

# THE CHAIN LETTER

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

**January / February 2006**

**Issue 186**

## PRESIDENT'S REPORT

"Stop the press"—that's what Noel told me December 7th, right after the CTA's On Your Bike was awarded the 2005 Sustainable Transport award for Rural or Regional Innovation. Due to space limitations in this issue, he agreed to give up the space normally reserved for his President's report, for the following excerpt from a Media Release from the Sustainable Transport Coalition of WA.

## CTA's OYB Wins 2005 Sustainable Transport Award!

The Sustainable Transport Awards are to recognize groups or individuals who promote, encourage and/or facilitate sustainable transport (less reliance on cars). The nominations cover a wide range of ideas – from local action to more global work.

Our President Noel accepted the 2005 Sustainable Transport Award for Rural or Regional Innovation, on behalf of the CTA's On Your Bike (OYB). The award was presented on Tuesday, December 6<sup>th</sup>, by the Minister for Planning and Infrastructure, the Honourable Alannah MacTiernan.

The CTA was recognised specifically for our unique bicycle tours (OYB) through the south west of Western Australia. The Award recognised OYB as a long-term project with effects spread throughout regional communities. OYB supports both sustainable transport, as well as supplementing the

economy of rural communities, and promoting tourism in those areas.

Since 1989, our volunteer organisation – has run these annual organised cycle/camping tours in south west regional Western Australia. Last year's tour ("Surfing the Scarp") saw 120 riders cover the route from Capel via Busselton, Nannup, Balingup, Dardanup, Harvey, Waroona, Dwellingup and finishing at Armadale

Vehicle use is limited to a truck which carries luggage and tents, a car and trailer providing travelling bike shop support, and a multi-seater van with a bike trailer which provides morning teas and back-up in the event a bike or rider are unable to continue, ie a good example of low-impact sustainable regional tourism.

Most riders are picked up from a metropolitan train station and taken to the starting point by bus, with a cattle-truck to transport the bikes.

Campsites are at town recreation grounds, using existing facilities. Local community-based groups are approached to provide evening meals, thereby injecting funds into the local economy.

The club is already planning for the 2006 tour which will head North and explore the areas around Geraldton.

Apart from the Annual OYB, the CTA also runs recreational rides each Sunday in the Metropolitan area.



## VOLUNTEERS NEEDED

Ride Leaders wanted for these dates, (see the template on pages 6 and 9):

Sunday March 5th  
Wednesday March 22nd (eve)  
Sunday March 26th  
Sunday April 2nd, 22nd, 30th

Or any other dates you want to lead.  
Contact: Grant 9339 4248 (H)

Also recorders and support wanted for various achievement rides, that is someone who can record departures and completions and also provide support in form of extra water and possibly rescue. Expenses reimbursed.

Contact: Tom Hallam 9444 4107(H)

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## CTA COMMITTEE

### PRESIDENT

Noel ☎ 9355 2745 (H)

### VICE PRESIDENT

Tom ☎ 9444 4107 (H)

### SECRETARY

Connie ☎ 9355 2745 (H)

### TREASURER

Ann ☎ 9444 5160 (H)

### SAFETY & PROMOTION

Bruce ☎ 9384 7409 (H)

### EDITOR & CLOTHING

Deb ☎ 9418 1571 (H)

### RIDES COORDINATOR

Grant ☎ 9339 4248 (H)

### SOCIAL

Maria ☎ 9444 3951 (H)

### WEBSITE

Mark ☎ 9313 2853 (H)

Tom ☎ 9444 4107 (H)

### ADDITIONAL

Colin ☎ 9418 1571 (H)

Janet ☎ 9319 9526 (H)

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

P.O. Box 174 Wembley 6913

CTA Email: [info@ctawa.asn.au](mailto:info@ctawa.asn.au)

Web Site: [www.ctawa.asn.au](http://www.ctawa.asn.au)

WELCOME

## NEW MEMBERS

A hearty welcome is extended to new members who have joined since the last newsletter:

Dennis French  
Miranda Stanton  
Chris Duff

## CYCLING TRIVIA

**Last issue we asked:** What is the correct **technical name** for this handy, bike-related item?



Congratulations to Jason Minns—who emailed the correct answer the day the newsletters were delivered. It's correct technical name is a **"Doodad"**, and it's used to strap your pump onto your bike frame.

**Next Question:** The two photos below are of a very old gear shifting system. First of all, what era is it from, and secondly, who made it famous?



Send your answers to the editor via [info@ctawa.asn.au](mailto:info@ctawa.asn.au) Any new questions will also be considered for publication.

~Colin

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5 FITZGERALD ST PERTH  
(Near cnr Roe St) Ph 9227

## APPEAL FROM LIZ:

### "WANTED!!!"

Badges or T-shirts from the "On Your Bike" tours of 1995, 1996, 1997 and 1998. She's willing to buy them from you for \$5 a piece. Call her on 9291 0432.

**DEADLINES:** Contributions for the next issue (March/April) should be to the Editor no later than Tuesday 16 February.

**DISCLAIMER:** Opinions or comments from contributors and members do not necessarily reflect those of the Club, its committee, the Editor, or its membership as a whole.

## NOTE FROM THE EDITOR:

As you can see from this 14-page issue, I've had no shortage of contributors, and I'd like to say a huge "thank you" for that! Editing existing material is a whole lot easier than chasing down and/or writing new material, believe you me ☺.

Please DO keep those stories and pictures coming. I won't be expanding beyond 14 pages, but if I can't fit your story in, I'll hold it over for the next issue and let you know when you can expect to see it!

I already have 3 great articles lined up for the March/April issue!!!

~Deb

# FROM THE ANNUAL GENERAL MEETING

Saturday, November 26th, 2005

The following are highlights from the various committee members reports, summarising key points for the year:

## From the President, who had back surgery less than a week before the AGM:

- The club now has CTA Business cards (contact a committee member if you need/want some to hand out.
- Changes were made to the rides classifications at the beginning of the year, hopefully making it easier for new/prospective members to gauge our rides.
- The club was involved in the Asthma Foundation's Freeway bike hike and once again, DPI's Bike Week
- We made a submission to the WA Planning Commission in regard to the proposed reduction of Road Reservation on Canning Highway.
- We nominated ourselves for an award to the Sustainable Transport Coalition (and won)—see story on pg 1.
- We added CTA socks to our clothing.

- Membership has increased by 9 to 150 members.
- Lots of great rides, weekends away and 3 social nights.
- Business for the coming year** include
- Registering changes that we've already made to the constitution with the Department of Commerce and Trade.
- Public Liability Insurance for the club.

## From the Treasurer:

- At the end of the CTA financial year (1/11/04 to 31/10/05), Members Funds are \$19,160.57. This is an increase over the year of \$1,615.17.
- Income this financial year was \$7,926.20, expenditure was \$6,314.51.
- Statement of accounts is available for perusal.
- Membership for 2005 is 150, 9 more members than last year.

## From the Rides Coordinator:

- Congratulations to Brad & Lisa Cleary for jumping into ride leading for the CTA!

- Every member should try to lead at least one ride during the year. See the 2006 template and fill in your spots now!
- Ride Leader instructions/guidelines are available if you're wondering how to start.

## From the Editor/Clothing Committee:

- Newsletter recreated in MS Publisher, with Rides page as pull-out.
- Huge thanks to all contributors, keep those articles coming!
- Thanks to Simon for keeping the data base up to date and providing mailing labels on short notice.
- Anyone interested in helping with Newsletter in March/April/May should contact Deb, as I will be traveling in the US for 6 weeks.
- Great sales have meant a huge decrease in clothing inventory.
- We are currently pricing reorders of existing jerseys and knicks, as well as new clothing styles.

## CYCLE TOURIST OF THE YEAR: KAREN DATE



Karen Date was recognized as a consistent and conscientious supporter of the club since 1998. She has worked tirelessly on the OYB committee since 2001, served as club Secretary for 3 years, led numerous day rides, and participated in the Award Series as well as multiple weekend/longer rides.

## BEST NEWSLETTER ARTICLE FOR 2005

"Last But Not Least" by Rosie, published in the March/April issue of the Chainletter. The last paragraph is a great summary:

"So, to those of you who always seem to be struggling at the rear of the pack, let me save you some time and grief. Take heart, fellow pootlers, just the fact that you are out there on your bike is fantastic. Enjoy it! Stop comparing yourself to others and take heart in your own achievements! Whatever level you are at...you are doing great!"

If you'd like a copy of this article, contact the editor. ~Deb

## BEST RIDE OF 2005 (OYB NOT ELIGIBLE)

Queen's Birthday Long Weekend, led by Kleber.

## 2006 CTA COMMITTEE MEMBERS

The only changes from 2005 are that Terry Bailey has stepped down as Vice President, and we've added two additional committee members.

President:	Noel Eddington
Vice President:	Tom Hallam
Secretary:	Connie Eddington
Treasurer:	Ann Wilson
Ride Coordinator:	Grant Gregory
Editor & Clothing:	Deb Palacios
Website:	Mark Boulton
	Tom Hallam
Safety/Promotion:	Bruce Robinson
Social:	Maria Antonas
Committee:	Janet Deverill
Committee:	Colin Prior

Janet and Colin haven't been given specific roles yet, but we felt that input from additional committee members would benefit the entire club.

## CENTRAL OTAGO RAIL TRAIL— SOUTH ISLAND NEW ZEALAND

If you are travelling around New Zealand, try and spare 3 or 4 days to ride this rail trail. Three of us rode it in March 2004 and thoroughly enjoyed the experience.

The railway was built at the end of the 1800's to service the gold fields between Dunedin and Central Otago. In 1990 the 150km track between Clyde and Middlemarch was closed. The Department of Conservation acquired the line in 1993 and has spent \$850,000 over six years upgrading the track for its current use which involved re-decking the trails 68 bridges, several over 100m in length.

Central Otago is hot and dry, up to 40 deg C in summer, and freezing cold in winter, with snow. The average rainfall is 10". We rode it in March and the weather was cold in the early mornings and warm and sunny in the middle of the day. The track passes through the 45<sup>th</sup> parallel twice. The highest point of the trail is 618m. By comparison the Darling Scarp is about 340m climbing off the coastal plain to Dwellingup.

We hired our bikes through Nev and Ritch at Kayak & Outdoor at Alexandra. They have since moved to an old railway shed in Clyde at the beginning of the trail. These obliging fellows will organise the total package for a reasonable price. They will hire you your bikes, panniers and helmets, pick you up off the plane in Queenstown (if that's where you fly in), deliver you and your bikes to wherever you want to start the trail, hold the rest of your luggage for you and deliver it to Middlemarch at the end of the trail, book the bus to Pukerangi and the train to Dunedin along the spectacular Taieri River Gorge or book you on the bus back to Queenstown. They will also book your accommodation along the trail to suit your pocket, ie back packer, low cost hotel or farm stay. It is advisable to do this because the towns are very small. Some consist of just a tavern, some a tavern and a shop. Others are larger.

After getting ourselves set up with good quality mountain bikes at Alexandra we decided to take the 12km River Trail along the mighty Clutha River to Clyde where the trail starts. After an

enjoyable lunch basking in the sun at Clyde yarning with the locals we set off to find the start of the trail. This proved a little difficult for a while. At one stage we were riding towards what looked like a gently sloping track at the base of a hill. On closer inspection we found it was an irrigation channel. We eventually found the trail and had a lovely ride through sheep and deer farms arriving at Omakau at about 6pm after riding about 61kms to stay at the Commercial Hotel.

The trail surface started out being crushed river stones which became larger the further we climbed from the river valleys. The gradient of the trail is very gentle. The viaducts across river gorges are spectacular and you could only marvel at the workmanship in the tunnels. The trailside toilets were of a simple, clever design. Some of the cattle grids have corrugated iron sides and are only just wide enough for a bike with panniers. They required a bit of concentration to traverse safely.

On the trail I stopped to look at a dead hedgehog. It was dried out but there was not an ant in sight as there would be in WA. I suppose the ground must be too cold for the ants to survive the winters.

The second day was a shorter ride of about 32kms to Otarehua to stay in quarters at the back of the Tavern. The locals are very friendly and only too happy for you to join them for a drink in the bar, especially if you want to talk about rugby.

The third day was only about 25kms so there was plenty of time for a cappuccino at the Wedderburn tavern en route, to explore the art deco town of Ranfurly and read up on some of the history of the area. Our accommodation was at a sheep and deer

farm over looking the town at the home of a delightful couple who provided us with a home cooked dinner.

The final day we set off towards the town to join the trail in thick fog. However it soon disappeared when the sun shone through. We rode the 59kms to Middlemarch by early afternoon and filled our faces with food while waiting for the bus to take us to Pukerangi to catch the train along the spectacular Taieri River Gorge to Dunedin.

You could ride the trail in three days if you were pushed for time but we thoroughly enjoyed ourselves taking the time to read the numerous plaques and admire the spectacular scenery. There are also small gold mining towns to detour to.

The email addresses of the two businesses that hire the bikes in Alexandra are:

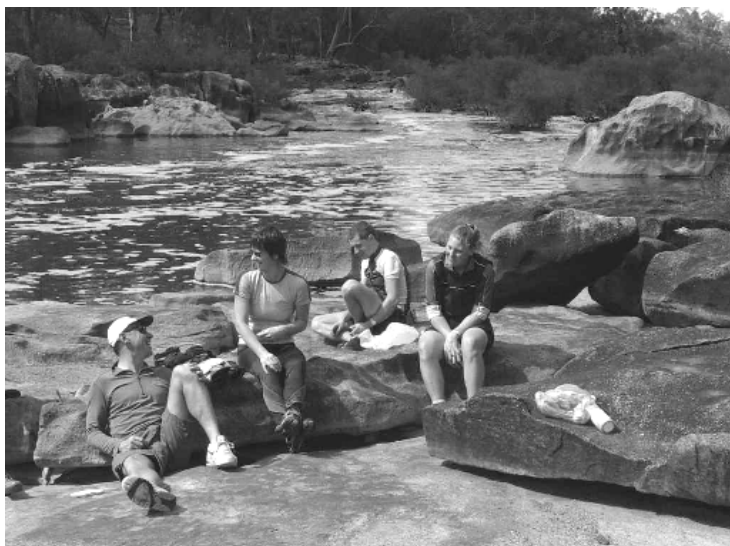
[www.kayakandoutdoor.co.nz](http://www.kayakandoutdoor.co.nz)

[www.altitudeadventures.co.nz](http://www.altitudeadventures.co.nz)

It cost us \$350 each for 4 days. This included bike & helmet hire (\$30/day), three nights accommodation, bed and breakfast and one dinner, bus fare from Middlemarch to Pukerangi and train fare from Pukerangi to Dunedin.

I have a book about the trail. If anyone wants to borrow it contact me on 9364 9071.

~ Helen



**Mark, Nic, Brad & Lisa relaxing on one of Ann's weekend rides in June '05...I was waiting for a story to go with it, but it never came...**

~Deb

## BRAD AND LISA'S TOUR JUNE/JULY '05

### GET ON THE HIGHWAY -THAILAND, LAOS AND VIETNAM, OCT, 2005

Box your bike and pack your panniers!! October saw us head to South East

The Bangkok trip started out on some extremely busy city roads, but soon crossed over the Chao Phraya river to quiet streets and outer suburban dis-

Bangkok this tour comes highly recommended. They are also in the process of putting together some multi day tours to destinations elsewhere in Thailand, like Ayuthaya (Thailand's ancient capital city). Anyone wanting further info can check out the website at [www.bangkokbiking.com](http://www.bangkokbiking.com). That evening we hopped in a tuk-tuk (3 wheeled motorcycle), tied our trusty bikes to the back, and headed to the bus terminal for a 12 hour ride to Mukdahan in north east Thailand. Mukdahan lies only a short ferry ride across the Mekong River from Savannakhet in Laos - our starting point for the self guided cycle trip.

After border formalities and lugging our loaded bikes on/off the ferry we changed some cash and set off along highway 9 which runs the 350 or so kilometres linking up to the Vietnamese border. Our first night's stop was a small village about 70 km along the highway called Dong Hene. Getting there we passed through markets and small farming towns and enjoyed the quiet rural countryside that typified our ride in Laos. The only problem was arriving in Dong Hene to find the only accommodation in town had closed down a year or so ago!! After a bit of panic and asking around (with phrase-book in tow) we found a small guest-house about 4km out of town and were saved. The rest of the 3 or so days we had in Laos were spent riding through endless countryside, dodging the odd goat or cow, and having quiet

~ continued on page 12

Asia for a cycle tour, taking in some Bangkok highlights. Highway 9 across the southern tip of Laos and into central Vietnam - finishing with a few days cycling down Vietnam's Highway 1 to Hoi An. Our first stop was Bangkok, where we joined in on a very eye-opening cycling day trip offered by recreational Bangkok biking.

tricts, cycling through temples, parks and even jungle!! All this about 5km from the business centre of Bangkok. Andre Breuer, our guide and the company owner, took about 6 months of trial and error (and getting completely lost) to come up with the 26km ride course, but he has succeeded in coming up with a completely different look at a city usually associated with tons of traffic, smog and noise. If anyone is headed to



# RIDES TEMPLATE FOR 2006, AS DISCUSSED AT THE AGM

In an attempt to make the Ride Coordinator's job less onerous and time consuming, we are introducing a yearly template for club rides. Look at the chart below (continued on page 9), and call Grant to volunteer **at least once** during 2006. If you have concerns about being a ride leader, we can help you: we have guidelines on how to plan and lead club rides, and we may even be able to assist you with route planning. Achievement rides don't have 'leaders', but often require 2 or 3 people to help as support. Social nights need speakers and/or presenters. You can't say we haven't given you enough notice—so step up to the plate and make this **your** club too! Impromptu rides can be added anytime, and if you want to change the details for a particular date, let Grant know that too—these are merely our suggestions to cover the Perth area.

## Rides Template for 2006—call Grant on 9339 4248 to volunteer—your name goes here: ↓

Date	Region / Ride name / Event	Suggested Start/ Finish	Start Time	Km's	Grading	Leader
Sun, Jan 22	Inner NW NE	Leederville RS	830 for 845	35 — 45	Moderate	Tom
Thu, Jan 26	Oz Day Fireworks Ride	East Perth RS	1730	20	Leisurely	
Sun, Jan 29	Eastern Hills	Midland RS	815 for 830	50 - 60	Mod-Brisk	Kleber
Sun, Feb 5	W, NW beaches	Cottesloe RS	815 for 830	40 - 50	Moderate	Noel & Connie
Wed, Feb 8	Social night	Loftus St	1930			
Sun, Feb 12	Catch a Royal Swan	Kings Park	815 for 830	60	Moderate	Ann
Sun, Feb 19	Inner SW SE	Raffles Hotel	815 for 830	30 – 40	Leisurely	John
Fri, Feb 24	Evening ride	Charles Patterson PG	1800	20—30	Leisurely	Noel & Connie
Sun, Feb 26	50 km Achievement Ride (1)	Bullsbrook	900 for 930	50	Moderate	Tom
Mar 4,5,6	Labour Day LWE Pannier Tour	Dunsborough YHA	TBA	TBA	Various	Ann
Sun, Mar 5	Outer NW	Scarborough Beach	830 for 845	40 - 50	Moderate	
Wed, Mar 8	Evening ride	Loftus St Ctr	1800			Stan
Fri, Mar 10	Bike Week breakfast					Not needed
Sun, Mar 12	Bike week BBQ (CTA)	Burswood / Midland RS	915 / 1030	30 / 60	Moderate	Noel/Grant
Wed, Mar 15	CTA Bikeweek BBQ ride	McCallum Pk South Perth	1830 for 1845	15	Leisurely	Noel/Grant
Sun, Mar 19	Freeway Bike Hike	Belmont Race Course		35	You decide	
Sun, Mar 19-26	Big WA Bike Ride (non CTA)					Non CTA
Wed, Mar 22	Evening ride					
Sun, Mar 26	Perth-Canning SE	Old Mill South Perth	830 for 845	40 - 50	Moderate	
Sun, Apr 2	100 km Achievement Ride (1)	Armadale RS	830 for 900	100	Mod-Brisk	
Sun, Apr 9	SE Hills	Kelmscott RS	830 for 845	50 - 60	Mod-Brisk	Kleber
Wed, Apr 12	Social night	Loftus St	1930			
Fri, Apr 14-17	Easter Long Weekend	Bridgetown				Noel & Connie
Sat, Apr 22	Century (160 km) Achievement Ride	Lakes BP	730 for 800	160	Brisk	
Sun, Apr 23	Perth-Freo Swan	Point Walter	830 for 845	35 - 45	Moderate	
Sun, Apr 30	5000 in 4 Achievement Ride (1)	Super Value Kelmscott	830 for 900	55	Moderate	
Sat, May 6	200 Km Achievement Ride (1)	Midland Police Station	630 for 700	200	Brisk	
Sun, May 7	Inner NE SE	King's Park	830 for 845	30 - 40	Leisurely	Karen
Sun, May 14	Mother's Day	TBA				Ann
Sat, May 20	300 km Achievement Ride (1)	Book	Book	300	Brisk-Stren.	
Sun, May 21	Outer NW NE	Warwick RS	830 for 845	40 - 50	Moderate	
Sun, May 28	Kalamunda-Carmel	Charles Patterson Park	830 for 845	50 - 60	Mod-Brisk	Noel & Connie
Sat, Jun 3,4,5	Foundation Day LWE Pannier Tour					

## Lift out Rides Calendar Page for July to August 2005

### NEW RIDES CLASSIFICATIONS:

All riders are responsible for showing up with a well-maintained bicycle. You will need to wear a helmet and we recommend you 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.

Rides are described according to the

guidelines below. *If you are unsure of your suitability for a particular ride, or if you feel it may be too long for you, don't be put off. Please contact the ride leader before the day, to discuss your suitability, or to see if you can do part of the route.*

**Terrain** refers to the hilliness of the ride, and can be Mostly flat, Rolling, Some hills, Hilly, or Unsealed road.

**Pace** refers to the average range of speeds

on level ground without breaks. Down-hills may be faster, uphill slower. For rides described as HILLY, consider choosing a pace one step down from your usual comfort level.

Social:	Under 15 km/h
Leisurely:	15 – 20 km/h
Moderate:	20 – 25 km/h
Brisk:	25 – 30 km/h
Strenuous:	30 – 35 km/h
Super Strenuous:	35+ km/h

**LIABILITY DISCLAIMER:** While every effort is made by CTA ride leaders to ensure the safety of all participants on our rides, individual cyclists (whether they are members or not) are **not** covered by the club for injuries if an accident occurs. We recommend that you obtain personal accident insurance before taking part.

### Saturday December 31

#### New Year's Eve Celebration Ride

25km, Leisurely, Mostly flat. If you don't want to wake up hung over, don't want to be on the roads at midnight, and fancy a bit of exercise and good friends to greet the New Year with, join us once again for our infamous NYE ride. Meet at King's Park around 10:30pm for nibbles and drinks. Make sure you bring/wear warm clothes—it can get very chilly when you're not riding. If you stand at the snack bar/kiosk next to Frasier's restaurant, and then walk towards the river, we'll meet on the grass just across the road. At 11:30 sharp we'll follow the bike paths down to the foreshore, and ride along the shore until midnight, when we'll stop for wish each other a Happy New Year, and then return to the park. Lights are mandatory, and there will be prize for whoever has the most lights on their bike!  
Leaders: Colin & Deb 9418 1571 (H)

### Sunday January 1

#### Kisses all 'Round

40-50km, Moderate, some hills. 10am departure from the Bibbulmun Track entry in Kalamunda for a New Year ride towards Roleystone and return  
Leaders: Liz & Richard 9291 0432 (H)

### Sunday January 8

#### A Stranger in a Strange Land (Deb, North of the River)

45-50km, Moderate, Moderately hilly. Meet at 8:30am at Freo Train Station, for an 8:40am start. We'll make the most of a tailwind by riding north along the coast past Campbell Barracks. We'll avoid that same wind on the way back by heading east to Lake Monger, and south through Claremont, Peppermint Grove and Mosman Park, before heading back to Freo train station.  
Leaders: Deb & Colin 9418 1571 (H)

### Sunday January 15

#### Up and Back

45-45km, Moderate to Brisk. Meet at North Freo station at 8:15am for a burn up to Scarborough, across the freeway, then back to the start via various cycle paths. Coffee at the end of the ride somewhere, probably E-Shed.

Leader: Grant 9339 4248 (H)

### Sunday January 22

#### Loosely Leederville

30-40km, Moderate. Meet at the Leederville Station at 8:30 for an 8:45 start, riding through the inner Northwest/Northeast suburbs.

Leader: Tom 9444 4107 (H)

### Thursday January 26

#### Oz Day Fireworks Ride

20km, Social, 5:30pm start. Meet at the East Perth Train Station (in the carpark on the eastern side) for a short ride to find a reasonable spot from which to view the fireworks, BYO dinner, drinks, blankets, etc.

Leader: Whoever wants the job

### Sunday January 29

#### The Long Way to Mundaring

55km, Moderate-Brisk, Hilly. Meet at Midland train station at 8:15am for an 8:30am start. We will head off on Toodyay Rd and conquer Red Hill and then cruise through to Gidgegannup. It's then onto some quiet back roads to Sawyers Valley to lunch at Mundaring. After a rest it's all down Greenmount hill to Midland.

Leader: Kleber 9354 7877 (H)

### Wednesday February 8

#### CTA Social Night

7:30-9:00 at the Loftus Street Centre  
During Oct & Nov, CTA member Mike

Norman spent 5 weeks travelling in Nepal with his daughter (Lisa) and a mountaineering enthusiast from Tasmania. His slide show will show their ascent of Mera Peak (6461m) and the crossing of Amphulapcha La at 5845m (with its huge hanging glacier), spectacular views from the top as well as life in Kathmandu with some local families.

Contact: Maria 9444 3951 (H)

### Sunday February 12

#### Catch a Royal Swan

60km Moderate, Meet at 8:15am for an 8:30am start under the big tree near Fraser's Restaurant in Kings Park. This ride will take you through beautiful bushland and give you scenic views of the river and ocean. We will stop for refreshments near the end of the ride.

Leader: Ann 9444 5160 (H)

### Sunday February 19

#### Canning Meander

30-40km, Leisurely. Meet at the Raffles at 8:15am for an 8:30am start for a social ride through some of the SE and SW suburbs.

Leader: John 9485 2330 (H)

### Friday February 22

#### Evening Ride

20-30km, Leisurely. Meet at the Charles Patterson Playground (Burswood) at 6pm for a leisurely trundle finishing at the River-vale Hotel.

Leader: Noel & Connie 9355 2745 (H)

### Sunday February 26

#### 50km Achievement Ride 1

50km Moderate, 9:00am for a 9:30am sharp start. Meet at the corner of Great Northern Highway and Chittering Road for registration and map/ride description. The time limit of 3 hours (average 17 km/h) should



**This shot is of the start point (Armadale Train Station) for the 100km Achievement Ride (Take 2) in July of 2005.**

ensure that everyone has a chance of completing the distance. Note there is a \$10 fee for non-members.

Organiser: Tom

9444 4107 (H)

#### **Sat-Mon March 4-6 Relaxing At Lovely Dunsborough**

Come and enjoy a relaxing weekend away in lovely Dunsborough. This magical location at the YHA is uniquely situated a minute's walk from the beach.

Rides will be organised for Saturday afternoon (March 4<sup>th</sup>) and all day Sunday (March 5<sup>th</sup>). Options for the Sunday ride can be organised, such as a 'Winery' and/or a 'Cape' tour. On Monday some may wish to do a short morning ride before heading home.

We will be staying at the Dunsborough YHA situated approx 2km from Dunsborough town. The cost is \$25 per person per night and bookings are essential for this weekend as accommodation has been reserved for limited numbers. There are Double/Twin and Shared rooms available. **Please book with payment to the tour leader no later than Fri, Feb 24<sup>th</sup>.**

Leader: Ann

9444 5160 (H)

#### **Sunday March 5 Burn up to Burn's**

41 km, Moderate, mostly flat with a few gentle undulations. 8:30am for an 8:45am start. Meet at the north end of the carpark at the Rendezvous Hotel, Scarborough Beach (opposite the blue loo) for a scenic ride in the fresh, salty air up the coast to Burns Beach where there will be a stop for a cuppa. On returning to SB those with

some extra time may like to enjoy a lunch at one of the many eateries at the beach. This ride is provided for those not in Dunsborough and there is no designated ride leader.

#### **Wednesday March 8 Evening Ride Northern Housing Estate Ride**

25km Leisurely. Meet at Loftus Community Centre at 6:00pm for a leisurely ride through some older suburbs and lakes before we go to the new estates of Princeton & Roselea in Stirling where I will show you (should still be enough daylight) the excellent work by the developers and shires creating nice lakes and parkways. Afterwards we will go to a cafe style restaurant naturally to feed our faces. Don't forget lights and reflective vests.

Leader: Stan

9444 4207(H)

**March 10 to 19th is Bike Week**  
[www.dpi.wa.gov.au/cycling/bikeweek](http://www.dpi.wa.gov.au/cycling/bikeweek)  
**2006** will have all the details.

#### **Friday March 10 Bikeweek Breakfast**

Check the website above for details.

#### **Sunday March 12 Wander to Whiteman Park**

Come and enjoy a pleasant, comfortable ride through the Swan Valley followed by a sausage sizzle for lunch at Whiteman Park. All food and drinks will be provided. Choose from two great rides:

**Option 1:** 30km (round trip) Easy, 10:30am start. Meet at Midland Train Station for a relaxed ride to Whiteman Park via

quiet back roads through the Swan Valley.

**Option 2:** 60km (round trip) Moderate, 9:15am start. Meet at Charles Patterson Park (near children's playground, near Burswood Casino) for a touring paced ride to Midland following the railway, then through quiet back roads through the Swan Valley. This ride will rendezvous with the short ride starting at Midland.

Contact: Noel

9355 2745 (H)

or Grant

9339 4248 (H)

#### **Wednesday March 15 CTA Bikeweek BBQ Ride**

15km, Social, 6:30pm for a 6:45pm start. Meet at McCallum Park at the end of Taylor St, Victoria Park. Take the night off and join in the Cycle Touring Association's (CTA) easy night ride. Enjoy a peaceful ride around the riverside suburbs, taking in the night time views of the city lights. You will be rewarded with a free sizzling BBQ at the end of the ride. All food and drinks will be provided. BYO insect repellent. Lights essential and reflective clothing recommended.

Contact: Noel

9355 2745 (H)

or Grant

9339 4248 (H)

#### **Sunday March 19 Coles Freeway Bike Hike for Asthma**

This event was very successful in 2005 and is now included as a part of Bikeweek as a mass participation, community ride designed to promote cycling and fundraise for various worthy causes like the Asthma Foundation.

Presented by Channel Seven, this is a 30 km ride, starting at Belmont Racecourse just outside of Perth City. Make your way through the Graham Farmer tunnel and up the Mitchell Freeway all the way to Joondalup. There will also be a shorter 10km ride for families and those who aren't quite up to the challenge of the 30km distance.

10,000 participants are expected. Once finished there will be entertainment including bands, catering and prizes, with food and drink available, not to mention free trains to get you back again! Entry is only \$27 for adults and \$15 for children. You **must register prior to the day of the event.**

<http://www.freewaybikehike.com.au/> for registration info and all details.

## **COMING EVENTS**

**March 19 to April 1, 2006  
Main Roads LifeCycle Great Western  
Australian Bike Ride™**

Date	Region / Ride name / Event	Suggested Start/ Finish	Start Time	Km's	Grading	Leader
Sun, Jun 4	Perth-Guildford Swan	Guildford RS	830 for 845	30 - 40	Moderate	
Sat, Jun 10	10000 in 8 Achievement Ride (1)	Kelmscott RS	800 for 830	110	Brisk-Stren.	
Sun, Jun 11	Inner SW	Perth RS	830 for 845	30 - 40	Leisurely	John
Sun, Jun 18	Outer SW - Rockingham	Freo RS	830 for 845	60 - 70	Brisk	Colin
Sun, Jun 25	50 km Achievement Ride (2)	Corner Soldiers/Mead, Byford	900 for 930	50	Moderate	
Sun, Jul 2	W, S beaches	Cottesloe RS	830 for 845	30 - 40	Leisurely	
Sun, Jul 9	5000 in 4 Achievement Ride (2)	Super Value Kelmscott	830 for 900	55	Moderate	
Wed, Jul 12	Social night	Loftus St	1930			
Sun, Jul 16	Meet your Fellow OYB's	Point Walter	830 for 845	40 - 50	Moderate	Basia
Sun, Jul 23	100 km Achievement Ride (2)	Armadale RS	830 for 900	100	Mod-Brisk	
Jul 29,30	Xmas in July					
Sun, Jul 30	Perth-W Beaches	Daglish RS	830 for 845	35 - 45	Moderate	
Sat, Aug 5	Century (160 km) Achievement Ride (2)	Lakes BP	730 for 800	160	Brisk	
Sun, Aug 6	Inner SW	Raffles Hotel	900 for 915	30 - 40	Moderate	Janet
Sat, Aug 12	200 km Achievement Ride (2)	Midland Police Station	630 for 700	200	Brisk	
Sun, Aug 13	N E S W Inner Suburbs	Burswood Playground	830 for 845	25 - 35	Leisurely	
Sat, Aug 19	10000 in 8 Achievement Ride (2)	Kelmscott RS	800 for 830	110	Brisk-Stren	
Sun, Aug 20	Perth-Guildford Swan	Perth RS	830 for 845	30 - 40	Moderate	
Aug 26-Sep 3	On Your Bike					Basia
Sun, Aug 27	Inner NW NE	Loftus St	830 for 845	30 - 40	Leisurely	Tom
Sun, Sep 3	Father's Day					
Sat, Sep 9	300 km Achievement Ride (2)	Book	Book	300	Strenuous	
Sun, Sep 10	Outer SW - Medina	Freo RS	815 for 830	50 - 60	Brisk	
Wed, Sep 13	Social night	Loftus St	1930			
Sun, Sep 17	Inner NE SE	Perth RS	815 for 830	30 - 40	Leisurely	
Sun, Sep 24	Perth-Freo Swan	Freo RS	900 for 910	40 - 50	Moderate	Mike H
Sep 30-Oct 2	Queen's B'day Long W/end Tour	TBA	TBA	TBA	TBA	Kleber
Sun, Oct 8	E SE Hills	Midland RS	830 for 845	60 - 70	Brisk-Stren.	
Sun, Oct 15	W Beaches	North Freo RS	815 for 830	35 - 45	Leisurely	
Sun, Oct 22	Perth-N Suburbs	Perth RS	815 for 830	40 - 50	Moderate	
Sun, Oct 29	SE Hills	Armadale RS	830 for 845	40 - 50	Moderate	
Sat-Sun, Nov 4-5	Avon a Good Weekend					
Sun, Nov 12	Outer NW	Scarborough Beach	815 for 830	50 - 60	Brisk	
Sun, Nov 19	Inner SW SE	Old Mill South Perth	800 for 815	30 - 40	Leisurely	
Sat, Nov 25	AGM	Loftus St	900	20	Leisurely	
Sun, Nov 26	Upper Swan	Midland RS	815 for 830	30 - 40	Moderate	
Sun, Dec 3	W NW beaches	Cottesloe RS	800 for 815	40 - 50	Moderate	
Sat, Dec 9	Progressive Dinner					
Sun, Dec 10	E Hills	Midland RS	815 for 830	50 - 60	Brisk	
Sun, Dec 17	Outer SE	Cannington RS	815 for 830	40 - 50	Moderate	
Sun, Dec 24	Inner NW NE	Loftus St	800 for 815	30 - 40	Leisurely	
Tues, Dec 26	Lesmurdie Hills	Gosnells RS	945 for 1000	50	Moderate	Liz ??
Sun, Dec 31	Perth NYE Ride	King's Park	2230	20	V. Leis'y	Deb P

## Deb's On Your Bike Concert Poem

These verses were all written during, and are specific to incidents that occurred on the recent On Your Bike tour. If you want more details, just email me via the club email!

**For** those who don't know me, my name is Deb.  
I rhyme while I ride, Yes, all in my head.  
Some of these stories, I wasn't there for.  
But Momma done told me, we all ought to share more.

**At** the secure park, we all had to wait.  
Allan to pick us up—why was he late?  
He was looking for Ms Reed and Ms Thacker.  
Given the chance, I'd find one and whack her!

**Surrounded** by men, is our Nic the dish.  
Tattooed on her back (I've seen it) a fish!  
"My camelback, my keys, oh where have they gone?"  
She may **look** brunette, but those roots are blond.

**We** thought hours in the toilet were a girl thing at first,  
But when Mark Elliott disappeared, we feared the worst.  
Louise went in next, and came out with lips pursed.  
"I think we should have sent the canary in first."

**To** linger, to dawdle, to futz or to pfaft.  
To the rest of you time-wasters, it's just a laugh.  
But for those more anxious, like me and Tim Guy,  
Has us biting our nails and rolling our eyes.

**Neither** a borrower or a lender be.  
Someone neglected to tell our Geoffrey.  
Came out on tour with one shirt to his name.  
Had to go begging for more of the same.

**Great** ride into Balingup, lovely day.  
But at the Blackwood Tavern, they led him astray.  
"Trust us, we're professionals.", said Gary and Ken.  
"Just have one beer—Oh sorry, we meant ten!"

**Like** the bible story of the loaves and the fishes,  
If Feed the Children could have all their wishes,  
Do tell us Nola, for heaven's sake.  
How you feed one hundred and seven with just one cake?

**Max** had an accident—an escalator, was it?  
Well here's some advice that you must deposit:  
"Physician, heal thyself" is the phrase comes to mind.  
Heads up Max, and stay off your behind.

**Colin** Farmer and Barbara weren't having much luck.  
Circling, and circling, and circling the truck.  
"Our bag has gone missing, oh what will we do?"  
Stop looking for black, 'cause your bag is blue!

**People** seemed to be losing things a lot.  
Ted his pink towel, excuse me "Apricot".  
Some even lost mates, oh what a peril.  
"Bev?...Bev?....Bev???" (That was Cheryl).

**It's** like my friend Tim tried to explain.  
For every ride, there's one communal brain.  
The number of grey cells is already set,  
So the larger the group, the fewer we each get.

**Everyone** says Maria's so sweet.  
But I still contend, she's got a mean streak.  
She stands there each night with that crocodile smile:  
"**They** can eat now, but **you** wait a while."

**By** Day 5 there was no shame at all.  
Jane decided to trade medium knicks for small.  
Now I thought with chamois you wore nothing beneath,  
But Jane dropped her knicks to show white lacy briefs.

**There's** a zebra amongst us, haven't you heard?  
One of the fastest, at least that's the word.  
And in the sack, he's good as gold.  
Warms my bike clothes, so the lycra isn't cold.

**At** the Dardenup pub Pat said "It's moronic,"  
"Six dollars fifty for a mere gin and tonic!"  
Left after one, and though she was able,  
Left the glass so the barkeep could bus his own table.

**"I'm** squeaky clean", claimed our Brian Smith.  
"Keep me out of your poem, you've no dirt to work with."  
It just goes to show, in life there's no choosing.  
With friends like me, Brian, you can't win for losing.

**For** better or worse, til death do us part.  
I don't recall vows about exploding hearts.  
"Honey, I'll be riding with the slower bunch"  
....where keeping up doesn't involve losing my lunch.

**At** the Kirrup loo Ann waited her turn.  
And waited, and waited, with leg-crossing concern.  
When she'd decided she had no time to spare.  
Finally knocked, to find no one there.

**The** sign it did warn us—Steep Hill, 1 K  
We all agreed later, it wasn't child's play.  
When Ben turned around, we said "Take heart"  
He said "I need to go downhill to get a running start."

**In** a few weeks, Wheib will become Marshall.  
Yes a wedding, the whole hog, we're not talking partial.  
And Rich, if you're nice, I'm sure that Liz will,  
Continue to ride strong, and help you up hill.

**Basia** recorded a personal best.  
But not on a bike, no Scrabble, at rest.  
Her opponent was Peter, never beaten before.  
What was it Basia? Triple word score?

**The** clothing was neon, the colours did shout.  
Almost everyone wanted to stand out.

"But I'm invisible", at least that what **he** says,  
That would be David, in camouflage PJ's.

**And** Tony, what kind of big bro' are you?  
If I was Dave and Helen, I reckon I'd sue.  
With no cycling experience, this was trial by fire.  
Oh sure "It'll be easy"—Liar, Liar.

**Boris** and Stan have been out watching birds.  
Ones with wings, you lecherous turds!  
"Say, did you see that 'Splendid Fairy Wren'?"  
"No, but check out this 'Kleber Mother Hen'!"

**Margaret** and Graham on us smugly gaze,  
As they play together on matching Fridays.  
They cycle alongside like finely tuned gears.  
I hope Colin and I tour that many years.

Oh wow, a new cover on an old book.  
It's John Bell, sporting a different look.  
Pity the inside hasn't changed one bit:  
"More salad, more veggies, less meat, and stay fit!"

**Tom** wears a monitor to check his heart rate.  
On the road, riding, it works just great.  
Removes it at dinner—wanna know why?  
With the ladies around, the alarm beeps "Too high!"

**Check** out that Wagin Mob, with identical tents.  
Like peas in a pod, or a picket fence.  
If you wanted one, try not to sulk.  
You know those farmers, they all buy in bulk.

**The** showers in Nannup ran quite a current.  
If your name was John, you mighta got burnt.  
Someone cranked cold, **all** the hot went to John.  
He leapt out swearing, "That's just not on!"

**Colin** to Tony: "Let's put coats on, it's raining."  
Tony to Colin: "It's not, stop complaining."  
Colin to Tony: "Can we put coats on yet?"  
You fools, you've arrived, and you're both bloody wet.

**This** tour our socks sold like a house on fire.  
Ann confessed that she has yet to pay our supplier.  
"The cheque got wet while riding to Waroona."  
I really wish she'd mailed it a bit soon.

**Talk** about showing up at the very last hour.  
El Presidente missed the heavy showers.  
Was Noel's late arrival already planned?  
Or did Connie execute a royal command?

**Who's** idea was it to circulate a kiss?  
Late, 'round our table, all on the piss.  
Boy Girl, Boy Girl, was working pretty well.  
But bloke to bloke, and it all went to hell.

**Nola** I hate to pick on you twice,  
But I hear that your new bike is very nice.  
"I wonder where the brakes are, oh Gosh, oh Golly."

Stopped, compliments of a parked shopping trolley.

**Devo** thought 40k without a bump,  
wasn't enough, so he went to Pump.  
I asked him the next day, how did he fare?  
He said "Not too bad, it only hurts there." (Point to quads).

**Ruling** the oval is Bernard the snore king.  
Scares the little snorers off into hiding.  
Tony came out one night, in a rage.  
Told Bernard to "Roll Over!", and rattled his cage.

**Have** you seen Helen in stripy toe socks?  
Or John, with a stripy balaclava that rocks?  
If those two swapped stuff, it'd be really neat.  
Like something right out of Sesame Street.

**King** of the mountain, in spots red and white.  
Keith and Marj riding towards the light.  
Passed me like I was standing still.  
But it wasn't a mountain...just a big hill.

**Ron** said "My bike key, it's packed!"  
"In my bag, which on the truck has been stacked!"  
Unloaded all, and there midst the throng.  
Found the key in his back pocket, all along.

**Laurie**, in the over 70's, is one of the best.  
Fastest canoer in his class, in the west.  
In the water he's even won medals.  
This week he's slumming with us, on pedals.

**Colin** brought Ken a little green number.  
But Ken turned up his nose at the offered cucumber.  
Ken, talk to John, eat close to the garden.  
'Cause right now we're listening to your arteries harden.

**I** heard that Kleber didn't take his raincoat.  
This on the day we could have used **boats**.  
Next time, pack one, you know that you oughter,  
Because even you, can't walk on water.

**Lost** property each night, sure stirred up talk.  
Sharon's black bikinis with Gwen's bike lock,  
Add the silk boxers, and the unclaimed soap.  
This could get kinky, don't you just hope?

**Do** the math, and I think you'll see.  
Twenty one times up at night just to pee.  
Nine days in the saddle, gear all in a mess.  
How many new friends? Too many. Priceless.

**I** hope that you'll join us in '06, up North.  
But until then, on your bikes, and sally forth.  
And remember that all during the year,  
We still need ride leaders, so please volunteer!

~Deb

The next issue of the Chainletter will feature more OYB  
concert highlights—like the words to "Cycle No More", from  
Kerry and Mike Jones.

~Brad & Lisa, continued from page 5

meals in roadside restaurants - cycling in Laos is a very pleasant and scenic experience with plenty of shouts of *sai-bai-dee* (hello) and waves from the friendly locals. Even though we did not see another tourist during our stay here we had no troubles and were welcomed wherever we went.

Crossing into Vietnam you notice an instant change in traffic levels and noise. Even though we did not have any problems with the cars, motorcycles and trucks they all like to give a honk or two (or three!!) to let you know they are coming through.

Our first day in Vietnam we cycled through the border at Lao Bao, up the hill to Huong Hoa (or Khe Sanh as most westerners know it) and then took a bus to our intended first overnight stop in Dong Ba at the junction of National Highway 1. We only had Aussie Dollars which no one outside of well-touristed towns will change. (Always pack a supply of US dollars in this part of the world.) The small amount of Vietnamese Dong we possessed was taken from us by the over-zealous bus conductor. As a rule, most foreigners pay about 4-5 times the local Vietnamese price for most services. So we were forced to ride the 70km or so to Hue where we could access money, and more importantly food!!

Although this stage of the ride was scenic, the afternoon sun took some of the shine off (about 35 degrees or so). Luckily we had plenty of water. Any negative thoughts were forgotten during the last 5 or so km, cycling alongside the Perfume River into Hue amidst a sea of bicycles and motorbikes (bicycles outnumber all other vehicles in this town - they are still used for all sorts of transport including freighting building materials and neon signs). No problems even in thick traffic, everyone plods along slowly and gives way or swerves around others when it is time to turn. We gave ourselves two full days to explore the city of Hue and the many sights it offers, including the ancient gated citadel and many pagodas and temples. After our time here we cycled on to Lang Co, a very quiet beach town for an overnight stop before our last leg over the Hai Van pass (496m). and on to the old Chinese in-

fluenced trading port of Hoi An.

The 10km climb of the Hai Van pass offers amazing views of Lang Co and the South China sea, whilst the 10km downhill on the other side gives you sweeping views of the Danang area (4th largest Vietnamese city). The hill itself is coated with rainforest and waterfalls in case you tire of the endless views across the land and sea. You also get the very well maintained road pretty much all to yourself as they have just finished building a tunnel under the mountain for all the trucks!! By far and away the most enjoyable hill climb we have ever completed. After this we had to navigate Danang on our way through to little Hoi An. Again, no major worries but this was by far the highest traffic concentration we had to negotiate as Danang has a very busy port just outside of town. There were plenty of trucks flying through intersections - as the biggest vehicles on the road they have right of way regardless. The rule of small yielding to big is about the only traffic rule observed in Vietnam. We arrived safely in Hoi An to find a town full of old Chinese shop-houses--fantastic food and great shopping. Quiet, and perfect for cycling, as only two-wheeled vehicles are allowed in many parts of this old town. On particular days all motorised vehicles are banned. A perfect end to a great fun tour and a great taste of what to expect, as I feel we will be having more adventures in this region.

Of course we travelled on (via plane) to Hanoi and Bangkok for shopping, and also a crack at Hanoi's 15 cent beers and fantastic patisseries ( a welcome leftover from the years of French rule). Looking forward to writing the next one. Happy trails.

~Brad and Lisa

## CYCLERAMA

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Newly Renovated Store

15% Discount for  
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**9458 8302**

# Bikewest



**cycle instead**



Department for Planning and Infrastructure  
Government of Western Australia

[www.dpi.wa.gov.au/cycling](http://www.dpi.wa.gov.au/cycling)

## REPORTING CYCLING HAZARDS

All riders are encouraged to make a note of hazards observed during their rides (especially on new roads or paths), and to submit a hazard report to Bikewest. The aim is to get these fixed, and more importantly, to stop new hazards being installed. Reports can be submitted via

1. Email, to [cycling@dpi.wa.gov.au](mailto:cycling@dpi.wa.gov.au), with 'HAZARD REPORT' in the subject line, and a good description of the location and the hazard. Please copy the BTA at [BTA\\_WA@hotmail.com](mailto:BTA_WA@hotmail.com).
2. Electronic Hazard Report Form found on the bikewest website at [www.dpi.wa.gov.au/cycling/hazard.html](http://www.dpi.wa.gov.au/cycling/hazard.html).
3. Postcard. Free postcards provided by Bikewest are available from the editor.

## Radio & TV:

Keep up with the latest breaking cycle related news, whether your interest is in MTB's, Touring, Time Trails, Road Racing, or gizmos and gear. Let the experts keep you up to date on what is happening in WA and the world.

**Curtin Radio 100.1FM**  
**Saturdays 7:45—8:00am**

**SBS (TV)**  
**Sundays 11:30am—12:00pm**

# 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 at a cost of \$5 each.

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

## Super Achiever Series

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

50km	3 hrs
100km	6 hrs
200km	13.5 hrs
300km	20 hrs
10,000 in 8 (10,000 feet of hills in)	8 hrs

## Challenge Series

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

50km	3 hrs
100km	6 hrs
Century (100 miles/160kms)	10 hrs
200km	13.5 hrs
10,000 in 8 (10,000 feet of hills in)	8 hrs

## Merit Series

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

50km	3 hrs
100km	6 hrs
5,000 in 4 (5,000 feet of hills in)	4 hrs

## 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. To obtain your brevet card and route description, contact the Achievement Rides Administrator (i.e. Vice President Terry Bailey). After completing the brevet, it must be returned to the Achievement Rides Administrator to record the ride and ensure that it is officially notarized 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 brevets for that series must be completed and notarized by the CTA Committee two weeks before the AGM. If you require further details, please contact Terry ☎ 9472 9887 (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 organizer at least one week BEFORE the ride.

Forms are available from Audax (contact ride organizer). There is an extra \$10 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—\$6  
all supported: contact organizer
3. Sign the form and send the form and correct money to the ride organizer (make cheques payable to Audax Australia) at least one week before the ride.
4. Maps and route notes can be collected from the ride organizer 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 Terry ☎ 9472 9887 (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 on Audax is available by contacting Colin Farmer ☎ 9330 4441 (H).



**May I have the envelope please?**

**CTA Achievers from 2005:**

Congratulations go to the following CTA members who earned Achievement Awards in 2005. They were recognised at the AGM and awarded embroidered cloth badges signifying their award level and the year. (If your name is on this list, and you weren't at the AGM, contact Noel to receive your award).

## Challenge Award

Brad Cleary  
Lisa Cleary  
John Faris

## Merit Award

Andrew Candy  
Devo  
Brad Cleary  
Lisa Cleary  
Mark Elliott  
John Farris  
Lis Marshall (nee Wheib)  
Richard Marshall  
Beverley Morrissey  
Chris O'Brien  
Deb Palacios  
Colin Prior  
Ann Wilson

## Super Achievers Award

No Super Achievers for 2006.



Supporting Cycling for over 60 years

Road & Track Racing

Mountain Bikes — Triathlon —

Family

Touring Cycles — Tandems

## Fees Please:

CTA membership is from January 1 to Dec 31 each year.

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

Membership forms can be downloaded from our website. Please send your cheque and form to the Cycle Touring Association, PO Box 174, Wembley WA 6913. **If you are a non-member that rode in the 2005 "On Your Bike", you get a complimentary membership that extends to June 30, 2006.** After June 30, part-year memberships apply and the above fees should be halved.

The CTA is a non-Government organization relying on membership fees, donations and volunteer labour to achieve our aims and objectives. These monies help provide each member with six newsletters per year, a number of social evenings with suppers, weekend trips and tours at cost, and a library, to name a few of the material benefits.

## HOUSEKEEPING

Contact a Committee member, or send us an email, if:

1. **Your contact information changes** (so we can keep our data base up to date.)
2. **You wish to hire equipment.** We have Rear Panniers, a small Rack Bag and a Trangia (camp stove). By hiring, you can sample cycling touring without investing in lots of equipment. If you do decide to invest, you'll have a better idea of what you want for yourself. Cost is \$5 per 2 weeks, \$10 per month, plus a bond.
3. **You wish to contribute to, or borrow from, our library** of cycling related books and magazines. Items may be borrowed for 4 weeks, and the library is available for viewing during social evenings.
4. **You have stories, pictures, or ideas for the newsletter.**

Email to [info@ctawa.asn.au](mailto:info@ctawa.asn.au)

## CTA CLOTHING

The CTA has logo clothing available for sale.



**Short sleeved Coolmax tops** in yellow with red stripes (XS-L) are \$85 each. We have not placed a reorder for sizes XL or XXL yet, so can't quote an eta yet.

**Black lycra knicks** (XS-M only) with 1 red & 1 yellow side panel are \$80 each. The Committee has decided **not** to reorder knicks going forward, so if you wear one of these smaller sizes and don't have a matching set yet, or need to replace your existing knicks, best get them soon!

**Cycling socks** in red and yellow, with the CTA logo at the ankle. These are a real bargain at

\$10 a pair. 1 size fits 8-11. We've sold 119 pairs to date (over 70 on OYB alone!), and have just received our third order from the manufacturer.

Please contact Deb on ☎ 9418 1571 (H) if you'd like to try anything on. Cheques should be made payable to "CTA Clothing".

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

