

THE CHAIN LETTER

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

Nov / Dec 2006

Issue 191

PRESIDENT'S REPORT

In a few short weeks the club will be holding its AGM. I encourage all members to attend this years meeting. At this meeting it is intended to dissolve the currently registered constitution and adopt a new one. This is not as drastic as it first seems, as the registered constitution differs from the one we have been handing out to new members. So in reality we are adopting the constitution we have been working with, and once adopted, it will be registered with the Department of Consumer & Workplace Protection. There are some changes which we are taking this opportunity to put forward. The one I wish to draw your attention to is the consumption of alcohol. Currently the consumption of alcohol is prohibited while on a ride. The current practice of declaring the ride ends at the gates of a winery to satisfy this constitutional requirement is questionable. It is intended to replace this with "The responsible consumption of alcohol is permitted on rides within the laws of the relevant Traffic Act". This is not a change in attitude to alcohol but more a reflection of the current practices on these types of rides. If you don't have a copy of the currently operating constitution (the one which you received as a new member) please have a look at it on the web site www.ctawa.asn.au. If you don't have access to the web, copies can be made available by contacting the treasurer. The out come of all this is the clubs constitution will be lodged correctly with the Department of Consumer & Workplace Protection.

I read with interest this week (October 10) that "The average Australian spent \$15.27 a week on petrol, up from \$13.78 the previous year. But once the huge increase in price has been stripped out, real spending on petrol fell 6.2% as motorists cut back on driving trips. That's the single biggest fall

in petrol spending since the ABS started collecting figures. This is clear evidence of what I had suspected was happening. Certainly this year has seen a marked increase in memberships. I think petrol prices are just one of the many factors contributing to this increase. The friendly nature of members and well organised events are more important.

Talking of well organised rides, it's hard to go past the Dwellingup weekend. 29 people took part in a variety of rides. The majority of people opting for off-road mountain biking. See the full article in this newsletter. The next weekend is Avon a Good Time Weekend. Give Ann a call if you want to be involved in this 2 day light pannier tour. As I have said before, getting away for the weekend with friends are the best times I have had with the club.

The bus and trailer option for Dwellingup was not as popular as expected. This is perhaps due to the close proximity to Perth. We will try this idea again next year heading out to Hyden and Wave Rock, then riding back towards Perth. While travelling on the bus we talked about the options the new southern rail project opens for the club. In the past there have been rides to Mandurah for breakfast. Yes that's right, members would ride 80km before tucking into an all you can eat breakfast at the Atrium in Mandurah. When the rail line opens next year the options open up to catching the train down and riding back. Doing a day loop ride from Mandurah or the starting point for pannier tours become attractive possibilities. So with the mini bus option and the Southern Rail Line there are lots of new areas to explore.

Noel Eddington

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

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CTA COMMITTEE

PRESIDENT

Noel ☎ 9355 2745 (H)

VICE PRESIDENT

Tom ☎ 9444 4107 (H)

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

P.O. Box 174 Wembley 6913

CTA Email: info@ctawa.asn.au

Web Site: www.ctawa.asn.au



NEW MEMBERS

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

Annette Hughes
Julie Palumbo
Irene Shaw

Rob Brand
Dominic Palumbo
David Van Zyl

CYCLING TRIVIA

Last issue we asked:

Up until the early 1990's, corporate-sponsored teams traditionally insisted that their riders wear **black** cycling knicks. The jerseys might have been in a variety of bright colours, but the knicks were uniformly black. This was as old as corporate sponsorship of competitive cycling. Why?

Lest you think the answer has anything to do with modesty, think again. A while back there was a photo making the rounds of the internet, with the caption "Why do cycling teams wear black?" It showed two cycling teams—one in black knicks, and the other in very-anatomically-explicit red knicks. The answer to the question they posed was self-evident, and while it was entertaining, it's not the answer we're looking for here, so put your thinking caps on and email us!

I didn't get a single response to this trivia question—so no one got it right! The answer is very simple: Sponsors frown on their logos being obscured by black grease marks from where riders had wiped their hands.

Up until roughly the 1950's (Colin Pearce might correct me here) professional riders had to do **all** of their own maintenance. Illustrating this is a story

about Eugene Christophe, in the Tour de France of 1913. While in 2nd place overall, the vastly popular rider broke the front fork of his bicycle on a descent from the Tourmalet. As the rules specified, he had to repair the damage himself, so he picked up his bicycle and walked 14 kms to the nearest village, Ste. Marie de Campan, where he found a blacksmith's shop and proceeded to forge the needed piece. He eventually finished after 4 hours, and rejoined the Tour. Later, he learned that he had been penalised an extra 3 minutes for allowing a small boy to work the bellows while he had both hands full hammering the new fork.

The tradition of black shorts remained until the 1990's, even after riders no longer did their own maintenance. It is still the most common colour.

Next Question:

In the late 1980's an anniversary Colnago/Campagnolo Limited Edition bicycle was discovered in a Gosford (NSW) shed. Have a guess how much this was worth then, and now.

Send your answers to the editor via info@ctawa.asn.au Any new questions will also be considered for publication. ~Colin

DEADLINES: Contributions for the next issue (Jan/Feb) should be to the Editor no later than Thursday 14 Dec. (It's the holiday season).

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.

WANTED

Dehydrated water bottle to reduce weight on my new ultra light Toy. Please phone Pocket Rocket if you are able to assist.



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DEB'S ON YOUR BIKE POEM 2006

This poem is about the On Your Bike ride
I couldn't fit you all in, but God knows I tried.
Some jokes are subtle, and others less so.
If the verse is about you, believe me, you'll know.

'Twas the night before Batavia, I tossed and I turned.
Leaving one's dog at the kennel can be stressful I learned.
Our Staffy, my Roxy, our baby, my honey,
Would make the Pampered Pooch Motel earn their money

Still new to our household, she's taken control.
And on my love life, she's taken a toll.
Like Marilyn Monroe and the Seven Year Itch
She sleeps between us, that brindle bitch.

Arriving early from Traralgon, came our Tim Guy.
We three had too much luggage for my Hyundai.
To our rescue came Jugs, his combi our taxi.
Had an early morning cuddle, with Colin in the backseat.

Mark & Connie each had 2 dogs in tow
Said goodbye at Midland to Theresa and Noel.
It appears if you've 2 dogs (mind, I'm really not sure)
But one partner stays behind, while the other's on tour.

When we first met Leo was on knobby tyres.
We told him slicks were faster, but he called us liars.
1st day on tour, how are those slicks Leo?
"I can roll downhill," Leo said, "Wheo!"

I'd expect Ken to fall, after a couple of beers.
But on day one I don't think he'd time to say "Cheers".
Several riders reported witnessing his slow tumble.
"I was just trying to turn right", he grumbled.

Ken wasn't the only one who fell
That TRAMP Richard Jeffrey did as well
A broken leg, but have no fear
Bets are you'll be riding by the end of this year.

Peter Curnow with blue hands, were you robbing a bank?
Or using something other than the brush on the toilet tank
Next time before you go riding past,
Make sure your cycling gear is colour fast

2 cable ties sticking up—What for, John?
Surely they're not to hold your head on?
Could they be antennas for FM reception?
"No," he replied, "they're for Magpie deception."

Simon was Koeking, his camera was clicking.
Head full of tech speak, his processor ticking.
Your XD Ram card's capacity is whopping,
But I think it's just an excuse to keep stopping.

A suggestion to Basia from a bloke named Russell
Was for me to teach us how to stretch our muscles.
If you stretch them out you won't snap, crackle & pop,
But switch to slicks, Russell, and less abuse you will cop.

There were quite a few of us who hadn't been training.

Injuries, travels abroad, and oh yes, "It's been raining"
But I heard of one bike idle so long
It had cobwebs on it, Dave Stobie—that's just plain wrong!

Have you noticed anything particularly weird about Gary?
I swear Aliens took him, it's really quite scary.
They've implanted a bionic device up his nose
If there's a pub within 3 miles, 'DING' there he goes.

Three cheers to Ron Bowyer, he deserves a verse.
With the faceplant he took, I expected much worse.
The surgeon you got was surely no rookie,
Left you well enough to bake us all cookies.

I've 2 bars of chocolate, it won't keep in the tent
Need a cold place to keep it, was Tom's comment.
I swear he said this, I wouldn't tease
"I'll give it to Ann, I'm sure she'll freeze it".

My client Gil that I train in the gym
Said her brother in law was on tour—Tim.
Sue his stoker, Tim almost throttled
Had to ride 10 extra K to pick up their bottles

Colin's taken Candid Camera a bit too far
Yes, dear, 5 minutes of fame, make us all stars.
I sure hope Mark Elliot decides not to sue
For the lovely shot of him in the loo.

John's bike was squeaking for over 100K
Brian said, I'm not listening to that for one more day.
They tightened and oiled, but could find no peace.
'Til Dave said, you should tighten that loose quick release.

Footy Tim I heard day 3 was a personal best.
Bought your bike just last week, I'd never have guessed
That you were a new rider, untried and untested
You'll feel better next week, after you've rested.

The same day Tim did his personal best,
I hear Barbara put herself to the test
She hadn't joined us for several years
So 3 cheers for conquering that hill of tears.

Sue's tent at this point I must mention
It stirred discussion, it created tension.
"She sleeps in a coffin, I swear!"
"Can't tell if she's even getting any air."

Contrary to belief, Maria's no petal
No shrinking violet in a car, it's pedal to the metal.
"You may be slow on a bike," said your partner in crime,
"In the truck I swear, you're making up for lost time."

Northampton dinner, all the tables fed but one
Where hungry Dean had already eaten his bun
And Noel, El Pres, it was appalling
Forgot that table and seconds started calling.

Brian's ridden the highway with the over 55's
That crew has practice at staying alive.

"With road trains about, I like a CB,
'cause I'm so small, they just don't see me!"

Wind & hills and even road trains
Pale against 4.4 K of gravel induced pain.
Yes, the kangaroos might have been cute,
But Basia, for that, you get the boot.

To pick up the road signs, was Dave Stobies task
Driving all around, too embarrassed to ask.
"I can't find these roads, am I going crazy?
You're using Day 2's map, and we're on day 3!"

I need acts for the concert, can you sing? Can you dance?
Can you plan an instrument, by any chance?
No but if it's quiet out, under the moon
I hear Wendy's musical hip plays quite a tune.

I think there's been a bit of a communication gap.
Jane said "You can't use our shower—this is crap!"
But at Riverside Sanctuary where facilities are few,
There are no exclusive rights, only cues.

Ann had a bottle she needed to open
"Please Colin, I've a corkscrew, and I was hopin'..."
Before she could finish, the deed had been done
"Ann," Colin said, "screwtops are quite common"

I know crows are scavengers, and Jeff is for sure.
Into Riverton found a prawn fishing lure.
Over the road his beady eye passes,
On day 1 found Wendy Holmes glasses.

Theresa asked Mark to pack her some spares.
In case of a puncture, so he packed a pair.
We'll she had that puncture--couldn't believe her eyes.
One tube was damaged, the other the wrong size.

On the gravel that morning, we sang quite a chorus.
It was "oh shit", @#\$! That, and swear words much worus.
Jane fell off with a whimper, not with a shout.
She said sheepishly, "I couldn't clip out."

The vollies were scrambling, the jug with rainwater to fill,
There should have been lots here, unless some dill,
Turned the pump off—now who could that be?
Like a mouse, Kleber squeaked "that would be me."

In US postal gear, his eyes on the road,
I said "Where's the fire?", but he was in Lance mode.
I even put the RPM sprint track on in my head,
But a K down the road and he left me for dead.

They think they're rough, they think they're tough
But one look at gravel, and they're just stuffed.
Peter Rowe rode in, just like a man
But on the way out, he took the van.

It was their first pelleton, for Jude and Sue
"We've not done this before, what do we do?"
"Just hang on behind, and try not to wheeze"
Said Alan and Tim, "while we block the breeze."

Meat and potatoes, and dehydration,
Can lead to serious constipation.
No names mentioned, but more than a few,
Did damage to air quality, in more than 1 loo.

Ann read the names, of those who booked tours
She butchered mine—did she do better with yours?
Kept saying "quiet please", with each incorrect letter,
If you'd just STAND UP ANN, we'd hear you better.

Big thanks to Hana, who's hat I did borrow.
To avoid permanent scarring, and sunburnt sorrow.
Bruce, you should have done the same, instead
Had to wear your lunch bag on top of your head.

The regular snorers we all know
They camp off a ways, we made them go.
There's a new gree dot, their ranks to swell
Lea, banished to Snoring Hell.

The breakfast crew is humble, they don't boast.
But it's like seagulls, when they yell "TOAST"
That Trish is hard, makes you wait until seven.
But the "powwidge" is worth it—ah, sheer heaven.

On the road to Kalbarri, did you see the goat?
The one in the final stages of bloat?
Said Barbara to Angus "Let's ride by real fast,
I don't want to be here to witness the blast!"

Before you go whale watching, a bit of advice
If prone to sea sickness, you should think twice.
Ask Peter, I hear he was green at the gills
Oh Hana, where are those Dramamine pills?

Instead of New Year, it was an On Tour resolution.
We're stopping our bodies' alcohol pollution.
Theresa and Bert, your vow is amusing,
I heard by Day 5 red wine you were infusing.

Who was that trying to stay out of sight,
Deniece, sneaking to the loo at night.
I've heard her called a moody cow before,
But I didn't know it was because of what she wore.

In the short distance from the sign to the view,
Gill forgot what we were looking at, and asked Jude
"Was it Island Rock, or Rock Island, boss?"
"Dunno, we're all suffering short term memory loss!"

We all know that boys will be boys,
And what are bikes, but Big Boys' Toys.
There's always that "I can do better" faction,
Like Mike and his Tonka Tractor action.

Tony we thought you were the careful type
But in Port Gregory ran over a water pipe.
After the damages have been put to bed,
Hope you don't put On Your Bike, into the red.

Nothing's more annoying than a snagged nail.
Ann understood, though you won't if you're male.
Diamonds in a ring may look mighty pretty

cont'd on pg 11

CYCLE TOURIST OF THE YEAR CRITERIA

The Selection may be based on:

Tour Achievement: The person may have realised a personal goal to cycle tour across Australia or overseas and involved the CTA by organising and leading the CTA member tour group through the entire tour. Achievement of a personal challenge without participation of the CTA membership would not be seen as important as meeting a challenge with CTA involvement.

Leadership: The person demonstrated an outstanding display of leadership, which provided direction to the CTA during the current, or previous years. This may have been a drive towards more touring, or social endeavours, or cycle education, or a membership drive, etc. Generally this would relate to CTA Presidents, but this is by no means a necessary condition.

Club Support: The person has consistently been there for the Club over a number of years. This award would be in recognition of their services in a Committee role, Ride Leader role, Ride Organiser role, Tour Leader role, and Public Relations/Social role over the current and/or previous years.

Innovation: The person may have introduced a radical change in thinking for the club membership in general, or altered the customary thinking of the role or proposed direction of the CTA. Innovative ideas may have been the introduction of club uniform, or major improvements to newsletters or ride descriptions. The introduction of an Achievement/Challenge series, progressive dinners, evening social rides or other ideas which galvanise and focus the general club membership.

Note 1: The Cycle Tourist of the Year is not a reward for completing all the Achievement or Challenge rides, or having ridden a given number of kilometers etc., since these are personal goals which do not reflect the needs or involvements of the general membership.

Note 2: The above criteria was compiled as a guide to help people understand what they are voting for. Someone may fit into one or more of the criteria. You may feel someone deserves it for other reasons.

If you feel someone deserves the award, nominate them, but if you feel no-one deserves it, then you may cast a no-award vote.

AND THE NOMINATIONS ARE:

Noel Eddington has been the President for our club for 2005 and 2006 and this year especially he has been very pro – active in promoting our club in personally handing out 'Flyers', 'CTA Business Cards' at the numerous "Cycle Events" that have been staged in Perth e.g. Bikeweek – Breakfast & Freeway Ride and at the end of the 'Bicycle Victoria' ride. This has paid dividends to our membership which has increased in numbers quite considerably from previous years.

Prior to Noel's current position on committee and work done, he was on the CTA committee some years ago: 1989 as Editor of the Newsletter; 1990 as a Committee member; and in 1996 again as Editor of the Newsletter.

As you can read Noel has been involved with the CTA for many years and has lead many rides. More recently Noel has organised very successful weekends away for the club:

e.g. Easter 2005 & 2006 and Xmas in July 2006.

~Ann



Colin Prior has been an active member of the CTA since 2001. While best known for leading Sunday rides, he has more recently taken over from Grant as our new Rides Coordinator on the Committee. He was an "official" volunteer on this year's OYB, and has accepted the role of Volunteer Coordinator for OYB 2007. Although he hasn't led any weekend tours (yet), many of you have seen him in what I call "boy scout mode"—that is the total inability NOT to stop and help anyone who even looks like they may remotely need it. That means punctures, bike repairs, cycling advice, or just help getting through a tough stretch of cycling. He's one of those rare riders who never resents slowing down to motivate someone else along. In fact...that's why I married him. But all bias aside, I do feel that Colin has made some marked changes to our club. The A5 handout he suggested we produce for the Great WA Ride Ride (CTA membership form on one side, ride listing on the other side) was very successful in raising awareness & interest in the club, and we will be repeating the idea for the Great Perth Bike Ride. Colin has been directly responsible for many of our new members this year

(at least 6 from HMAS Stirling alone), and has single-handedly given out over 500 CTA business cards! The face he gives to the CTA (a friendly, non-competitive, yet highly competent cyclist) is (I feel) the key to our future growth, and I nominate him for CTA Cycle Tourist of the Year, 2006. ~Deb



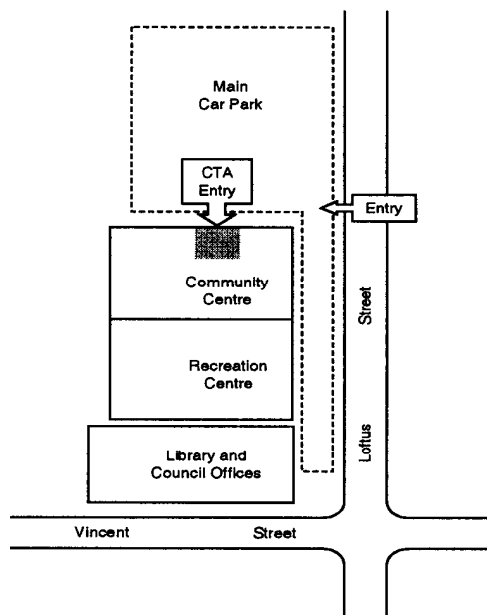
Annual General Meeting

Saturday, November 25th, 2006

Lofus Community Centre, Loftus St, Leederville (see map)

Morning Tea at 10:00 am, Meeting at 10:30 am

Map to the Loftus Centre:



Agenda items to date:

Minutes of the 2005 AGM

Committee Members' Reports:

President

Treasurer

Rides Coordinator

Editor & Clothing

"On Your Bike" Sub-Committee

Awards:

Challenge

Merit

SuperAchiever

***Cycle Tourist of the Year

***Ride of the Year

Newsletter Article of the Year

Election of Office Bearers for 2006

General Business

Changes to Constitution

Ann nominated as Life Member

Support for Kids Rides

New Ride Leader procedures

Yearly Ride Calendar Template

2008 20th OYB Pannier Tour

If you have additional agenda items to submit, please call any Committee member (contact details on page 2).

Election of Committee Members for 2007:

Nominations for President, Vice President, Secretary, Treasurer and up to six (6) Committee members can be received up to and on the day of the AGM. All nominations shall have a proposer and a seconder, and shall be announced at the AGM. Nominees, proposers and seconds must all be voting members of the CTA.

Our current Secretary (Connie) will be stepping down from the position and a replacement will be needed! If you're interested, please contact any Committee Member.

***NOMINATIONS ARE STILL OPEN!!!

You can still nominate for Cycle Tourist of the Year and Ride of the Year Awards (up to and on the day of the AGM).

Cycle Tourist of the Year: see previous page articles and nominations to date.

Ride of the Year: Although the Committee votes each month on its own favourites, ANY ride during the year can be selected. Choose the ride you enjoyed the most—nice weather, many people, great atmosphere, interesting destination, good food, great company, achievement, or fun? This is an opportunity for you to show your appreciation to a ride organiser, and allow the club to recognise and reward their effort. Note that the On Your Bike Tour cannot be nominated.

Instead of waiting for the day, send your nominations in to the editor NOW, so they can be emailed out to all members before the AGM.

2006 CYCLE TOURIST OF THE YEAR, KAREN



Last year's Cycle Tourist of the Year winner got a portrait sitting with professional photographer, and CTA member, Dale Neill, in addition to a voucher to a local bike shop. This is just one of several lovely shots from the sitting, and Dale has once again donated his time and talent for a portrait sitting for this year's winner. Cycle Tourist of the Year, Best Ride, and Best Newsletter Article winners will all receive vouchers good at **either** a local bike shop, **or** for CTA clothing.

Lift out Rides Calendar Page for Nov/Dec 2006

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.

Sunday October 29

The Southern Explorer

70km Moderate, mostly flat, 8:30am start. Meet at Fast Eddie's Carousel (off Albany Highway) for an exploratory loop through the south eastern suburbs. We will take in some of the new cycle paths along the Armadale railway, Tonkin Highway and Kwinana Freeway before a well earned refreshment stop at the Koffee Shoppe. Once the caffeine kicks in, we will continue up the freeway and then Roe Highway back to the start.

Leader: Terry 9472 9887 (H)

Sunday November 5

Up Up and Away

85km Moderate, Hilly. Meet at 8:00am for an 8:15 start from Charles Paterson Park, Burswood for a ride to Kalamunda and other exotic areas. Needless to say to get to 'Kala' we will need to go up hill which is what Canning Mills Rd is all about. After a refresh at the top its all down dale back to the start. It will be at CTA's *moderate* pace only, so if you have never done a longer ride in the hills before then this may be the way to start.

Leader: Colin 9418 1571 (H)

Sunday November 12

A Northern Suburbs Loop

40-50km, Moderate. Meet at Greenwood station at 8:15am for an 8:30 start. We will head west to the coast and then north to Burns Beach where we can buy refreshments at the Burns Beach cafe. Then we will head east along Burns Beach Rd., south along Joondalup Dr., turning off to ride alongside Yellagonga Park and Lake Joondalup. Finally we will pass through Edgewater before joining the freeway bike path back to Greenwood station.

Leader: Stuart 9447 7042 (H)

Sat-Sun November 18-19

Avon A Good Time Weekend

Approx 205km over 2 days, Mod-brisk. Meet at 8:15am for an 8:30am prompt start from Midland Railway Station (we will wait for the 8:00am train from Perth to arrive at Midland at 8:25am). This will be a challenging but scenic ride to York. Saturday we will ride to York via Clackline and Spencers Brook and return on Sunday along the Great Southern Highway. Please see separate article in this newsletter for more details, or contact:

Leader: Ann 9444 5160 (H)

Saturday November 25

Annual General Meeting

20km, Leisurely. Meet at 8:45am for a 9am start from the Loftus Community Centre. Return to the centre by 10:30am for the AGM.

Contact: Colin 9418 1571 (H)

Sunday November 26

A Jaunt to Dot's with Julian

56km, Leisurely, Flat i.e. no hills, no headwinds. Turn up to Armadale Railway Station approximately 8:45am and we might leave about 9:00am. Come and join Kleber's brother Julian for an easy ride South on quiet tree-lined back roads and pass through cattle grazing farmland. We will turn North at Mardella to lunch at Dot's Tea Garden in Mundijong. We will head North from Mundijong when we feel like it, and pass through Byford on our way to the finish at Armadale. This ride will be ideal for the novice who doesn't like going on Kleber's rides.

Leader: Julien 9354 7877 (H)

Sunday December 3

Northern Suburbs surprise

40-50km, Moderate. Meet at the disabled riding school Monyash Rd, little Carine swamp (the Warwick train station is nearby) at 8:30am for an 8:45am take off. If heads comes up we go fantastic route A; if it's tails we go fantastic route B and head for the hills. Sound exciting? Take a chance and come along, you have nothing to lose. Coffee and cake are on the agenda for either route on the day.

Leader: Doug & Stein 9249 9921 (H)

Wednesday December 6

A Leisurely Evening With Noel

15-25km, Leisurely. Meet at Charles Paterson Park (Burswood) at 8:15pm for an 8:30 start. Let Noel lead us on a nice easy Magical Mystery Tour. As to exactly where, let Noel decide on the night.

Leader: Noel 9355 2745 (H)

Saturday December 9

Progressive Dinner

20km, Social. (\$30 per head) Meet at 6:30pm for a ramble through the Northern Suburbs. Entrée, main course and desert at 3 different CTA members' houses. Your hosts will be Natalie, Tom and Ann. Numbers are limited to a maximum of 25, and you must BOOK AHEAD for catering and costing reasons. **CTA members ONLY.** Bring your lights and appetites!

Contact: Maria 9444 3951 (H)

Sunday December 10

Midland Meander

45-55km, Moderate. Meet at Midland Railway Station at 8:15am for an 8:30am start. We will head off on a mainly flat course up through the Swan valley area and might even stop at a winery or two. Its

then off for coffee and cakes at Whiteman Park and a slow old roll back to Midland.

Leader: Colin 9418 1571 (H)

Sunday December 17

Gerry's Gentle Jaunt

42km, Moderate. Meet at Cannington Railway Station at 8:00am for an 8:15 start. Come for a gentle roll along several different bike paths as we head first to the south and then back up along the freeway bike path. We will stop at Shelly for the traditional coffee break before heading back to the start. Please be gentle though, it's my first time as a ride leader!

Leader: Gerry 9453 1441 (H)

Wednesday December 20

Christmas Lights ride

Less than 30kms, Leisurely. Meet at Colin & Deb's at 7:00pm. **CTA Members ONLY**, so call us for our address, directions and to RSVP. Nibbles first, then a ride around the Southwest to view Christmas lights that only the Italians in Spearwood can do. Come back to our place afterwards for some Christmas Cheer.

Leader: Deb & Colin 9418 1571 (H)

Sunday December 24

Circular City 2 Coast

60km, Moderate. Meet at 8:15am for an 8:30am start at the Loftus Community Centre. This ride will take you through beautiful bushland and give you scenic views of the river and ocean. We will stop for refreshments at the cycle-friendly café at Lake Jackadder.

Leader: Ann 9444 5160 (H)

Sunday December 31

New Years Eve Fireworks Ride

20km, Social. Meet us at Kings Park Café at 22:00 for our traditional but very unusual way of celebrating the New Years Eve. We'll sit down for nibbles at 22:00, then head off at about 22:45 for a very easy roll around the river to ensure we are down by the water front in time to watch the fireworks and welcome in the New Year. Just don't forget to bring your lights!

Leaders: Deb & Colin 9418 1571 (H)

Sunday January 7

Don't Blame Me, I'm a Scientist Not a Cyclist

65-80km Moderate-Brisk. Meet at Point Walter at 8:00am for an 8:15 start, or even better join us for breakfast at 7:15am. After a good fill, we go via Deep water point then along the freeway bike path to the

narrows bridge. Then, depending on the wind, weather, and how everyone is feeling, we can go either via Burswood or straight along the north side of the river and back down Fremantle. Finally finishing back at Point Walter.

Leader: Sam 9433 6193 (H)

Sunday January 14

Loosely Leederville

30-40km, Moderate. Meet at the Leederville Station at 8:30 for an 8:45 start. Have a ride with the club's VP through the inner Northwest/Northeast suburbs. Coffee at the end in one of the numerous cafes in Leederville.

Leader: Tom 9444 4107 (H)

PLAN AHEAD

Le Tour 2008

South/East Queensland

North/East NSW Tour 2008

So that we can all go on the 20th OYB Tour in Oct 2008 we will be doing the full pannier eastern states tour in the Autumn. Probably late April and into May 2008. I have already made contact with the Brisbane Bicycle Touring Assn and they have supplied a choice of tours in the areas that we intend to visit. Will give an update at the AGM and next Chain Letter. Save a da money and da leave for da tour.

Da Tour Leader: Kleber



OYB 2006, Warrick leaving Port Gregory, looking all the world like a King's Park Flasher!

Mentioned In Dispatches (MID)

Let us know if you have achieved a Personal Best (PB) in distance, and we'll put you in the newsletter. We're not interested in times, as we're not a racing club.

Congrats to Lucia for leading her first CTA ride on Oct 22nd (Yes, Tony, we know you helped). There were 24 of us, and we had a grand time!



Although not a CTA member yet, Jo did a Personal Best of 40kms on Terry's "Every Which Way by Bike" ride. This was double her previous best, and she managed it in the pouring rain. I called this ride "Every Which Way but Dry"



ANN FOR CTA LIFE MEMBERSHIP

At the AGM, we will be moving that Ann be considered for CTA life membership, due to her commitment and active involvement in the club over the years.

- Ann joined in 1992
- Was elected as Treasurer in 1996 and has completed her tenth year in the role.
- Produced the Committee folder which holds the committee roles in a central repository to provide information in the hand over process.
- Ongoing organisation and participation of Sunday rides
- Ongoing organisation and participation of weekend rides
- OYB volunteer in 1997 & 1998
- OYB Catering Coordinator 1999
- OYB Tour Leader 2000 and 2001
- OYB Treasurer position in 2002 with extended role to include administrative work to assist the tour leader.
- Tour Administrator since 2002
- Advocate for OYB tour committee job descriptions
- Prestigious 'Cycle Tourist of the Year' 2000

Ann has demonstrated her commitment and passion for the CTA and OYB tours by her tireless work. She has a passion for cycling which she shares with the club and will continue to share in years to come.

We hope to reward her work with CTA Life Membership at the AGM.

CTA MEMBER PERFORMING

CTA Member Nic Howard (and band) will be performing as part of the Melville Summer Concert Series. Come support them.

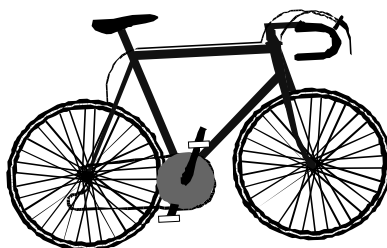
Sunday December 3rd
5.30pm - 7.00pm

Limestone Amphitheatre (Melville)
behind Garden City Shopping Centre
entrance off Davy Street, Civic Square
Library car park.

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, 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.
2. Electronic Hazard Report Form found on the bikewest website at www.dpi.wa.gov.au/cycling/hazard.html.
3. Postcard. Free postcards provided by Bikewest are available from the editor.



PREVIOUS WINNERS CYCLE TOURIST OF THE YEAR

1978	Nichole Harrison
1979	Wayne Lally
1980	Neil Porteous
1981	Mark Bettell
1982	Dale Neill
1983	John Martin
1984	Ian Hore
1985	Bob Stockman
1986	Ron Bowyer
1987	John Sherwood
1988	Martin Bunny
1989	Kleber Claux
1990	Arie Lemson
1991	Brett Rutherford
1992	Simon Koek
1993	Mark Nilan
1994	Stan Wiechecki
1995	Peter Lundy
1996	Ross Cussons
1997	Janet Deverill
1998	Tom Wall
1999	Desama Bailey
2000	Ann Wilson
2001	Simon Koek
2002	Marion Affleck & Terry Bailey
2003	Tony Humphries
2004	Kleber Claux
2005	Karen Date

PROPOSED CONSTITUTION NOW ON THE WEBSITE

3 versions of the CTA constitution (original, distributed and proposed), have been uploaded onto the club's website. Please have a look before the AGM, so you can make an informed vote:

<http://www.ctawa.asn.au/about/constitution/>



OYB 2006—Northampton, Kim setting up the tent and Pete lending moral support (and not much else).

A SUNSHINE FARMSTAY

This came to the club via email, wondering if any of our members are familiar with it?

"Early this year the Albany to Perth bike ride took place. During the stay in Denmark there were a number of activities, raffles and special offers. One of the prizes offered in the raffle was a two night stay at A Sunshine Farmstay.

We are the proud owners of A Sunshine Farmstay and the winner was Mr John Gilmore. John (phone # available from the editor) recently took up the prize and was very impressed with our facilities. He suggested we contact you and ask that you help us spread the word.

The farmstay is located halfway between Albany (29km) and Denmark (25km), and 10km to the coast. John and his wife brought their bikes and rode to each town during their stay. Some of the local roads are gravel so they parked their vehicle at a nearby shop to ensure they only rode on sealed roads. Locally we have many small back roads which are ideal for mountain bike enthusiasts.

The house is a two storey A-frame. Downstairs is the main living area, kitchen, bedroom, bathroom, toilet and laundry. Upstairs are two bedrooms and a large rumpus room. It is situated in a jarrah forest and is very private, being the only accommodation available. Everything is included in the tariff.

Please contact me if there is anything we can do to avail ourselves to your members and I'm sure John would be happy to recommend us if you feel it necessary to talk to him. We can be viewed on a number of web sites including the Tourism WA site www.westernaustralia.com or contact us directly on sunshinefarmstay@bigpond.com 08 9845 1480 for further information.

Thank you and regards
Geoff and Darlene"

HOW SMART CTA APPLAUSE ARE YOU?

Out of 450 investment fund managers 40% got 3 answers right and 10% got none right!
(Weekend AFR 7-10-06 PAGE 40)

1. A bat and a ball cost \$1.10 in total. The bat costs a dollar more than the ball. How much does the ball cost?
2. It takes five machines five minutes to make five widgets. How long would it take 100 machines to make 100 widgets?
3. A patch of lily pad on a lake doubles every day. It takes 48 days for the patch to cover the entire lake. How long would it take to cover half the lake?

Answers below:

- Answers
1. The bat cost \$1.05, the ball \$.05
2. 5 minutes
3. 47 Days

MY COMMUTE TO WORK

Will not be in this issue as despite several emails and phone calls, I couldn't get anyone to send me a submission. Please tell us about your commute!

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Tranby House

Johnson Rd
MAYLANDS WA 6051
9272 2630

For opening their doors to several groups of cyclists on their planned day off. The coffee and scones with cream and jam were delicious. Most importantly, their service was friendly and we felt welcome.

AND

Adam's Café Z Lakeside

Cnr Rosewood & Birchwood Ave
WOODLANDS WA
9242 8222

They have heaps of room and can accommodate even the largest of rides. If you get there early enough, the breakfast buffet looks great!

Bikewest



cycle instead



Department for Planning and Infrastructure
Government of Western Australia

www.dpi.wa.gov.au/cycling

Cont'd from pg 4

But diamond dust on a file--that worked for me.

Geoffrey from Victoria you made a mistake,
Kept your radio set to the Eastern States
When they announced 6:30 you started your day
But we still had 2 hours of sleep here in W.A.

"I've got a budgie in my bike," Elizabeth said
Colin's reply "Glock 9mm double tap to the head"

And sure enough, he was true to his word,
Oiled the jockey wheel, and killed that bird.

What comes when you call, and never needs packing?
And is damned inconvenient when it is lacking?
Gabrielle knows this one, but she can't speak
Without here VOICE she can only squeak!

With a long drive to Bunbury ahead on Sunday
Jeanine decided to combine 2 rides into 1 day
It's less than 100k and I'm not slack
That's just 4 RPM classes, back to back.

"I've figured it out," on Day 8 said John Bell,
Whoever planned this trip didn't do very well.
With the weather we've had—the wind that did pound
We'd have been better off going the other way 'round.

"This wind is ridiculous!" Gerry exclaimed
As, into the wind, one more hill he did tame.
A good example to his scouts doesn't drink
But that many Cokes can't be much better, I think?

More than a few, found Day 8 tragic,
Uta, in the shower, murmured "Magic".
The Wagin mob cancelled, claiming they didn't rehearse
"We're just too tired, get us back in a verse"

We asked Wayne how was his day
His reply "This beer's pretty good, hey"
"No, the ride", we said, and then he got still.
"Actually had to gear down, to go down hill".

Well there you have it, the tale is done
We've one more ride, and lots more fun.
Can't wait to see you again next year
When On Your Bike 2007 shifts into gear



AVON A GOOD TIME November 18 – 19

For all those cyclists who love to tour with a little luxury, this is the weekend for you. The CTA has been fortunate again to procure a beautiful York holiday home, for you to relax in. Complete with gourmet kitchen and an outdoor spa, which provides spectacular views of the surrounding area.

Saturday: The ride to York will be approx. 120km, so quite a long day. We will ride to York along back roads via Wundowie, Clackline and Spencers Brook. And on arrival you can rest those weary limbs in the outdoor spa – ah Bliss!

Sunday: The ride back will be approx. 85km, along the Great Southern Hwy, through Chidlow with a final hoon down Greenmount Hill.

Cost is \$20 per person per night for accommodation. Kitchen facilities at the homestead include a cooker – oven with gas top; Microwave; Outdoor BBQ; Fridge / Freezer. Beds are limited, so book early as to not to miss out on a great weekend. Booking will be required by 10th November. For more details contact:

Organiser: Ann

9444 5160 (H)

NEW FEATURE, SEND US THE BEST CAPTION AND WIN A PAIR OF SOCKS!



In our continuing efforts to bring you the most engaging, and entertaining newsletter possible, we have added this new feature. Each month we will publish a new photo, ready for your caption. The editor reserves the right to select the best submission, and the winner will win a pair of CTA socks.

The charming shot above was taken on the 160km Achievement Ride, Take 2, earlier this year. And yes, we have (and always will have) the permission of the person in the photo.

Just to get those creative juices flowing: one possible caption for the photo above might read: "Who said that WA country towns weren't worth pissing on?" Send your attempts to info@ctawa.asn.au, attention The Editor—or call me on the number listed on page 2. And if you have any great photo's, we'd love to see those too! ~Deb

Queens Birthday Long Weekend

The Queens Birthday long weekend at Dwellingup was a combined mountain bike and road touring get together. On arrival at the Dwellingup Community Hotel Saturday morning, we found that the Hotel, having the only big screen TV for many km's, was inundated with Eagles fans from the surrounding campers watching the grand final. There was only standing room at the Pub and the atmosphere electric. Of the 30 or so CTA members, partners and friends participating, we split into 3 groups. Some decided to go road riding, while others hit the Munda Biddi Trail, with the third group watching the Eagles win. The 2 biking groups, travelling south, met up at Badden Powell Water Spout, with an extra long break to listen to the end of the football match on the radio.

Apart from the Eagles win, the story of the day was about one couple who decided to catch up with the mountain bike group after the football match and headed off, anticipating meeting the MTB group returning. Instead of taking the southern route, they took the north trail for about 19 km's, puzzled that they should have reached Badden Powell Water Spout after about 9 km's. Fortunately, a



Natalie , Mike, Theresa and others, representing the Mountain Bikes.

said what took him over twice as long as everyone else, only saying "I wasn't lost." The other incident of the day was an over the handle bars experience (which I was told was very spectacular) on a treacherous downhill section to Oakley Dam which required first aid of a band-aid on the thumb.

Monday brought about another specialist MTB trail, the Marrinup Mountain Bike trail, while the roadies went to yet another winery. The big story of the day was another over the handle bars experience, this time by a young lady into a large fallen tree, injuring her chin and receiving extensive bruising. Luckily she was relatively unscathed as it could have been much worse. Everyone checked out of the Hotel and Motel, with some choosing to ride part of the way back towards Mundijong.

The weekend seemed like a mini On-Your Bike tour; everyone I spoke to very enthusiastic how things went with all tastes of biking catered for. A great big thanks to Kleber for organising what was truly a great long weekend.

~Gerry



Bikes parked outside the Wild Boar Winery

German tourist set them straight by showing them on the map "you're not down there, you're all the way up here!" He guided them to return to Dwellingup by road as night wasn't far away.

The evening meals were huge and terrific, as was the Hotel management going out of their way to accommodate our needs and giving us real value for money. After Sunday breakfast, again three groups set off, the road, the fast MTB, and the tourist MTB's. The roads and trails were enjoyed by all with stop offs at wineries, prisoner of war camps, Oakley Dam, Turner Hill Mountain bike trails and other places of interest. On return to Dwellingup some enjoyed the obligatory coffee and cake, the craft and gift shops, and the wood working school. The story of the day was another lost soul missing for about an hour on the Turner Hill Mountain bike trail with search parties out, only to be found on the trail enjoying his ride. He never



Tom, Simon and Nola, representing the road bikes.

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. And 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



For all your cycling & running requirements

Runner's World

Perth's specialist running & triathlon store

5 FITZGERALD ST PERTH
(Near cnr Roe St) Ph 9227 7281

The CTA Achievement Ride Series

The CTA conducts a series of "Achievement Rides" each year. These rides provide you with a graded set of challenges. Each ride must be completed within the set time limit, but is otherwise non-competitive in nature. Each ride is supported by a volunteer and the series is coordinated by the "Achievement Rides Administrator" (see pg 2 for contact details).

The rides are run twice a year ("Take 1" and "Take 2"). "Take 1" rides are always run, but you should register at least 10 days beforehand. "Take 2" is only run if at least 3 people are registered 2 weeks beforehand so you must register. To register phone or email the "Achievement Rides Administrator".

Ride Time limits

To be considered "successfully completed" a ride must be completed within the time limit. Upon "successfully completing" a ride you may purchase a cloth badge at a cost of \$5 each.

Ride (Normal)	Time Limit
50km	3 hrs 20 mins
100km	6 hrs 40 mins
Century (100 miles/160kms)	10 hrs 40 mins
200km	13 hrs 30 mins
300km	20 hrs

Ride (Hills)	Time Limit
5,000 in 4 (5,000 feet of hills)	4 hrs
10,000 in 8 (10,000 feet of hills)	8 hrs

Ride Series

The rides are grouped into series, and an award is available for "successfully completing" a series. A member can only nominate for one award per year.

Series	Rides
Merit	50km 100km 5000 in 4
Challenge	50km 100km Century 200km 10000 in 8
Super Achiever	50km 100km 200km 300km 10000 in 8

A longer ride may be substituted for a shorter ride as long as it is of the same type (eg Normal / Hills)

Using Brevets

If you are unable to attend one of the official CTA rides, then you can complete the ride using a CTA brevet card. Brevet cards and route descriptions are available from the "Achievement Rides Administrator". Completed cards must be returned to "Achievement Rides Administrator" as soon as possible after the ride (within 2 weeks) and absolutely no later than two weeks before the AGM.

Support for Achievement Rides

If you can help support any of the Achievement rides, your mileage (odometer reading from when you leave your house for the ride, to when you return), will be reimbursed at the rate of \$.50/km. Other related expenses will also be reimbursed if you provide receipts.

For any additional information, please contact the "Achievement Rides Administrator" see page 2 for contact details.

CORRECTIONS!!!

The last issue of the newsletter had a template of rides for the last half of 2006 and the first half of 2007.

Please be aware that the 2007 rides dates will be changing. The 300km Achievement ride had to move 2 weeks earlier, based on the full moon, and all achievement rides before that will also move 2 weeks. **A corrected template for 2007 will be available at the AGM for view and volunteering for ride leading.**

FOR SALE

Computer Polar CS200cad

Wireless, speed, cadence, heart rate

\$180.00

Crankset Ultegra/Shimano 10 speed

53-59, 175mm Cranks

\$280.00

Wheels Shimano WH550 10 spd

Tyres Vittoria Zaffiro 700 x 23c

\$280.00

Contact: John D. Wood

email woodj@mbox.com.au

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. After June 30, part-year memberships apply and the above fees should be halved.

If you went on the **On Your Bike** tour this year, you will get a complimentary club membership for 6 months.

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.

CTA CLOTHING RANGE EXPANDS

The CTA has a variety of logo clothing available for sale:



Short sleeved Coolmax tops in yellow with red stripes (XS-XXXL mens, 10-16 ladies) are \$85 each.

LONG sleeved Coolmax tops in yellow with red stripes (M-XXXL mens, 10-16 ladies) are \$100 each.

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.

"Take A Look" Mirrors With or without helmet adaptors, they are \$20 each.

Long sleeve full-front zip & Short sleeved polo shirts, both in high-visibility, neon orange, quick-dry fabric, with black trim, and 3 bike pockets on the back. The CTA logo is embroidered on the front, and the club name is printed on the back. These casual shirts are functional both on and off the bike. \$35 each, and \$5 more gets you your first name embroidered on the front.

Please contact Deb on ☎ 9418 1571 (H) if you'd like to try anything on. Payment can be made via cheque (payable to "CTA Clothing") or via the internet, however call Deb first to confirm availability of stock.

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

