

THE CHAIN LETTER

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

January / February 2008

Issue 198

PRESIDENT'S REPORT

REPORTING ACCIDENTS

I'd like to start by looking back at the year. Whilst I've not been quite so active riding this year there have been things going on behind the scenes that have made this year a successful one for the CTA. At the beginning of the year there was a planning session that mapped out a number of tours and social events leading up to Kleber's tour in 2008. As a result, this year has seen more pannier tours, for a broad range of experience levels, and social events introducing many important aspects of touring. Whilst the 2008 tour has been a catalyst, it's not the only reason: Touring is, after all, what the CTA is about.

So what made this year successful? The success was due to hard work of its members! I'd like to thank everyone who lead a tour, or ride, or participated in one for their hard work. Without your work and participation we would not have this fantastic club, the CTA. I'd also like to thank the committee for its work organising the clubs activities. There are a number of long standing committee members whose dedication and experience is a great benefit to the club. I'm sorry to see Kate stand down from the committee, but understand the time and energy it takes to continue. Finally, I'd like to give some special thanks to Noel Eddington for his work as club president over the last few years. His energy and dedication to cycle touring is going to be hard to follow. I welcome his experience and continued committee membership as social meeting organiser.

This year the committee gains two new members; Jeremy Savage and Roy Messom. I'd like to welcome them and look forward to their participation, especially as fairly new members, in the committee's discussions. It is always good to get new ideas and the views of new members.

Congratulations to our award recipients; Colin Prior as "Cycle Tourist of the Year", Reg Tugwell as "Ride of the Year" and Mike Norman as "Article of the

year". Congratulations also go to the "Achievement series" award recipients. A special mention goes to Allan Duff for his work with "the Wagin mob".

So what does the year ahead bring? Lots of good tours, I hope. I'd like to encourage participation especially of those who are not quite confident to take the plunge. Younger members and families should also be encouraged as these are the clubs future. Obviously there will be differing ideas about how important these things are and how to achieve them. There needs to be open discussion and work towards a consensus. The committee is going to be more visible: there are going to be several committee meetings after rides though out the year (details in future newsletters) If you have something that you think the committee should follow up then please contact me, or any committee member, and it will be submitted for inclusion on the agenda. We will also be asking for your ideas and feedback via questionnaires and discussion groups. Please participate; it's your club.

In closing, I'd like to wish you all 'Seasons Greetings' and a 'Happy New Year'. I hope to catch up with you on a ride soon.

Tom Hallam



Supporting Cycling for over 60 years
Road & Track Racing
Mountain Bikes — Triathlon — Family
Touring Cycles — Tandems

Tel: 9430 5414 Fax: 9430
4062

66 Adelaide St, Fremantle

Have you had an accident on your bike? Did you report it to the police? Why is this important? Bikes are vehicles and the road traffic act requires that accidents be reported if they result in injury or damage over \$1000. Funding is partially based on the perceived need as a result of accidents. In other words if accidents are not reported the government thinks that the facilities available to cyclists are good and does not provide any additional funding to fix the issues we are all so very well aware of. See <http://www.police.wa.gov.au/TRAFFIC/ReportaTrafficCrash/tabid/1216/Default.aspx> and also the DPI hazard report <http://www.dpi.wa.gov.au/cycling/2345.asp>.

~Tom

IN THIS ISSUE:

President's Report	1
Reporting Accidents	1
Club Contacts.....	2
New Members.....	2
Cycling Trivia.....	2
Thank You.....	2
Wanted.....	2
OYB 2007 Poem.....	3-5
In Memoriam-Alan Bourne	5
We've Been Sprung.....	6,9
Lift Out Rides Calendar	7, 8
Tours Des Letterboxes.....	10
AGM Recap	11
Mentioned in Dispatches ...	12
Reporting Cycling Hazards.	12
Housekeeping.....	13
Radio & TV.....	13
Achievement Rides.....	13
For Sale.....	13
Membership Details.....	14
CTA Clothing.....	14

CTA COMMITTEE

PRESIDENT

Tom ☎ 9444 4107 (H)
thallam@iinet.net.au

VICE PRESIDENT & ACHIEVEMENT RIDES COORD.

Colin ☎ 9418 1571 (H)

SECRETARY

Jude ☎ 9328 9952 (H)

TREASURER

Ann ☎ 9444 5160 (H)

SAFETY & PROMOTION

Bruce ☎ 9384 7409 (H)

EDITOR & CLOTHING

Deb ☎ 9418 1571 (H)

RIDES COORDINATOR

Jeremy ☎ 9493 2237 (H)

SOCIAL

Noel ☎ 9355 2745 (H)

ADDITIONAL COMMITTEE

Gerry ☎ 9453 1441 (H)
Roy ☎ 9398 6523 (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

Web Site: www.ctawa.asn.au



NEW MEMBERS

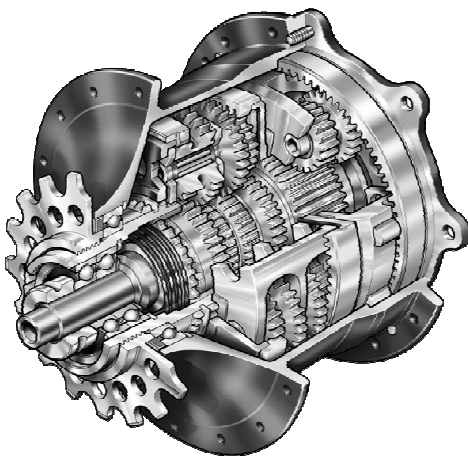
A hearty welcome is extended to the new members who have joined since the last newsletter.

John Abery	Victor Calvo
Laurel Cross	Marie Evans
Keith Forden	Margery Forden
Colleen Gillett	Lynn Harrison
Joan Hoult	Richard Jeffery
Cathie Steicke	Janet Medlen
Shirley Morony	Brian Sercombe
Pat Williams	

CYCLING TRIVIA

Last issue we asked:

What is the absolute maximum numbers of gears that can be fitted to a bike using equipment that can be actually purchased at a shop? Is not a one-off home-made job.



Internals of the Rolhoff 14 speed hub which can be built into a standard 30 speed drive train system.

Well, didn't **that** generate a few lively discussions at the ride coffee stops! Even so, it wasn't until Kleber had a serious think about it (with some help from Ann) that he came up with the right answer. The maximum number of

gears that can be fitted to a bike using equipment that can actually be purchased from a bike shop is in fact a staggering **420**. This is done by building a rear wheel using a Rolhoff 14 speed internal gear hub with a 10 speed rear derailleur system and a triple chain ring front derailleur. This gives a total of 14 x 10 x 3 which is 420 gears. In the near future Rolhoff plan to have an 18 speed hub which will increase the maximum number of gears to 540. *Techno weenie heaven!!!*

Next Question:

Many many years ago having the gear shifters on the down tube was the standard for road bikes (Kleber still thinks that it is standard), until Shimano came out with the gear levers built into the break levers. Although standard now-a-days, at the time it took the cycling world by storm. In what year did they first introduce their combined gear shift and break system?

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 (Mar/Apr) should be sent to the Editor no later than Thursday 14 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.

THANK YOU!

On behalf of our "Relay for Life" (Albany) group, I would personally like to thank all those who so generously donated to our cause. You raised \$450! Well done, and thanks to all who participated on the recent 'On Your Bike' tour. Thanks to all, Jane Nield.

WANTED:

Bike trailer for Child

I'm looking for a trailer suitable for a 6 month and above child. I'm interested in advice, war stories, offers to lend or sell me one.

Tom Hallam 9444 4107

thallam@iinet.net.au

'Green Monster'

Great WA Bike Ride Bicycle - Size M, in good condition.

Please contact Silvia on 9272 2127 (h), or e-mail silvia_jeremy@hotmail.com

2007 OYB POEM

T'was the night before Wandering, I was too late to bed.
Waiting for Colin, dawdling over his red.
Arriving at Armadale, 4 bags had I.
2 filled with gear, and 1 under each eye.

We didn't wait long, for our first bag infraction.
Great Scott Rowena, you'll put the handlers in traction!
Hadn't read the instructions, didn't know what to do.
Had to repack her one bag, down into 2.

Devo's 24 kilos that took the cake,
What could he have packed, for heaven's sake?
I wouldn't bet money, but if you take a peek,
You might fine enough smokes to last him the week.

Ron Bowyer, porridge man, can be quite fun.
Especially when he starts with the puns.
My all time favourite—one of his worst,
Was calling our house-sitter, a Staff-nurse.

Lizzie Marshall has always been quick,
When single, of the men she had her pick.
Led her fellow on a merry chase.
Now Richard, best keep up the pace.

They do things differently in Tasmania, it's true.
Erika, at Narrogin, didn't have a clue.
She was making a beeline for a shower with the guys,
Someone did stop her, but Erika, good try.

1st official puncture, goes to Jeff Crow,
And an immediate second as well, oh no!
There was glass in the tyre, he forgot to pick out.
He won't make that mistake again, no doubt.

Like lemmings jumping off a cliff
Table 9 out of turn after just one sniff
"We didn't know we were supposed to wait.
We were hungry, so we just went and ate!"

Dave spilled the beans on our very own Bruce
Didn't tighten his quick release, the goose.
Well, the mechanism certainly did its trick
Because Bruce's back wheel dropped out right quick.

Rugby on the big screen, the fans filled the room
When we lost to the Brits it was all gloom and doom.
One fan went to Max, wanting medication
Looking to recapture his pre-game elation.

An Anniversary on day 2, had Connie & Noel.
7 years of marriage has taken its toll.
But instead of telling him to go take a hike,
Connie advised Noel to "get on your bike".

One fan was more noisy than most at the game
David, your sound effects were anything but tame
At the start you must have been effervescent,
Was it you who went to Max for antidepressants?

Day 2 to Darken, Rowena had me in tow.

"My cadence meter's not working", she said "what a blow."
I told her with her bike bits to stop meddling,
It will work just fine, once you start pedaling.

Recumbant trike Tony was complaining.
"On day 2 my strength was waining"
Leave the park brake on, you retard,
And it *will* make pedaling up hill hard.

Also on day 2, our poor Marliese,
From a dive-bombing magpie could get no peace.
Needs to learn from Richard, and his magpie deceptors
Cable ties on her helmet, that'll protect her.

Mark Corbett, he must take the cake
2 years in a row he's made the same mistake.
Last year for Teresa you packed the wrong tubes
This year couldn't fix your own puncture, you boob.

Sue's water bottle is no longer its original shape
She ran over it, almost fell off, maybe a bit of the grape?
That last bits not true, at least not this time,
But Deniece said never let the truth get in the way of a
good rhyme.

"What a lovely family" Kleber remarked
When Dad and 3 boys from a Honda disembarked.
"They look really familiar, oh wait, don't tell me"
Those grey cells just aren't what they used to be.

Kim, I heard 2 about you for the book
First there was that 40km detour you took
And then on night 2, when you went to bed
Tony suspended your bike, high up in the shed.

Day 3 found the tourers cold wet and weary
Sitting at breakfast, the outlook was dreary.
It was raining quite hard, much more than a drizzle,
The forecast according to Bruce? "Morning grizzle"

This question it's the wives who usually ask.
And in answering, their husbands are put to task.
With a sandwich in each pocket, built like a big rig.
It was Mark who asked "Does this make my bum look big?"

It's not uncommon, it's almost tradition
To correct new riders on helmet position
But a seasoned cyclist? That dog don't hunt.
Michael, your helmet—it's back to front!

David from Manjimup was booked in for the tour
Wasn't at the start? Why? We're not sure.
Turns out it was car trouble, but he wouldn't give in.
Cycled 170k fully loaded, to meet us in Darken.

The mosquitoes at day 3 tea were most aggressive.
Biting through lycra, now that's impressive.
Much more than just another intrusion,
I think Peter Fallon may need a transfusion.

At Collie golf club, I did linger.

Under Maria's magic fingers
Over 100k in the pouring rain,
But Ms Antonas took care of the pain.

I offered Colin Pearce some chips
"They'll make me fat, they'll give me hips"
I say fatten him up, and then perhaps,
It'll slow him down like a jockey's handicap.

Lycra in general does us no favours
Unless in the gym you constantly labour.
But one pair of knicks made us all cheer
Jeffrey's—they're new—and they're not sheer!

At lunch David offered someone \$100 for ½ a salad roll
By evening those eyes larger than his stomach had taken
their toll
I thought that last bite of chicken would leave him for dead
"I shouldna' been so greedy" he said.

The lost and found gave us lots of red faces
Interesting things lost in interesting places.
Maria and Christine both made sizeable donations
And by that I'm referring to their misplaced foundations.

There's a crockpot lid missing! Look around!
A strip search is next, it's got to be found.
Kleber, what's the difference between light and heavy?
Cause the lid was in the box you called "empty".

John Bell cheat the system? Impossible, but true
He brought his own wine into a licensed venue.
Sexy serving wench Bev, caught you I fear
And tipped us off about the name tag from last year.

The CTA committee is a well-oiled machine
They've one major short coming, and I don't want to be
mean.
But they should fire their clothing person, and put me in
charge.
That way all the shirts won't be 8 sizes too large.

The clothing was colourful, the logo's were trendy,
There was more than 1 case of new jersey envy.
But the one item, that made all the tongues wag.
Was the hat Colin made me, out of a plastic bag.

Before the dirt road was a dead tiger snake.
Roy, king of punctures, a plan he did make.
First, he poked it, made sure it was past caring.
Then coiled it on the path, mouth open, eyes staring.

Although hirsute, on wheels he can travel,
There's just one thing that stops him—that's gravel.
The dirt road from Collie, won't he, will he?
He did with Ann and Allan, who laughed themselves silly.

I was told one morning of the marmalade wars.
Peter, Victoria blow-in, with Bev did cross swords.
"My recipe is from the age, it's simply a treat"
"It's simple", said Bev, "you don't like it, don't eat!"

I dreamt all night of the princess and the pea,

Was it a pebble, a gum nut, oh what could it be?
I tossed and I turned, by morning I could kill.
We found 3 golf balls under us, thank you Mr Van Zyl.

Did you hear about Teresa and Mark? No not her spouse
I'm talking about Mark Elliott, the louse.
Gasbagged a married woman, all the way to Nogoroff
Had to double back to tea, to get his name ticked off.

With a rest day ahead, at lovely Boyup Brook
We went to the bottle-o—and orders we took.
That the CTA enjoys a drink, really isn't news
But Raylene and Gwen, brought back a trolley of booze.

When nature calls, no choice have we.
Even on the road, we must stop to pee.
Just over that fence, there's a quiet spot
Look out Kay, that fence is hot!

She collected wildflowers every night
All colours of the rainbow, cheerful & bright.
Who did this, and why? "Thank you Cheryl,
For making the tables look much less sterile."

Colin Pearce always claims "I don't drink"
Well after a night at the pub, I'd have another think.
That tent pole, through a sleeve, should placed,
Instead of with shoelaces ingeniously laced.

"Sunday morning showers, the remaining week is fine"
Well I've got news for you, that forecaster was lyin'
Rain, thunder and lightning, Jennifer helped me through
And in spite of all that, we averaged 22!

"He snores too much, let's move the tent"
Said Bev and Neville, malevolent.
Cheryl checked later, and David snores, it's true
But as it turns out, Bev and Nev snore too!

The quiz night was pretty well attended
After a rest day our bodies were somewhat mended.
But Julie & Don from Geraldton—were you high?
'Cause the HMAS Sydney is NOT in Dubai.

The sign was explicit, as clear as night and day
These 2 hoodlums ignored it, needless to say
NO PASSING ON THE BRIDGE—Max read the sign
Then Simon and Stan, right by him went flyin'

On Denise's wheel sat Mike Shields and posse
Colin called him a wus, but really, was he?
"We're just showing our feminine side," he did mew.
I think it had more to do with the view.

"I left my helmet somewhere here, of that I'm very sure"
Couldn't find it anywhere, a new one Max procured.
I hate to break it to you, but you'd better check your sight
Found it on a mower, at Collie the next night.

The Collie golf club treated us quite nice,
Drinks on the verandah, the tinkle of ice.
The glow of the woodfire, is ambience-making
Less so the smell of 100 wet shoes baking.

Colin plied Kleber with wine, and then port
 "I plan to best you in the hills, old sport"
 3 times in the hills Colin tried to drop him
 20 years younger, and still couldn't stop him

Why don't you put something on it,
 like sunscreen or that pink shower bonnet?
 "No," Pete said, "I've burnt my dome
 So you have a beacon to lead you home."

Rob thinks that fast cars are just the greatest
 Watches Top Gear where they demo the latest
 I think it was Helen who got him on tour
 "He'll do much less damage on 2 wheels than 4"

Skinny tyres + body weight, add downhill to the equation.
 No work needed to achieve that speed sensation.
 Like young Mark cruising down into Mumbalup
 With Colin peddling hard, struggling to keep up.

"Something stung me, what should I do?"
 2 different doctors, 2 points of view.
 Max said "I've got some antibiotics you can put on"
 "Bah, leave it alone, fancy a carrot?" said John.

I had a puncture on day 6
 Which Pam and Blair did help me fix
 It was the same one Colin fixed before
 And now new tubes I have no more.

Left my helmet like a fool
 Rode away thinking "gee it's nice & cool"
 Blissfully ignorant until Tony said
 "You've got no helmet on your head."

Hay fever, sore throats, colds and chapped lips.
 Bad backs, bad knees, and artificial hips.
 The pharmacies love to hear that we're coming
 Because we keep their registers humming.

You know our nature loving Mark?
 To the pub he went, his bum to park.
 Evidently nature doesn't love him back
 A bird above saw Mark, and SPLAT!

Unfortunately this was the last verse I wrote before Colin
 and I had to leave the tour suddenly, to attend to our run-
 away dog. The rangers found her the next morning, but
 she had to be euthanised Saturday evening. Many thanks
 to all of you who expressed your sympathies. ~ Deb

IN MEMORIAM—ALAN BOURNE

Another elderly former CTA member has fallen off his perch. Alan was a fine man, and together with John and Aileen Martin, my wife and I recently attended his memorial service in Kalamunda. His elder son asked me to write a sort of obituary for the "Chain Letter". This request caught me on the hop and was entirely unexpected. ~Neil Porteous



First training ride, 1984 CTA European Cycle Tour. Back row L to R: Alan Bourne, John Martin, Ron Bowyer, Neil Porteous, John Quintney. Front row: Aileen Martin, Elizabeth Segal.

Alan Bourne (June 1933—November 2007), who died after a long illness. Alan joined the CTA in the early 1980's, and quickly became a popular member of the then-small club. Alan had earlier migrated to Australia with his family and soon was a valued member because of his cycle-touring expertise, which he gladly shared with us all. Like other £10 Poms such as Bob Stockman, Alan Booth, Steven Booth, Ian Staniland and Bob Mortimer, Alan Bourne enriched the growing knowledge pool which soon gave the club's leaders the confidence to plan and undertake extended tours to Tasmania (1983) and Victoria (1985, etc. Always a fast and strong rider, particularly in the Western Australian hilly countryside, we grew to love Alan. He will be remembered for his gutsy approach to cycle-touring, and the remarkable courage he displayed in the face of physical pain and adversity. We thank him for setting the example we tried to emulate.

~Neil Porteous, Ron Bowyer, Bob Stockman, Dennis Braddon and other CTA oldies

WE'VE BEEN SPRUNG PANNIER TOUR

The last week of August saw a small group of hardy CTA folk heading off on a week long cycle-tour of the south west of WA. We officially started and finished in Busselton with an anti-clockwise route that took us to Dunsborough, Margaret River, Augusta, Sues Bridge, Nannup and back to Busselton. In total, approx 350km was travelled. I say officially because David cycled, via mainly unsealed roads, from Manjimup to Nannup for a wet night, and then onto Busselton. Simon caught the train to Bunbury and then cycled to Busselton. I cycled from Nannup to join the Busselton departure and Bert and Teresa joined the group in Margaret River. The group in total numbered 9 – Simon our trusty leader, Karen, David, Devo, Teresa, Bert, Kleber, Gerry and myself.

season which meant that the traffic was not a problem and those drivers on the road were, on the whole, incredibly considerate. Some city drivers could learn a thing or two from them.

There were many highlights and the odd challenge or two. For me highlights included riding the cycle path out of Busselton following Geographe Bay with blue sea and white sand close to our right. We also had our first encounter with a very large tiger snake sunning itself on the warm bitumen. Thanks to local Robert who guided us out of town. Spirits were high in anticipation of a week on the road and the weather was sunshine all the way to Dunsborough. Little did we realise that this was to fade away in the days after

Margaret River to Augusta through the magnificent karri forest, with some great sweeping downhill runs to arrive at my favourite caravan park, Turner Caravan Park. The camp kitchen had scenic windows with views across the river one way and the paperbark area where our tents were nestled, the other way. I enjoyed exploring Augusta which I don't know well at all. A few off us took a morning ride heading out the 10km to Cape Leeuwin Lighthouse. I loved cycling without panniers out on this road to the wild south coast with some exhilarating downhills, rewards for the work of getting up them.

We had one wild camp at Sues Bridge. This conservation area is set in beautiful forest on the banks of the river; al-



From Left to Right: Devo, Simon, Gerry, David, Jeremy, Bert, Kleber, Teresa

We travelled well together and there always seemed someone to cycle with if you wanted company, or cycling the country roads alone knowing there would be company on arrival at our night time destination. Simon had done a great job in deciding on a route that maximised time on back roads, ensured scenic surrounds, went past many gourmet food and wine options, days not too long and camping grounds that had good hot showers (except for Sues Bridge) and camp kitchens. We were out of the tourist

Margaret River and that the second half of the trip would be a wet one indeed.

We also enjoyed avoiding part of Caves Road by travelling 15 km on the rail trail from Cowaramup to Margaret River. This was well compacted gravel providing an achievable off-road forest ride even with full panniers. Definitely worth exploring if you are down that way.

Another highlight was the day from

though most of us had had enough wet and did not feel compelled to find the river. We nearly lost Simon however who headed off for a quick wash at the river only to sensibly reverse his decision when he realised that he was likely to literally slip in via the muddy bank and probably float back to Augusta before we noticed he was gone. So although the weather was not too kind, two things were in our favour. The toilet block had an enormous veranda which allowed for clothes lines

~cont'd on page 9

Lift out Rides Calendar Page for January/February 2008

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 January 6

BBQ, Swim & Ride (CTA Triathlon)

50km. Leisurely-Moderate. 8:45am for a 9:00am start. Meeting at the Melville Aquatic Fitness Centre (Marmion St, near Garden City), we will cycle along and near the Canning River using cycle paths and back roads. We'll stop at Shelley Bridge for a rest, chat and a cuppa, before returning to the Aquatic Centre. After the ride you are welcome back to our house for a BBQ and swim, but please BYO meat, and if you could donate a salad to the BBQ that would be nice. A fridge will be available to keep meat and salads at the start of the ride.

Leader: Mark C 9316 3053

of the year it may be very hot so the distance that we cover will depend on how we all feel on the day, but there will be plenty of refreshments no matter which way we go.

Leader: Dave 9405 8540

Sunday January 20

Local Parks Picnic Project

Not a ride—invite one and all to come together: to celebrate the great outdoors, our local parks with family, friends, familiar and new! 11:30am onwards, Azelia Rd Hamilton Hill. Car park in front of Azelia Ley Homestead. Toilet, BBQ & Children's playground. Look for the red balloons.

Contact: Lucia 0417 189 385

hotel room and about \$95 for a motel suite. Numbers are limited so get in quick!

Contact: Colin 9418 1571

Leaders: Kleber (on road) & Roy (off road)

Wednesday January 30

Evening ride

20-30km Social. Meet at Kings Park café at 6:00pm. Another great evening and another social ride. Try to encourage some work mates to come along, they may actually enjoy it. No big plans, no set route we'll just see who comes along and see where we end up. Lights are essential.

Leader: Jeremy 9493 2237

Sunday January 13

Koffee @ Kala or Liz's Lung Buster

70km Moderate. Kelmscott train station, 8:50am for a 9:00am start. Follow Liz and Richard up through the hills to one of our favourite coffee shops, The Merchant in Kalamunda. Then it's lots of fun on the way back down. Although it may be hilly Richard has been told to not go too fast so that Liz can keep up with him.

Leaders: Liz and Richard 9291 0432

Wednesday January 16

Evening ride

20-30km Social. Meet at Leederville train station at 6:00pm. An evening roll around some of the delightful sights north of the river. No stress, no strain, just bike wheels, friends and coffee somewhere when it feels right. Lights are essential.

Leader: Tom 9444 4107

Sat-Sun January 26-27

Northam or Bust

180km Moderate. Midland train station, 8:40am for a 9:00am start. The first CTA weekend away for the year is a trek of two options, either on-road or off-road (The Kept Track) up to Northam.

Day 1. Decide whether you want to take the on-road or off-road option. We then head off on our separate ways to the first meeting point at Mundaring where there will be a well earned morning tea stop. After a fill up we head off on our separate ways again until meeting up again at Bakers Hill for lunch. After that it's all down hill to Northam and a well earned opportunity to wash away the trail dust or road grime with a cold ale on the balcony of the Commercial Hotel. Dinner that night will be a set menu three course meal.

Day 2. Fill up on either a full or continental breakfast before we head on back. You can again choose either on or off road with some longer road options if you're game.

Non cycling partners and family are not only welcome *but encouraged*. Exact costs are yet to be confirmed but dinner, bed and continental breakfast will be about \$75 for a

Sunday February 3

The Torture Never Stops

50-60km Moderate but **Hilly**. Meet at Guildford train station at 8:15am for an 8:30am start. This ride is a variation of various hills loops that Lisa and I often cover, pasted together to form a ride that should provide more uphill than down!! We will head up Gooseberry Hill Rd, back down the zig-zag, and then make the climb to Mundaring via Darlington and Glen Forrest. After a short nature break in Mundaring we will head along the weir road to Kalamunda before taking the zig-zag again to bring us gently back down the hill, then it's a short ride back to Guildford where we will have much-deserved coffee and snacks. As we will not be making a cafe stop during the ride, please bring sufficient water, snacks and sunscreen for the duration.

Leaders: Brad or Lisa 9377 5891
or 0411 359 416

Sunday January 20

Northern Meander

50-75km Moderate-Brisk. Meet at Clarkson train station, 8:45am for a 9:00am start. We all know the southern, western and eastern parts of Perth, but the north?!? Join Dave for a ride that will be all **on road**. At that time

Sunday February 10

Rolling on the River

35-45km Leisurely and **Flat!** Meet at Charles Paterson Park, Burswood 9:00am for a 9:20am start. Enough of hills and hard stuff, now's the time for easy rolling along with tea and scones on the way. This easy

ride is the perfect opportunity to get some of your less active friends and family off their behinds to discover the joy of cycling. It will be at a very easy pace!
Leader: Colin 9418 1571

**Sunday February 17
Ride to the Roses for Refreshments**

55km, Medium, Hilly, 9:00am Start. Meet at Kelmscott Railway Station. Enjoy a ride in the hills and a lovely morning tea stop en route at a Rose garden café. If you have never cycled hills before, then this is the ride for you. There will be plenty of experienced CTA members on the day to help out.
Leader: Ann 9444 5160

**Wednesday February 20
Social Night—Repair Your Own Bike**

7:00pm for a 7:30pm start. Loftus Community Ctr. At members request; a hands-on - your-own bike maintenance class. Do minor repairs and adjustments (with guidance). BYO Bike essential (punctures provided free of charge).
Contact: Noel 9355 2745

**Sunday February 24
50 Km Achievement Ride (Take 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 20 min (average 15 km/h) should ensure that everyone has a chance of completing the distance. Note there is a \$10 fee for non-members.
Organiser: Colin 9418 1571

**Sunday February 24
Local Parks Picnic Project**

Not a ride—invite one and all to come together: to celebrate the great outdoors, our local parks with family, friends, familiar and new! 4:00pm onwards, Jackadder Lake, Woodlands. This is a small lake and park north west of the much larger Herdsman Lake. Parking off Jackadder way. Toilets, BBQ & playground equipment. Look for the yellow balloons.
Contact: Lucia 0417 189 385

**Sat - Mon March 1-3
Labour Day Long Weekend**

This weekend has something for everyone: the full pannier tourist (especially those going on the National Parks Full Pannier Tour), towel and undies tourist and the non cycling partners of those participating in the weekend. There will be an optional off-road stretch on the railway reserve trail to gain some off-road touring experience.

Saturday March 1

40km, Midland to Mundaring. Meet at Midland R/S 8:15am for an 8:30am start. A brief ride up the hill will see us arrive in Kalamunda for a well deserved morning tea, before meandering along Mundaring Weir Road to arrive at the Perth Hills National Parks Centre campground, for the full pannier mob, or the Perth Hills YHA for the towel and undies group and non cycling partners. You can spend an afternoon of leisure relaxing in the beautiful bush camp or for the more energetic, bushwalking might be the go. The more adventurous may want to partake of longer ride options which will be discussed on the day. Those choosing to stay at the YHA have a catered 2 course dinner and continental breakfast option available. Also, YHA rules require you to supply a sleeping sheet or liner between the sleeping bag and mattress.

Sunday March 2
80-90km, Mundaring to York. We will make an early start and take a scenic route to York including a 15km off-road stretch on the railway reserves trail. If you don't like the dirt we will also have an on-road group. Various options exist for the ride to York which will be detailed and discussed closer to the ride, but a scenic run via Spencers Brook seems likely, with lunch on the way. Overnight we will stay in dormitory accommodation at the Kookaburra Dream Travellers Overnighter in York, which will include a delicious continental style breakfast on the Monday morning.
Monday March 3
Various distances, York to Perth. Depending on your level of enthusiasm, various options exist for today, from a direct 80-90km ride back to Perth or a record setting 140km option via Northam and Toodyay. For those wanting to do fewer kilometres, you may want to organise a pick up at either the Lakes Roadhouse (50km) or Mundaring town site (65km). As with the rest of the weekend we will have something for everyone.

Cost for the weekend will be:
Night 1: \$12 per person, camping.
\$21 per person, YHA dorm room, with \$15 dinner and/or \$9 continental breakfast options.
Night 2: \$28 per person for dorm room and continental breakfast.

Numbers are limited to 30, so be sure to book early with leaders as spots will fill fast.
Further details: Kleber 9354 7877
Or Brad 9377 5891, 0411 359 416

**Sunday March 9
Bike Week 4 Rides and a BBQ**
60km, Moderate at 9:00am or 30km, Leisurely at 10:15am. Your choice, start from either Deep Water Point or Kings Park Café. Each starting point has an option for either a 60km or a 30km ride which will all meet at South Perth foreshore for the traditional sausage sizzle. Four different rides so

four times the fun.
Leaders: Colin, Mike, Tom and Stan
Contact: Colin 9418 1571

**Wednesday March 12
Bike Week Evening BBQ**

15-20 km Social. Meet at Coode St Wharf on the South Perth Foreshore at 6:00pm for our traditional social pace, 15-20km BBQ ride. So bring your friends, lights and appetites.
Leader: Noel 9355 2745

PLAN AHEAD

**April 26 - May 31, 2008
National Parks Full Pannier Tour
SE QLD - NE NSW**

With only 4 months to go and the festive season upon us, the departure date for Le Tour is catching up fast. We now have 20 lucky people signed up to go, and will be closing off the tour to new applications so that we can finalize bookings and organize shirts etc. I would like to take this opportunity to thank all those people that have assisted with the pre tour events that helped develop the pannier touring skills for our group. We will be using the Labour Day Long Weekend on the 1-3 March (see details in the Rides Calendar) as our bonding shake down tour with other members from the CTA.

A few more places that our group will be visiting: Behind the coast in the Sunshine Coast hinterland are the 13 volcanic peaks of the Glasshouse Mountains, named by Captain Cook as he passed and said to be 20 million years old. Inland is Nambour, a pretty sugar town which leads to the quaint mountain craft villages of Montville, Maleny and Mapleton - full of galleries, studios, antique stores and cottages. Noosa is famous for its laid-back sophistication, but right next door to the township is the Noosa River with its everglades, national parks and spring wildflowers. Not to missed is the freshwater rainforest at Kin Kin and the coloured sands of Teewah.

Save a da money and da leave for da tour.
Tour Leader: Kleber 9354 7877

**On Your Bike (OYB) 2008
Sat-Sun, October 11-19, 2008
CELEBRATE 20in08 TOUR**

Yes, this is the big one. On Your Bike will be celebrating it's 20th birthday in 2008 as we retrace the route of the original South West Tour of '89. We will be riding through the best country that the South West has to offer, starting and finishing in Dardanup. We will be staying at Busselton, Nannup, Pemberton (with extra rest day), Manjimup, Bridgetown, Boyup Brook and Collie. Brochures will be sent to you in April.

~We've been Sprung, cont'd from pg 6
to go up and bike storage for some. But the night belonged to dinner when we were treated (well we actually had paid for this), to our own mobile wood fired pizza service provided by Cord on Blue's Charley and Lisa. Gourmet pizzas featuring local fetta, spinach, tomato, cheese, sausage, anchovies and much more just kept on coming out of the oven. We finished with a couple of sweet pizzas such as mandarin and chocolate. We left the camp kitchen with full bellies and crawled into tents for a damp night.

Our wettest day was the 60 km ride from Sues Bridge to Nannup. Rain jackets did not come off all day. The Brockman Highway is quite hilly on this run and although most of us met up for a brief lunch stop on the banks of the Blackwood River at Alexandra Bridge, we then spread out quite a bit for the final haul into Nannup. Hot showers and a pub meal restored us to good spirits. Maybe also the fact that 4 of the party that night slept with something way more substantial than a damp tent over our heads, also helped.

We tended to cook individually in the evening with good food supplies easy to find every day. I am not sure they were all gourmet feasts, but they were eagerly consumed. One pot cooking took on a whole new meaning with one



Karen & Simon on the rail trail into Margaret River

member combining tinned beans, corn and fish and instant noodles. Not everyone's favourite combination but you could not question how this fuelled Devo's cycling the next day.

Kleber took off early a few mornings so he could combine the tour with some reconnaissance visits and meetings for next year's On Your Bike trip which will

travel through some of this beautiful area.

Various relationships with bikes emerged with one person sleeping with their bike, another member seen to lovingly remove wheels only to put them back on and bikes being locked to camp tables in kitchen blocks. Some of us were content to leave our trusty bikes to the elements. I think we had about 6 flat tyres between us and half of those on one day experienced by one person. We did not have any major mechanical problems and people had obviously prepared well.

There is nothing quite like that first pedal turn of a fully loaded pannier bike on day one of a tour. For me there is the combination of: did I really mean to bring this much stuff – my bike weighs a tonne; to the thrill of knowing the simple pleasures of cycle touring. The freedom of being self supported with the open road ahead of me and a bunch of great people to share it with. Thanks to all who made it such a special week. The wet weather could not dampen that touring feeling although I have since invested in some overshoes to avoid the cold and wet foot syndrome.



Roadside repairs on our wet day to Nannup

~Jude

TOUR DES LETTERBOXES....COUNCIL CAMPAIGN ON A BIKE!!

After many years of community involvement in my suburb, and attendance at various Council meetings over the last few years asking questions or making statements, I decided to stand for my local Council (City of Joondalup). But as an independent person, my campaign to get onto Council was to be a low budget one - which meant I had to arrange a letter drop to some 9,000 houses in my ward rather than putting expensive advertisements in the local paper, my face on billboards etc.

So I designed a flyer with a clear message of what I was standing for, got my wife to take a flattering picture of me to place on this flyer (dressed in my business suit of course, not my lycra), and while I was getting 14,000 copies printed, I rang around all my friends and community contacts in my area to see if

they would like to letter drop a couple of hundred each for me. To my surprise, just about everyone I contacted responded positively to my request for help and it was not long before I was busy mapping out the streets and addresses (via the electoral role) to be covered by each person.

So as the bundles of flyers went out the door, I added up the numbers and found in the first round of flyer drops, I had run out of willing volunteers to distribute about 3,500 flyers. At this point I decided it was time to take a week's leave off work and wheel out the CAMPAIGN MACHINE (ie the touring bike I rode around France last year) to distribute the remaining flyers. I attached the front panniers, equally loaded with 500 flyers each side, and set forth each day on a "Tour des Letterboxes", cycling up

and down countless streets in Sorrento, Hillarys and Padbury.

And what a campaign it then became! As I rode around, stopping at each letterbox to pop in a flyer, I found many people to chat to - they were impressed that I had taken the trouble to get out and about to talk to them and listen to their issues (even if it was just the rate increases were too high). About 130 km of letterboxes later I had logged over 30 issues requiring action - one lady wanted me to solve her problem straight away, but I had to point out I was not actually a Councillor yet and she (and her dog walking group) would all have to vote for me if she wanted my help! I saw many parts of these suburbs I had never seen - even a sizable shopping centre that I did not know existed! I even came across a guy with a couple of expensive looking road bikes in his garage, and I must admit I wasted a bit too much time at that address talking about bikes (he assured me I had his vote though).

On the final week before the postal vote closure, I got out again each evening after work to double up on the letter drop and speak to more people. By this stage, I was getting pretty practiced at my spin. At one point a guy covered in tattoos rushed up and I thought he was going to punch me. He grabbed me by the shoulder and said: "You can go home now, I have already voted for you." That was definitely a good sign.

Needless to say, after getting out on the road from dawn to dusk for many days, answering many emails and phone calls on various issues (sometimes not knowing which side of a particular issue people were on), I got voted into the SW ward by a majority of 1,100 votes.

So now that I am a Councillor I will be riding my bike to Council meetings whenever I can. Fortunately there is a shower and lockers right next to the Council chambers, where I can do a quick change from bike riding attire into a suit. At this point, I will be the only Councillor riding a bike, but I intend to take on the challenge of changing that!

Councillor Mike Norman,
SW Ward - City of Joondalup



Annual General Meeting

Saturday, November 24th, 2007

Minutes for the AGM will be available on our website soon, however the following is a very brief recap of what was discussed.

President's Address

- Given by Tom in Noel's absence. Membership has increased from 199 to 267.

Treasurer's Report

- Profit of \$2038.21 this year
- Auditor's report available upon request.
- Starting next year, OYB financials will be reported at the AGM
- Our healthy financial position means the club will be subsidising more activities in the coming year.
- Membership & Clothing may now be paid online via direct debit!

Rides Coordinator's Report

- Thank you to all ride leaders.
- More ride leaders needed, as we're increasing ride options.

Achievement Ride Coordinator's Report

- See list (right) of members earning badges this year.
- Many thanks to those driving support.

Editor's Report

- Thanks to all those who have submitted articles

Clothing Report

- No new products, but existing products selling consistently and well.
- Inventory is more balanced across products and sizes now. (most items available)

OYB Committee Report

- This OYB had the most number of participants, the longest distance & the longest waiting list of any OYB.

Awards

- Cycle Tourist of the Year** Colin Prior
- Ride of the Year** "To the Pines & Return" led by Reg Tugwell (Sunday, September 6)
- Newsletter Article of the Year** "Hobo Cycle Tourist of the Century" by Mike Norman (May/June newsletter No. 194)

Election of Office Bearers

- See page 2 of the newsletter for an up-to-date listing of elected committee members.

Other Business

- Minor changes to CTA constitution (as detailed in the last issue of the chainletter) were voted upon and accepted.
- Ride leaders for Bikeweek 2008 were requestd, and volunteers stepped up.
- Bumper Sticker slogan voted on: Bumper Sticker Logo: "Cycling—it's the journey, not the destination"
- Suggestion to redesign the club jersey was discussed, but decided against.
- CTA to establish a fund to subsidise 1st aid training for members who are interested.
- OYB 2008 preview—Tour leader Kleber
- National Parks Full Pannier Tour 2008 previewed—Tour leader Kleber

- Suggestion to add CTA cap/head covering was discussed. Deb to pursue costing and designs for committee decision.

See the article on pg 13 for a full description of the CTA's Achievement Ride series. Congratulations to the following club members for their achievements:

Merit

Kleber Claux
Brad Cleary
Lisa Cleary
Devo
Noel Eddington
Robert Ghilarducci
Bob King
David Lewis
Paul Loring
Bruce MacPherson
Deb Palacios
Bruce Robinson
Chris (Jugs) Rowley
Jeremy Savage
Rowena Scott
Irenie Shaw
Gerard Ten Bokkel
David Van Zyl
Ann Wilson

Challenge

Michael Antonio
Dennis French
Grant Gregory



Liz Marshall (pictured left)
Richard Marshall (pictured right)
Colin Prior

(There were no Super Achievers in 2007.)

Mentioned In Dispatches (MID)



Erica, showing the boys how to tie knots in jelly snakes with her tongue!

Erica's PB **was** 82km on the March long weekend, but it has since been topped by her 97km ride from Collie to Williams during OYB in October. (And that 97km ride was actually 103 by the time you rode into town to pick up your lunch). She also led her first CTA ride on November 11, "Swanning up the Swan".

Ride leaders are the life blood of the CTA. A big well done, and congratulations to all our first time ride leaders since the last issue: Erica Lark, Roy Messom, Mike Antonio, and Mal Harrison. Please note, the Rides Coordinator is still looking for volunteers to fill our upcoming calendar. If you fancy your photo in MID and want to try ride leading, or if you've led before but have time to do another, please contact Colin asap and let him know when you're available!



Mal Harrison, first time ride leader November 25th, "Mal's Melting Moments"



Roy Messom, first time CTA ride leader on December 16th, "Gosnells Gander"

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

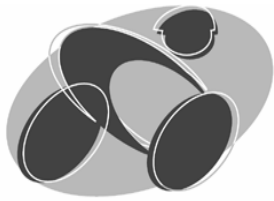
1. Email, to cycling@dpi.wa.gov.au, with 'HAZARD REPORT' in the subject line, and a good description of the location and the hazard. Please copy the BTA at BTA_WA@hotmail.com.
2. Electronic Hazard Report Form found on the bikewest website at www.dpi.wa.gov.au/cycling/hazard.html.
3. Postcard. Free postcards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

Remember, you can now report glass on roads as a hazard!!!



Mike Antonio, first time ride leader November 4th, "Byford & Back"

Bikewest



cycle instead



Department for Planning and Infrastructure
Government of Western Australia

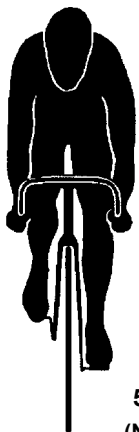
www.dpi.wa.gov.au/cycling

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

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 7:40—8:00am

SBS (TV)
Sundays 11:30am—12:00noon

FOR SALE

Spin / Exercise bike

Near new, seldom used. Fully adjustable handlebar / seat positions. Magnetic flywheel resistance adjustment. \$800 or near offer.

Contact: Kleber Claux 9354 7877

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 **four** weeks before the AGM (so turn them in before Oct 27, 2007).

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.

MEMBERSHIP DETAILS:

CTA membership is from January 1 to December 31. Fees are due no later than Feb 1st each year. After June, 30, part-year memberships apply (to new members only) and the fees listed below should be halved. Membership forms can be downloaded from our website.

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

Please send your cheque and form to the Cycle Touring Association, PO Box 174, Wembley WA 6913.

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

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

Current sizes in stock are listed below. Reorders have been placed for OYB, and some already received. We are keeping stock levels quite low, so don't miss out—if you need a size that isn't shown below, call Deb right away!



Short sleeved Coolmax tops in yellow with red stripes are \$95 each. Sizes currently in stock: mens S-XXXL, ladies size 10-16

LONG sleeved Coolmax tops in yellow with red stripes are \$110 each. Sizes currently in stock: mens L-XXXL, ladies 10-16.

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 currently have 115 prs in stock!

"Take A Look" Mirrors (rear-vision mirrors that attach to your glasses), with or without helmet adaptors, \$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. Sizes in stock: short sleeve size 16-22, long sleeve size 12, 16-20.

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

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

