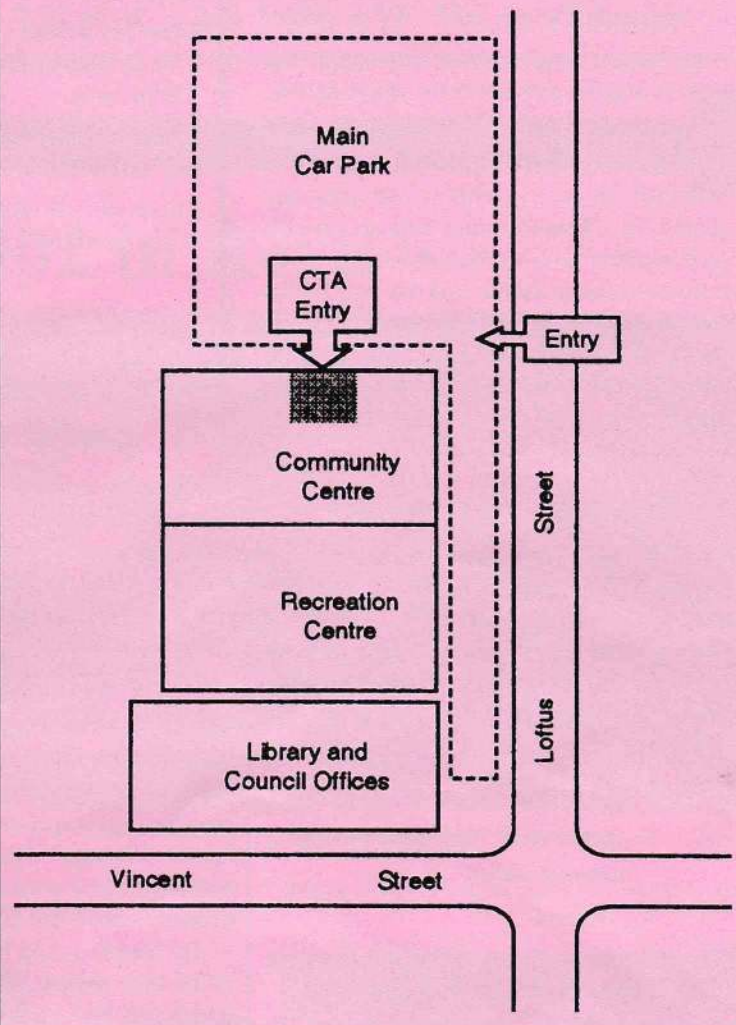


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## CTA Social Evenings

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).



## 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](mailto:bikewest@transport.wa.gov.au) with a copy to the BTA at [bta\\_wa@hotmail.com](mailto:bta_wa@hotmail.com) please.



## 2002 MEMBERSHIP FEES

The CTA Membership is from January 1 to December 31 each year. Membership fees for 2002 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 the Officer in Charge of Cycling at the Cottesloe Police Station on **9284 5058** during working hours.

If undelivered please return to  
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