

THE CHAIN LETTER

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

January/ February 2009

Issue 204

PRESIDENT'S REPORT

Another year with the CTA has passed. This year was dominated by Kleber's "National Parks Full Pannier Tour" and On Your Bikes 20th anniversary "Celebrate 20 in 8". Noel Edgington has started up the "Sustainable Tours" concept of providing a minimally supported tour early in the year. The first one is going to be "Making Tracks" from May 2nd to 9th 2009.

So what made this year successful? The success was due to the hard work of its members! I'd like to thank everyone who led 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 club's activities. There are going to be a number of changes this year. Jude, Noel and Gerry are stepping down from the committee. I'd like to thank Noel for his great work as Social Organiser and his many years on the committee. Jude has likewise been on the committee for several years and has done a fantastic job as Secretary. Gerry has been on committee for at least 2

years and has made valuable contributions to the committee discussions and assistance with organising events. Welcome to the new committee members Mark Ewing, Nola Cray and Stephen White. As Deb is taking on the job of Secretary her previous roles of Editor and Clothing shall be passed on to others.

Congratulations to our award recipients; Deb Palacios and Allan Duff as joint recipients of "Cycle Tourist of the Year", Jeremy Savage for his "Ride of the Year" and John Bell for his "Article of the Year". Congratulations also go to the "Achievement Series" award recipients.

Nobody guessed last month's photo item. Most people saw that it was a hub but not what it did. My uncle described it as: "a quick-release, multi-gear hub made in Italy by 'E. PALADINI' sometime before 1950" [when my uncle used it in English time trials]. It allows the rear wheel to be removed and replaced without the, chain, block or gear change mechanism or their settings, being disturbed in any way. To change a wheel it is only necessary to, undo and withdraw the Q.R. Spindle, then apply a sharp clout in

the right place with a clenched hand, which ejects the wheel. Replacement is not quite as simple, but a little practice helps.

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

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THE RIDE WITH A DIFFERENCE March 20-28, 2010

The dates are set. Saturday to Sunday, March 20-28, 2010.

The venue is booked. The four and a half star Mandalay Holiday Resort and Tourist Park, located right on the beach at Busselton.

The rides are being planned. Follow the cycleway along the waters edge to join onto quiet country roads. Destina-

tions many and varied!

The Difference? No daily packing up! Just set up the tent, caravan or settle into the on-site accommodation. Relax and enjoy!

Numbers will, unfortunately, be restricted. Initial enquiries to Rob Tognela on 0428 543 720 or Joani Hoult—joanihoult@hotmail.com

CTA COMMITTEE

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NEW MEMBERS

For the first time in my 3 year history as editor, we have NO new members for this issue. I am filling this space instead with the quote of the month, from Kleber at the AGM. He first said it in reference to one of the Achievement Rides, but then everyone started saying it: :

**It's not a picnic,
you know.**

"CELEBRATE 20in08 TOUR" SHIRTS

The On Your Bike "Celebrate 20in08 Tour" shirts were a huge success, and we have had requests from some of the participants for additional shirts. Even if you were not on the tour and would like one, and we get a sufficient number of requests it is intended to place an order for them. If you would like to purchase a shirt please contact the Treasurer for details.

HOUSE KEEPING

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



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FAREWELL FROM DEB

This is my last issue as Editor of the Chainletter, and I just wanted to say how much I've enjoyed it.

REPORTING CYCLING

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 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!!!

DEADLINES: Contributions for the next issue (Mar/Apr) should be sent to the Editor no later than Thursday 12 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.

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

ON YOUR BIKE (By Cathy McNaught)

I didn't know how I'd go on this ride,
Taking until day one to decide.
Whether I'd go, I'd find it quite tough,
I wasn't sure if I'd be fit enough.

First thing I noticed was the height of Tom's hair,
I saw it and all I could do was stare.
He claimed he'd grown it for charity,
I wondered how big his helmet would be.

From Dardenup the going was flat,
An easy start, I was glad about that.
We knew the rest would be quite hard,
We drank wine at Busselton, remaining on guard.

Overnight stolen was Rowena's bike,
She thought she'd have to take a hike.
A kindly local lent her one,
She'd now stay on to enjoy the fun.

Day two I suffered a broken spoke,
Gerard helped out, what a kindly bloke.
I thought I was stuffed – what a blow!
But removing the spoke I was ready to go.

I was able to ride the rest of the way,
Right behind me Gerard did stay.
Feeling great we went quite fast,
The trees beside us whizzing past.

The group separated, some took to the dirt,
Each rider hoping they wouldn't get hurt.
Told that it wouldn't be too rough,
Most found that it wasn't that tough.

At Nannup we received a lovely bike top,
Red wine flowed, didn't know when to stop.
Happily heading that night off to bed,
We hoped not to wake with an achy head.

Day three I set off quite slowly to start,
Within five minutes I could feel my heart.
Beating hard though more from fear,
I wished I had that granny gear.

The rolling hills so lovely and green,
The singing birds, heard and some seen.
Then into the forest amongst Karri trees,
Along gravel road and I started to wheez.

Lots of hills we climbed day three,
Tell you what, they nearly killed me!
I'll be very glad to get to camp,
Relieved today that we didn't get damp.

Miles travelled up over steep hills,
Into Pemberton, a town of mills.
What a relief as we reached the park,
We even made it before it got dark.

The snorers' corner, what a racket,

Without earplugs I would have cracked it.
I remembered luckily and slept really well,
We were woken at six by the sawmill bell.

Because I'd zonked early, I woke refreshed,
Looking forward to a day of rest.
With washing to do, our time we did take,
Then wandered to town for coffee and cake.

We headed off later for an afternoon cruise,
It's a shame all I wanted to do was snooze,
I recovered on reaching the river mouth,
Rough seas and dunes there was down south.

Cool winds blew that made us shiver,
Then it was time to head up the river.
A very informative cruise overall.
I think all of us had had a ball.

A commemorative night we had day four,
Many year's riders taking the floor.
20 years service for Kleber,
To become a life member only fair.

Next morn we climbed the Gloucester tree,
Amazed that the height didn't scare me.
With wobbly legs I made my way down,
Then contemplated the hills out of town.

Leaving Pemby I think we were last,
Today there's no hope of me going fast.
A shorter day but not so easy,
The hills were making me feel rather queasy.

Finding the Diamond tree down we sat,
I'm not climbing this one, bugger that!
More big hills in the afternoon,
I hoped we get to Manjimup soon.

Into camp and I know I'm in trouble.
The knee pain of this morning now double.
There's a special name for this ailment you see,
I'm calling this one Gloucester Tree Knee.

No riding for me on the way to Bridgetown,
A break was needed for the knee to calm down.
It really wasn't feeling the best,
I hoped it would recover after a day's rest.

Day seven I was yet again on the bus,
The knee still feeling a little bit suss.
I really wished I was out there riding,
Instead I found my time I was biding.

I was fantastic countryside,
It would have been amazing to ride.
But then I was glad I wasn't out there,
Some of the hills looked hard to bare.

Boyup Brook town looked rather small,
There wasn't much to do at all.

I could see it was going to be a long day,
And not such a quiet place to stay.

To Collie I was ready to get on the horse,
Taking it very easy of course.
What do you know, another spoke broke,
This was getting beyond a joke.

I thought I'd keep going, it seemed okay,
Not wanting to miss another day.
I reckon I was doing a pretty good speed,
We stopped down the road for a massive feed.

Fuelled up for the monstrous hill ahead,
Steeper hills for my knee I did dread.
In the end it wasn't the knee,
A second broken spoke for the day stopped me.

Now my bike was really stuffed,
And even before I'd got too puffed.
Hopefully Dave could fix it up,
So I could ride to Dardanup.

Last day, bike fixed, thank goodness for Dave,
Now I was hoping my bike would behave.
A big day today with a mighty big hill,

Just the thought of it made me feel ill.

Last to leave camp once again,
The knee was causing a bit of pain.
An easy start as I'd no energy,
Not wanting to put pressure on the knee.

After a while the hill loomed ahead,
I suddenly wished I was back in bed.
Two minutes in and I was off the bike,
Even walking my knee didn't like.

Riding and walking I reached the peak,
Below was the view we'd hoped to seek.
Then the massive downhill was great,
We reached the bottom running quite late.

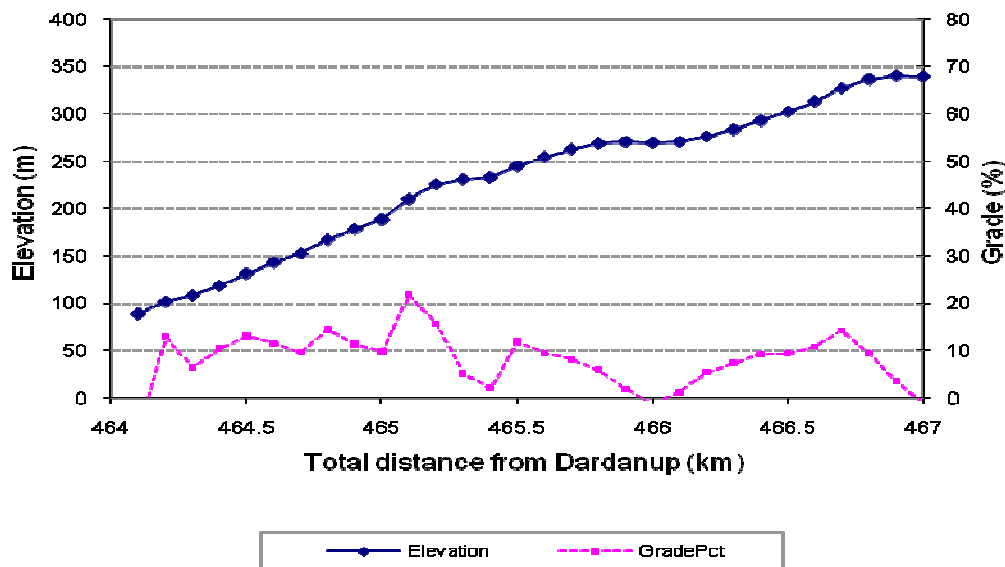
Quick goodbyes and we boarded the bus,
Not enough time for much of a fuss.
The ride was now over and I was rather sad.
Now time to reflect on the great time we'd had.

What a tour, a really great run,
The first in WA that I've done.
Bicycle touring is what I like,
So all I can say is get on your bike.

RIVER ROAD REVISITED

For those who like to have pictures of places they visit on their vacation, here is a picture of River Road, the notorious climb on the final day of On Your Bike 2008

The average grade from bottom to top is 10%, but that only tells half the story.



The solid (blue) line shows the road profile as the elevation and distance, using the left-hand axis.

The dashed (pink) line is the grade of the road for the previous 100m, using the right-hand axis.

The climb is steep from the turn (464.2 km), with the grade ranging from 7 % to 14, with the steepest section at 461.1 km reaching a grade of 22%, then 16% before flattening briefly before the final rise reaches a grade of 14%.

Congratulations to those to reached the summit.

~Rob

2008 ON YOUR BIKE POEM (By Deb Palacios)

'Twas the night before Dardenup, not a rhyme in my head
Colin almost convinced me to use an old one instead.
But that wasn't right, it rubbed me the wrong way.
I guess I'll just wait for inspiration the first day.

Colin usually navigates, so the route I didn't prepare.
Turned to Tim in the car..."Dardenup—can you get us there?"
"Just head south to Bunbury, I'm sure we'll see signs.
Don't worry, we'll find it, we've got plenty of time."

Our luck we met up with Margaret and Anne
Followed them to the start, cause they had a plan.
Otherwise we'd be texting for help too,
Like Rowena at Bunbury, who hadn't a clue.

Hey Tom, when's the last time you looked in the mirror?
We need to book you in with a shearer!
Looked like something out of That 70's show
With a 'do' that was fast approaching a 'Fro.

It's fun on the first day, when you make the rounds.
"Like your new hair, he's lost a few pounds."
But the biggest loser I swear, one third her body weight.
Is OYB Committee member, Miss Karen Date!

Dale talks with his hands, they tell a good story.
But things get in the way, which can be a worry.
Ice water in Bussleton, Milo at tea.
I'm happy to listen, just don't sit near me.

Boys with their toys, it's such a big deal.
Have you hear Colin go ON about his new wheels?
"Carbon fibre, hollow spokes", he drooled with a sigh.
One more word about Rsis and I'll kiss yours goodbye!

The ride booklet was informative, the photos were quaint.
I hesitate to mention, we've one small complaint.
The trip maps were so small, they seemed to be hiding.
Hard enough to read stopped, let alone while riding!

For Ken OYB is a mammoth event.
Riding, and drinking, and sleeping in tents!
Nothing will interrupt it, he's really keen.
Not even his hip replacement, scheduled for Oct 14.

The first hill to Nannup, didn't register on the Colin Pearce scale.
As I was downshifting, right past me he sailed.
There's no substitute for experience up in the hills
Youth or testosterone, are no match for skill.

3 RPM's per week, that's how I trained for this ride.
And did I ever feel it, on my backside.
The necessary butt miles, I didn't put in.
Even double padded bike shorts, felt really thin.

Bruce pulled me aside, for a quiet mention.
Your husband has broken the Geneva convention
Yes, I agree, he's by no means a saint.
And the gas that he passes, has been known to strip paint.

Coming into Nannup, Irenie slid on her side.
The only real wound, the one to her pride.
My thoughts on why her bike went to town?
There's not enough of Irenie to hold a bike down!

Whether from lack of instruction, or selective hearing
Back to Busselton she headed, lost her bearing.
Met the last rider, who gave her a shout.
"OY, Wrong way Jennie! Turn about!"

Silic 15 is an anti-chafe cream
Comes in a tube, works like a dream
Looks just like toothpaste, Mal, what a boob.
After Day 1, his gums were well-lubed.

It's not an old wife's tail, it happens, you hear.
When they're not locked up, bikes do disappear.
Rowena, on day 2, was an unwilling donor,
She's still on the tour, but riding a loaner.

Bruce, working part-time as a National Park Ranger?
Directing the off-roaders, warning them of danger.
About wildflowers though, no need to be uptight
Tony & Hooky were just trying to stay upright.

At Nannup the barman was almost a No-show.
The cyclists were dry, and spirits were low.
Mark & Roy volunteered "We'll do it they said"
No bike maintenance class, they did a booze run instead.

Mechanics are dear, there's no doubt about that.
Their schedules are busy, their wallets are fat.
But Dave, your pricing must be exceptionally bold,
Because we're told that your tentpegs are gold.

Bruce, green dot, tour virgin, here's some advice
Travelling light is a nice thought, but it has it's price.
About tents, their pieces usually come as a SET.
When you leave bits at home, you're liable to get WET.

Cathy rode 22k minus one spoke.
But after Dave got her bike, that's not all that was broke.
He found so many things faulty, or sub par
It's amazing she managed to make it this far!

Lynn was excited to get a free cap
"Throw it here, throw it here." She chimed with a clap!
It flew through the air at quite a fast clip,
Hit her head on, and split open her lip.

The committee, this year, ordered their jerseys direct.
Their instructions were explicit, to get your size correct.
NEXT year, those instructions, Gary will be chasing.
Because this year he got a lycra sausage casing.

Have you noticed each year, the tour gets a bit greyer?
And each year we lose a few, for Keith Forden say a prayer.
But come on, let's face it, when push comes to shove
The best life is one spent doing what you love.

Kleber was distracted at day 3 morning tea.
Ken presented himself at check in "Remember me?"
Now we all know Kleber is an old timer
But forgetting Ken that fast? That's Alzheimers.

At Pemberton, Peter was head of the cue
Waiting for a clean soup bowl, it's true
I saw you with those 8 pieces of bread
Wasted no time stuffing them down your head.

John and Jennifer, thanks for sharing your platter.
And chatting about all sorts of things that matter.
The gospel that we all need to teach.
Eat less, move more, no go forth and preach!

Day 3 was sunny, do you know why?
You have me to thank for those blue skies.
On days 1 and 2 Tim wore only his polo.
On Day 3 I said "Pack your raingear, or you're riding solo."

On quiz night Simon, your Ipod, just bring it.
For Christ's sake, don't let Colin sing it.
At the night's end, there were no if's, ands or buts.
Table 1's Miss smartypants was Miss Sara Cutts.

Bev was adamant, that bra ISN'T mine
I don't wear a 12B, and I won't pay the fine.
It was Cheryl who stole it, and turned it in.
And who ended up paying, to her chagrin.

Max and Sara lunching...heads close together.
Probably discussing patients, certainly not the weather.
We'd like to think them un-corruptible
But those lunches might end up tax-deductible.

On the tram tour we tried to lose people all day.
We were late getting started, thanks to Maxine and Kay.
And then later on, farther down the track.
Max and Stu both, almost had to walk back.

Most use detergent, some add softeners and such.
But one of our cyclists, has his own special touch.
When Pete does his laundry, he doesn't read tags
He likes that tannin smell, so he adds tea bags!

A dentist's karma, has got to be bad.
The pain that you cause, it must drive you mad.
Tortured souls, into your dreams each night do creep
Geoffrey, is that why you yell in your sleep?

On Hatter's night we saw some interesting creations.
Flora, Fauna, streamers, so many variations.
For me one stood out as particularly dapper
That would be Nev, with his head in the crapper.

We heard about the OYB's held 20 years
And each of the ride leaders got a big cheer.
Kleber was voted an OYB member for life
Now maybe he'll spend more time with his wife!

Conversations out of context, can be SO bizarre
My imagination goes haywire, my psyche is scarred.
I heard Maria say "How long is your zip?" to Doug

"I guess as long as it needs to be." He shrugged.

Nine days in confined quarters: couples in tents.
Angus & Barbara use their bags as a fence.
"It's to avoid condensation." She did protest.
I'm staying out of it, you know what works best.

Erica and Mark partway climbed the diamond tree
It was a lovely day, and a photo opportunity.
When they both faced front, her nose was just there.
But then Mark turned around, and oh-oh—Beware!

Jeff Crow can I make just a wee suggestion?
It's really for your own protection.
If you insist on wearing that shirt that's hot pink.
Don't stop off in the country pubs to drink.

Roy left Pemberton all in a pout.
At the fully stocked fish farm, he caught ZERO trout.
But at the pub in Manjimup his day was complete.
He claims the waitress offered to lick his meat.

Mark handed me a note, dirt to include I supposed
Turns out it was THREE verses fully composed.
So the next three verses are from Mark's dome
But next year, Buddy, do your own poem.

Now Gwyn had left behind her special cycling mac.
Thinking she could rely on her trusty blue anorak.
But when it rained on that 2nd day, she was well out of luck.
Her anorak was packed with the baggage in the truck.

Colin Prior's dream ride began to unravel
When he spied straight ahead a road section of gravel.
Decisions, decisions, should he dismount and hobble?
But no, he rode on, slowly with many a wobble.

Kay Schneider for the trip had bought a new tent
All that way from American she'd had it especially sent
But this tent was never seen on any camp site
She'd rented a cabin for each and every night.

If you say you're a vego you must eat with your kind
No cueing up first, and then changing your mind.
If I see you in town with a burger that's rare
You'd best not claim vego, No don't you dare.

They've been together for all of 10 years.
And on the tandem, they're like well-oiled gears.
But in the tent it's a different dance.
Who steals the bag liner? That would be Lance.

At Bridgetown we were already cheek to cheek
Then Stan got bumped and we all moved 2 seats.
All because ANN said "I've got to sit HERE."
With Tony beside me, is that quite CLEAR?"

Brian, are you sure you have the right tent?
It looks just like Lauries, he might take offense.
Deny it you might, but you've no credibility
Looks like you had a case of mistaken i-tentivity.

Lift out Rides Calendar Page for January / February 2009

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.

LATE BREAKING NEWS: Our Rides Coordinator, Jeremy, has been called to Broome for work, **INDEFINITELY**, from 4 Jan. All the rides he was to have led are now marked **TBA**. Please contact Colin on 0544 812 533 if you can lend a hand. And call or check the website **THE DAY BEFORE**, as details may change!!!

Sunday December 28

Burn Off Some Christmas Turkey

50kms, Leisurely-moderate. Meet at the Stirling RS at 8:30am for an 8:45 am start. We can head from Stirling north along the Freeway DUP, and then when we feel the urge we can head for the coast for a drink and a swim. If we are brave enough, and once we have cooled down and dried off, we will head back to Stirling, or a Pub somewhere (maybe Fremantle!)

Leader: Jeremy 9493 2237, 0412 886 612

WEDNESDAY December 31

New Years Eve Fireworks Ride

20km, Social. Meet us at Kings Park Café at 2200 (10:00pm) for our traditional but very unusual way of celebrating the New Years Eve. We'll sit down for nibbles at 2200 then head off at about 2245 for a very easy roll around the river to ensure we are down by the water front in time for the fireworks and welcome in the New Year. Just don't forget to bring your lights!

Leaders: Colin & 0433 512 833
Deb 9418 1571, 0421 697 453

Sunday January 4

We Have More Sense than Hills!

50kms Moderate. Meet at Kelmscott Rail Station at 08:45 for a 9:00 start. We'll head towards Byford along the Tonkin Highway DUP, and then some nice and quiet back roads for a quiet coffee and cake, before we head back to Kelmscott.

Leader: Jeremy 9493 2237, 0412 886 612

Friday to Monday, January 2-5 Albany Weekend

Take some extra time off after Christmas/New Year and join us in Albany for a 4 day cycling getaway. Includes a Winery Wander on Friday (up to 50kms), a Hilltop Heritage Ride (30kms) on Saturday morning, a Very Bailey Progressive Dinner (35km) on Saturday night, and a Torndirrup Sight Seeing Ride (up to 70kms) on Sunday.

Accommodation is in chalets, each with 2 bedrooms (1 dbl bed+4 sngl bunks). Cost is approx. \$35-40/person/night (based on 5-6 people/chalet). The Progressive Dinner incurs an additional cost of \$30/person. Bookings essential as numbers are strictly limited.

Organiser: Terry 9472 9887

Sunday January 11

Ride Around Jackadder Lake

42 km, moderate., some hills. This ride should help work off the Christmas pudding! Meeting at the Loftus centre (corner of Loftus and Vincent St's, Leederville) at 8:00 for 8:15 start. We cycle through Subiaco, detouring to any hills we can find, towards a lake in Woodlands, before returning and finding a cafe for brunch.

Leader: Sarah 9443 8095

Wednesday January 14

This IS a picnic you know, part 1

20km, Leisurely. Meet at the car park to the south west of the Narrows' bridge at 6:30pm for a short and social ride around King's Park, then onto a dinner stop where we can enjoy some fantastic views of our city and the Swan River. This is a perfect

way to introduce friends and family to the club and to group rides, so bring your friends, lights and appetites.

Leader: TBA—see note above.

Sunday January 18

Mike's Morning of Madness!

60kms, Moderate. Meet at the Wellard RS at 8:45 for a 9:00 start. Join our southern suburbs specialist for a blast along the coast, stopping at a beach side location for the usual CTA brunch.

Leader: Mike 0414 514 073

Wednesday January 21

Mid Week Evening Ride

If you feel like a ride somewhere, meet at the Narrows Bridge car park (on the South Western side) for 6:00pm, tonight and every "other" Wednesday for a bit of a spin somewhere, let's make it up on day. This is a perfect way to introduce friends and family to the club and to group rides, so bring your friends, lights and appetites. These will be Leaderless rides, but for any questions, call TBA: see note above.

Saturday-Sunday January 24 & 25 A Beer By the Beach at Club Capri-corn!

120km (give or take a bit!), Moderate. Meet at the Swan Bells at 09:40 for a 10:00 start. The first CTA weekend away for the year and you can choose how far you ride.

Day 1. Decide where you want to meet the group, either at the Swan Bell tower at the advertised time, or along the way some-

where. **Please**, let the ride leader know before hand. We then head north along the Freeway shared Path stopping along the way to pick up other riders, and of course food and coffee somewhere too! Once we reach Yanchep I would expect to hear the calling of the beach, and then you can relax with a cool ale or a glass of red, over looking the Indian Ocean.

Day 2. After breakfast we can head off in our own time, depending on how we feel on the day, remembering it may be a little warm! The way home can be made up as people see fit, as the trains will be running from Clarkson. Coffee in Fremantle may take our fancy, and we will all still be home to see the fireworks!

Non-cycling partners and family are not only welcome *but encouraged*. All accommodation and Saturday night dinner will be BYO, meaning Book Your Own! Different accommodation options are available. Numbers are limited so get in quick!

Organiser: TBA—see note on page 7.

Wednesday January 28 Mystery Evening Ride

Meet at Charles Paterson Park (Burswood) at 6:30pm for a leisurely ride to a mystery location for some dinner and a good giggle. This is a perfect way to introduce friends and family to the club and to group rides, so bring your friends, lights and appetites.

Leader: Brian Smith 9276 5884

Sunday February 1 Koffee @ Kala or Liz's Lung Buster (round 2!)

60km, Moderate. Meet at the Gosnells train station, 0850 for a 0900 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 February 4 Mid Week Evening Ride

See description for January 21

These will be Leaderless rides, but for any questions, call Colin 9418 1571

Saturday February 7 Full Moon Night Mountain Bike Ride!

35kms, Moderate MTB pace! Meet at the

Midland Railway Station at 6:30 (pm) for a 7:00 start (yes, still pm!) Haven't had your MTB fix recently because it has been too hot? Ride at night instead! Bring your earth scorching lights and plenty of nerve for a trip around the Heritage Trail. Pace Moderate, Hilly (This will be a combined ride with AOA) Please note: Lights are a must for this ride!

Leader: Sarah 9443 8095

Sunday February 8 To the Beach and Back!

70kms (ish, depending on the weather), Moderate to Brisk. Meet at Charles Paterson Park (Burswood) at 9:00 am for a nice ride to Fremantle along some of the best river views and some of the nicest beaches anywhere. We will be stopping at Fremantle for an energy top up before heading back to the start point and maybe some ice cream at one of Victoria Parks funkiest little shops!

Leader: TBA—see note on page 7.

Wednesday February 11 Midweek Evening Ride

Meet at Fraser's Restaurant at 6:30 for a light ride around Kings Park and the surrounding area,. This is a perfect way to introduce friends and family to the club and to group rides, so bring your friends, lights and appetites.

Leader: TBA—see note on page 7

Sunday February 15 Northern 'burbs Lakes & Bushland Eco Ride

40km, Leisurely. 8.00am start at Loftus Community Centre. Today we are heading north visiting Lake Gwelup and the Bushland environs. Please bring your binoculars as I'll bring mine and my bird books. Brunch will be somewhere (so bring loose change, it helps).

Leader: Stan 9345 3552

Wednesday February 18 Midweek Evening Ride

If you feel like a ride somewhere, meet at the Narrows Bridge car park (on the South Western side) for 7:00pm, tonight (YES I DO MEAN 7:00pm!) for a bit of a spin somewhere, lets make it up on day. This is a perfect way to introduce friends and family to the club and to group rides, so bring your friends, lights and appetites.

This will be a Leaderless ride, but for any questions, see note on page 7

Sunday February 22 50km Achievement Ride (I thought I might swap it around for once!)

50km, Moderate, 9:00am for a 9:30am sharp start. Meet at the corner of Soldiers Road and Mead Street in Byford for registration and map/ride description. This is your second chance at achieving the 50km. The time limit of 3 hours 20mins (average 15km/h) should ensure that everyone has a chance of completing the distance. **Participants MUST BOOK at least one week prior to the ride and there is a \$10 fee for non-members.**

Organiser: Colin 9418 1571

Sunday March 8 100 km Achievement Ride

100km, Moderate. 8:30am for a 9:00am sharp start. Meet at Armadale Railway Station for registration and map/ride description. A pretty, but demanding ride going up Bedforddale Hill, past Glen Eagle, then onto Jarrahdale and Serpentine Dam before returning. The time limit is 6 hours 40mins (average 15km/h). **Participants MUST BOOK at least two weeks prior to the ride and there is a \$10 fee for non-members.**

Organiser: Colin 9418 1571

Saturday March 14 Century Challenge Achievement Ride 1

100 miles, (160km), Hard, 7:30am for an 8:00am sharp start. Meet at the Lakes BP Service Station on Great Eastern Highway for registration and map/ride description. The scenic course includes Wooroloo, Avon Valley, Northam and York. The time limit is 10 hours 40mins. **Anyone planning on doing this ride must register with Colin at least one week before.** Note there is a \$10 fee for non-members.

Organiser: Colin 9418 1571

PLAN AHEAD

Saturday-Monday March 28– April 2 A Little Bit or a Lot!

If Jeremy is back, join him in Bunbury for the Labour Day Long weekend.. Rides of differing lengths have been planned for both mornings and afternoons, ride when and how far you want. If the cafés and shopping are more your pace then just ride to the shops! More details regarding accommodation options and meeting times and places will be available soon. Organiser: TBA—see note on pg 7.

Saturday-Sunday May 2—9 Sustainable Cycle Tours presents "Making Tracks"

See Registration form in this issue for details.

Organiser: Noel Eddington 9378 3687

OYB 2008 poem by Deb, cont'd from page 6

"I'm distraught," said Hooky, "I've lost my phone."
 "Tony, you call it, so I can follow the tone."
 "It's ringing, I've got it, it's close by, oh it's...
 In my back pocket, I feel like a ditz."

Ron, Ron the porridge king is passing on his crown.
 After almost 10 years, he's stepping down.
 The 09 porridge will have a different flavour.
 It will be Nola's cooking that you will savour.

If I pitch my tent next to the loo,
 I find I sleep the whole night through.
 Camping far I've learned is never wise,
 My bladder seems to shrink in size.

I must be getting stronger, I passed Liz it's true.
 Oh, Richard just told me she has the flue.
 Stan and Barbera too, but on they did chug.
 As did all the others laid low by the bug.

The husband will say "The seat goes this way"
 "It hurts," says the wife, "Doesn't matter, there it stays."
 Ladies, if it doesn't feel right, don't be absurd,
 Get your bike fit by Mark, because he's superb.

At the antique museum for tea we stopped.
 Where Maria was a bull in a china shop
 Exhuberance is often one of her crimes,
 Keep your hands inside the vehicle please, at all times.

Max the good doctor, told us a tall tale.
 Of shocks given to those who were feeling a bit frail.
 A medical treatment it was—S'truth!
 Well Max, I'm ready, turn on the juice.

If your wheel seizes and you must stop on a hill.
 Get your bum off the road, Graham, you dill.
 If I'd been a car, and going much faster.
 Across the tarmac you would have been plastered.

You know Colin Pearce is largely bionic.
 But the human bits festered, the situation chronic.
 In hospital 3 nights, with a drip, drip, drip
 Enough antibiotics the infection to whip.

Cut down on your coke, Gerry's Dr dictated.
 But when he did, problems were created.
 "If I'm not drinking Coke, then I don't drink enough."
 "And the accompanying kidney stones were pretty tough."

Like a lamb to the slaughter, to the chair Tom they took.
 All the punters closed in, each wanting a look.
 I can't say he looked better when the deed was done.
 One thing I can say: "Bowls, anyone?"

Will you write another Deb, in 2009?
 I might be persuaded, if you buy the wine.
 There's more where these came from, it's an ongoing serial
 As long as you keep providing material

FOR SALE

Thermarests (2)

(1) Fast and light series. Prolite 4 compact, self inflating mattress and matching stuff sack (orange). Regular size (3.8 x 51 x 183). 680g. Brand new, in original packaging & unopened. RRP for \$229.95. Asking \$160

(2) Standard 3/4. Green. Older model. Excellent condition. Asking price \$35

Contact: Karen 9228 3838 (H)

Saddles

All in excellent condition - only test ridden):

| | |
|---------------------------------------|------|
| Fi ' zi : k Aliante Sport | \$75 |
| SDG Bel Air RL | \$55 |
| Giant CRX anatomic gel with cut out - | \$35 |

Pannier racks

(2) rear, good cond - \$20 ea

(2) front, near new - \$35 ea

Contact: Brad or Lisa 9377 5891 (H) or 0411 359 416

Spin / Exercise bike

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

Contact: Kleber 9354 7877

2 person Macpac tent.

2 vestibules/entries, ground sheet VGC discounted to \$250 (\$750 new)

Contact: Lance 0409 905 995

LETTER FROM CTA'S MAX TO THE (COLLIE) EDITOR Published 5/11/08

I have been in Collie 3 times this year. Hence the letter.

The Editor Collie mail,

Collie has long been known as a hospitable cycling town. But this does not apply to most of the testosterone affected young drivers of timber trucks and articulated lorries. They are potential killers who are clearly unaware of the mountain of paperwork they would have to complete if they harmed a cyclist. They should take lessons from the road train drivers on the Great Eastern Highway who give cyclists the courtesy of an approaching toot and a wide berth.

~Max

ACHIEVEMENT RIDES, INVITATION FOR COMMENT

At the AGM, there was some discussion about the current Achievement Ride Series, and whether or not the club should add an additional "level". See page 13 for descriptions of current levels. Some members felt that the gap from Merit (3 rides) to Challenge (5 rides) was too daunting (mostly because of the 10,000 in 8), but they would welcome an award between the two to motivate them to push to that next level.

I suggested a Merit Plus series, adding a 4th ride to the existing Merit series.

Suggestions for the 4th ride to add included the Century (160km), the 10,000 in 8, or a "100km, 2 days in a

row" ride.

Adding either the Century or the 10,000 in 8 would mean we wouldn't have to add any new rides (or support) to our calendar, as we already run both of these in our existing series.

Rowena suggested adding a "100km, 2 days in a row, ride". Weekend tours already on the calendar could be adapted to include 100km routes on each of the days.

As background, let us state that the current CTA Achievement Ride Series was adapted from Audax, and was originally intended as a training series for touring. If someone can ride a

200km Achievement Ride, then they can probably equate that to 100km on a loaded touring bike. Likewise, 300km can be equated to 150km fully loaded. Rides beyond 300km were considered not applicable for our purposes.

The committee felt this discussion merited more member input, so that's what we're asking for now. What do you think? Would having a Merit Plus level motivate you? Do you have any other suggestions about the Achievement Ride Series? Send your responses Attn the VP, at info@ctawa.asn.au

WE'VE COME A LONG WAY BABY

Advert from 10 July 1935 ~submitted by David

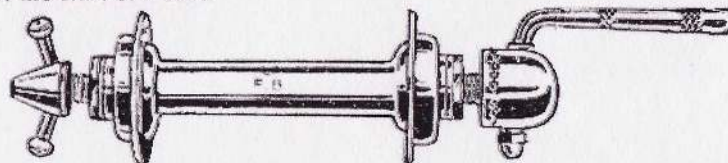
SOMETHING REALLY NEW!

AUTOMATIC QUICK RELEASE HUBS "CAMPAGNOLO" PATENT.

DESCRIPTION. The automatic spindles "Campagnolo" have been patented by the well-known ex-racer Campagnolo and are built by us in conjunction with our famous "Ambra Superga" extra light (11½ oz. per pair) Hubs with the best material and most accurate workmanship. They are an ingenious solution of the important problem for the racing man to quickly dismount and refit the wheel in a race for the purpose of changing a tyre, as well as for the correct centring of the wheels to the frame.

The automatic spindles "Campagnolo" are based on the principle of fastening by means of eccentric; they dispense with wing nuts AND ALLOW THE IMMEDIATE RELEASE OF THE WHEELS BY HALF A TURN OF THE SMALL HANDLE which, operating on the eccentric, opens the two hub spaces to the slotted fork. By turning the handle in a contrary direction the wheel is immediately fitted and fastened in place between the two attachments, parallel, the hub spindle being equally locked from both sides, THE "GRIP" OBTAINED IS AT LEAST FIVE TIMES AS GREAT AS THE USUAL WING NUTS tightened by hand, thus obviating the wheel pulling over, so often occurring at the start of a race.

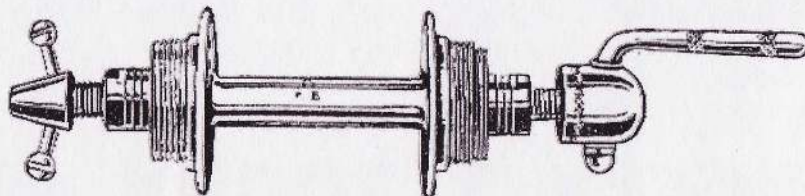
Fig. No. 1
Front Hub fitted
"Campagnolo" Spindle.



PRICE
Front Hub, complete
16/-

Used by the WINNING French Team at DONINGTON PARK

Fig. No. 2
Rear Hub fitted
"Campagnolo" Spindle.



PRICE
Rear Hub, complete
21/-

PRICE
36/-
PER PAIR.

FITTING AND USE. The "Campagnolo" spindles are fitted without any special device. The domed nut bevel on the opposite side of the eccentric is for the purpose of adjusting the attachments in accordance with the thickness of the forks. Once the adjustment is made the domed nut is locked to the spindle by means of the two opposite small bolts which screw into same. It is only necessary to be certain the two rear forks run parallel.

A postcard brings full particulars and Catalogue.

TABUCCHI TYRE CO., LTD., Church Avenue, East Sheen, London, S.W.14. Telephone: Prospect 4179

CTA AGM RECAP

Saturday, December 6th, 10:00am
Loftus Community Centre

The CTA AGM attendance was a little low this year, but we got the job(s) done, and a good time was had by all. The AGM minutes will be posted on our website as soon as the outgoing secretary has completed them, and they've made the rounds of the new committee for any editing.

The AGM began, as usual, with reports from the various committee members (President, Treasurer, Social Events, Safety, Achievement Rides, Newsletter, Clothing), and then the OYB subcommittee report. Details of these will be in the minutes (see above). Then the fun began, the awarding of prizes. See separate pho-

tos and inserts for each, in this issue.

Stepping down from the committee this year are Jude Comfort, Gerry Ten-Bokkel and Noel Eddington. We thank them for their contributions, and look forward to riding with them again soon.

Brand new to the committee this year are Nola Cray, Mark Ewing and Stephen White—Welcome!. If you don't know who they are, see their photos in this issue as well.

Your Cycle Touring Association Committee members for 2008-2009 are.....drum roll please:

President:

Vice President:

Treasurer:

Secretary:

Safety:

Clothing:

Rides Coord:

Add'l members:

Tom Hallam

Colin Prior

Ann Wilson

Deb Palacios

Bruce Robinson

Stephen White

Jeremy Savage

Roy Messom

Mark Ewing

Nola Cray

We're waiting for our next committee meeting to discuss who will be coordinating the Social Events, and right now it looks like the Newsletter may be shared by 2 club members, not on the committee. Look for the next issue of the Chainletter to find out!

RIDE OF THE YEAR:

The Muresk Weekend, planned by Jeremy Savage, pictured below:



NEWSLETTER ARTICLE OF THE YEAR:

John Bell for his Kep Track story in the March/April edition of the newsletter.



IT'S A TIE FOR CYCLE TOURIST OF THE YEAR

This has only happened once before in the history of the award. The Trophy will be shared by Allan Duff and Deb Palacios, both pictured below



NEW COMMITTEE MEMBERS

Nola & are Mark pictured below. Stephen will have to be in the next issue as I don't have a photo yet!



Above is Nola, looking quite relaxed indeed in her tent at OYB 2008. Keep in mind this is pre-election to committee.

On the next page is Mark, looking pensive at OYB 2007. This is where he MET his partner, Erica. Could he have been plotting even then?

OYB 2009 WHEELS, WHEATBELT & WILDFLOWERS

At Manjimup (on Day 5 of this year's OYB), Colin Prior (next year's Tour Leader) announced the route for **OYB 2009, Wheels, Wheatbelt & Wildflowers**. The tour will start and finish in Guilderton, 90kms north of Perth. Nights will be spent (in this order) in Gingin, New Norcia, Wongan Hills, Goomaling, Northam (+rest day), Tooday, and then Gingin again, before returning to Guilderton.

The tour this year will be limited to 115 people, as catering in New Norcia cannot accommodate any more. We'll be staying at the New Norcia Monastery. The camping area there is very small, but there are 30 bed (twins, triples and quads) available. We started a sign up sheet for these at this year's OYB, but obviously nothing is guaranteed until the actual OYB registration forms begin coming in (first come, first served). If you want your name on the list for a possible bunk, contact Colin.

Registration forms will be sent out in March/April 2009. Participants will have the option of receiving their Tour Booklet either electronically, or via hardcopy.

OYB 2009 will ONLY be open to CTA members. To clarify—if you are a couple, and both are planning to attend, BOTH of you must be CTA members BY registration time. See the back page for details on joining.

Bikewest



cycle instead



Department for Planning and Infrastructure
Government of Western Australia

www.dpi.wa.gov.au/cycling

Runner's World

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

| 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 |

Mike Antonio
Colin Prior
Mark Elliott
Mark Ewing
Roy Messom
Perry Raisin
Jeremy Savage

| 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)

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

**Congratulations to you
all!**

MEMBERSHIP DETAILS:

CTA membership is from January 1st to December 31st. New members joining after June 30th may pay the half year membership price (1/2 of the prices shown below. Membership forms can be downloaded from our website www.ctawa.asn.au .

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

Current sizes in stock are listed below. There are no re-orders currently planned for any clothing. Stephen W has taken over the CTA clothing stock from Deb. If you want something, and we don't have your size, please call , him so he can keep a list for the next reorder.



Short sleeved Coolmax tops in yellow with red stripes are \$95 each. Sizes currently in stock: mens S-XXL, 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 53 prs in stock.

"Take A Look" Mirrors

(rear-vision mirrors that attach to your glasses), with or without helmet adaptors, \$20 each. Only 9 left in stock, but we are researching a reorder.

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, 18, 22, long sleeve sizes 10, 12, 16, 18.

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

