

# THE CHAIN LETTER

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

July / August 2009

Issue 207

## PRESIDENT'S REPORT

Thanks to Noel, his committee and all of the people who volunteered their time for making the CTA's 'Sustainable Cycle Tours' – "Making Tracks" tour a fantastic success. The reports I've heard have been great. I'm really looking forward to the increased opportunities to try new tours that this innovation brings. The next tour in this series is the 'The Ride with a Difference' on Saturday 20 to Sunday 28 March, 2010. Now all we need is some ideas for 2011.

This year's OYB 'Wheels, Wheatbelt & Wildflowers' is now open (to club members) and is almost full. If you want to go then please make sure you return your form ASAP to secure a place (or at least join the queue). If you did not get a brochure and form then they are available on

the club website: <http://www.ctawa.asn.au/tours/oyb>.

There have been some comments about the Achievement Rides series this year and how they are all crammed close together at the expense of other rides. This is a result of two things: the new Making Tracks tour and the extra options for the Achievement Rides. The discussion is still ongoing within the committee and I'd welcome your input. Please email me at the club email address [info@ctawa.asn.au](mailto:info@ctawa.asn.au).

Jeremy is trying to keep a steady flow of good rides going. He is doing a great job but needs your help. If you're willing to organise a ride or tour or assist in any way then please contact him. Maybe somebody else has a good idea and they just need a

prod to do it.

There are some great rides coming up such as 'Christmas in July' (18-19 July). It's also good to see people making use of the southern railway to give us some new rides. Keep them coming.

I've been able to put some time into the club's website. I'm evaluating two content management systems (CMS): Joomla and Drupal. These will give us facilities such as online forums and online editing. We'll be implementing member logins so members will be able to post articles, rides etc directly to the website. The exact details are still in flux and will not be all available at once. Of anybody has any web design /

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A rest stop on the Making Tracks Tour: On the rocks - Mike Shields and friends make the most of what nature provides.

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

P.O. Box 174 Wembley 6913  
CTA Email: info@ctawa.asn.au



We welcome the following new members to the Cycle Touring Association.

Lynda Guyton  
John Hector  
Margaret Hector  
John d'Espeissis

David Hyne  
Giselle Hosgood  
Susan Shaylor

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 editor@ctawa.asn.au

REPORTING CYCLING HAZARDS

All riders are encouraged to make a note of hazards observed during their rides (especially on new roads or paths).

BikeWest received notice that as from 1 April 2009 Main Roads WA would no longer have the resources to action queries forwarded from the online Department for Planning & Infrastructure hazard reporting system. BikeWest has updated its online information and made changes to streamline their hazard reporting system. Hazards can be forwarded directly to local governments, Main Roads or to the PTA. They have provided a map to assist with determining which agency to send the report to.

Main Roads will retain its fault reporting link <http://www.mainroads.wa.gov.au/OtherRoads/Pages/ReportProblem.aspx> and its 24hr telephone hazard reporting hotline (138 138).

It is recommended that in addition to reporting hazards to the appropriate local or state government agencies, copies of information should also be sent to Bruce Robinson, [bruce.robinson@westnet.com.au](mailto:bruce.robinson@westnet.com.au) and to the Bicycle Transport Alliance at [BTA\\_WA@hotmail.com](mailto:BTA_WA@hotmail.com)



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4062

Radio & TV:

Keep up with the latest breaking cycle related news, whether your interest is in MTB's, Touring, Time Trials, 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

**DEADLINES:** Contributions for the next issue (July/August) should be sent to the Editors (telephone Erica or email editor@ctawa.asn.au) no later **6 August 2009.**

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



## EASTER AT BOYANUP

By Jude Comfort

Meadowbrook Estate, Boyanup, was the very comfortable base for 25 CTA members to share an Easter cycling get away. Only 2 hours south of Perth and with some great country roads, vineyards, small towns and cafes to explore this was a perfect base. Boyanup sits on the coastal plain so we had lots of miles of flat riding. However don't be fooled, there were also enough hills climbing to get the legs and hearts pumping.

Friday started in CTA time which meant it was close to 11.30am when we finally assembled for our first briefing outside Toad Hall with Brown Owl Patricia giving a run down on the weekend ahead of us. With most of the crew assembled we headed off to Donnybrook, 15km away where we were joined by a couple of other riders. The bakery did good business as we lounged on the grass opposite.

As the day warmed up we headed down the highway to Kirup and the final big hill into town. Cold drinks for most, pies for some and Kirup a welcome stop where we were also met by our faithful support driver Leonie and Alice. Two opted to take the car home. Then for the rest of us it was the beautiful quiet if hilly Upper Capel



Lance and Patricia

Road to Donnybrook with some great downhill runs and we also finally found our last rider Ras still heading to Kirup. We retraced our tracks to Boyanup; total kilometres for the day around 80km.

Back at Meadowbrook, which consists of a series of chalets and the larger communal Toad Hall, it was hot showers, nibbles on the veranda or walks exploring the beautiful spacious gardens that nestle in the crook of the Preston River. Gourmet meals were cooked and consumed before early to bed for most.

Day 2 was sold as a leisurely and short ride into Bunbury for lunch. Somehow the day stretched to close to 70km when we were so absorbed in the country cycling we missed a turn off. All was well though and we made it to Stratham Road House for a bite and a break waiting for Doug who had, I think, the only puncture of the trip. Then following Bill's lead through the new outer suburbs of Bunbury and the Indian Ocean, we made it to the town foreshore area. Two hours later, well fed and watered it was on our bikes for a fast flat ride back to Boyanup.

The Bull and Bush Hotel was the group dinner that night with country sized portions of fish or steak followed by chocolate caramel cheesecake or sticky date pudding. This no doubt cancelled any cycling weight loss we may have been working at. I think everyone made it back through the complex railway maze to Meadowbrook for another comfortable night.

Sunday was to be our most challenging day's travel as we were warned of impending large hills. The promise of a brewery lunch kept most of us pedalling up a long climb complete with head wind, via winery stops at St Aidan's and Wovenfield as we wended our way into the Ferguson Valley. The Wild Bull Brewery was to be our lunch spot but with an hour's wait for any food, most ate their own meagre



Ladies on the ride resting in Kirup

lunch/snack supplies.

A breakaway group headed across the road to the understated Ferguson Hart vineyard and cafe where we were warmly welcomed with good coffee and cake as gradually the whole group descended. This is a very bike friendly place and one to keep on the list. The ride back started with a whooping downhill with Mal reaching 82kph on the descent!! (This is part of the same memorable last day of 2008 OYB ride).

That night a sumptuous BBQ was enjoyed by all and a fitting celebration of Barbara's birthday and Bill and Barbara's 53rd wedding anniversary!

Our last morning saw a few hardy early morning riders heading for a quick ride before the final pack and clean up and the drive back to Perth.

Thanks to all but especially to Patricia and Lance for the great combination of social activities, accommodation and rides. To Bill for local knowledge of Bunbury and Tony for leading the Sunday Ferguson Valley ride. Special mention to newcomer to biking Emma who put in a great show, and to new to Perth Canadians Michael and Rita. To all for the good company, conversations, food, cycling encouragement and shared knowledge. Meadowbrook makes for an excellent and comfortable base for cycling in this area and it feels like there are many more country roads yet to explore in this neck of the woods.

## MAKING TRACKS TOUR : 2-9 May, 2009

By Mike Shields

Well, the inaugural 'Sustainable Cycle Tour' - "Making Tracks", which was formed to offer a cycle touring alternative to the highly successful On Your Bike Tour, was a pretty special event.

Saturday morning on the 2nd of May was a hive of activity as Perth-based tour members arrived at the Loftus Street Recreation Centre. Names were ticked off and luggage was deposited in the truck, correctly labelled of course! Riders then made their way to Leederville station for the train trip to Mandurah where the cycling leg of the tour began.

On arrival at Mandurah, we were met by other tour members who had come from destinations south. A quick name tick-off, luggage loaded and we were off, heading for the Lake Navarino Forest Resort; a good 70km ride (finishing with an 8km stiff climb!).

As usual with CTA tour members, food is never too far from our thoughts and after filling up at the bakery we headed for Waroona where we again couldn't go past the local café before tackling the hill to Navarino. After setting up camp we were treated that evening to an expansive meal with plenty of good wine. We also greeted latecomers Mickey and Joanne Boulton and toddler Kit, being delivered up the hill from Navarino by a Good Samaritan. Young Kit, who became the unofficial tour

mascot, spent the next seven days travelling in his trailer while being towed up hill and down dale by mum, Jo.

Next day it was back down the hill and on to Australind, 90km away, with a lunch stop at Harvey.

Volunteers are the backbone of the tour and many put their hands up to help out. Like Mark and Erica on the first day. Connie put in a fine performance driving the truck between Lake Navarino and Australind but the shop owner in Harvey was a bit concerned when she almost took out his shop front.

Woody, a novice in many things, including driving a truck and putting up his own tent, was on the list as next day's truck driver between Australind and Collie. This included a water stop about the top of Roelands's Hill, with a nice piece of fruit cake being the promise. With plenty of clear instructions from Connie, he did a fine job — of getting to Collie before any of us. However Woody, where'd you get to? Where's the cake? Where's the water?

The Coalfields Highway turned out to be intimidating, not only for its hills but the heavy traffic and little or no shoulder along a lot of its length. Jo and Kit were lucky not to be injured apart from a small graze on Jo's arm when she took evasive action to avoid a semi-trailer overtaking her and had a spill. All in all this was a road most were relieved to see the back off

by the time they got to Collie.

A couple of very cold nights in Collie had everyone keen to head to Williams after the rest day. It was a tough day of 87km with plenty of hills but old-timer Kleber, with panniers on board, showed everyone how it was done. There was also a pleasant surprise for some of us when On Your Bike stalwart Alan Duff turned up about halfway from Collie, after he had ridden from Williams to meet the tour and then rode back into Williams with us. Thanks Alan, a nice gesture and much appreciated.

There was plenty of comment about the camp site in the Williams Caravan Park; there was too much road noise; there were too many trucks. However, after a fine meal put on by the Williams Wood Shed that night, where we were joined by a few cycling friends from Wagin and Williams, most seemed to sleep pretty well.

After another cold night it was on the road again to Pingelly. With about 90km it was going to be another long day on the bike. But with only a few hills and everyone fitter by now it looked like being a good day. But a new surface on a lot of the road had many complaining about sore posteriors that evening.

Finally, we were away again and it was on to Pingelly where we were greeted by the soft green grass of the town oval, great for our last night under canvas. Hot showers (unisex); doors shut - ladies are in the shower. Doors open - it's the men's turn.

The second last day of the tour dawned like the previous six; clear and cool. Noel and the organising committee have certainly set the benchmark with the fine weather. Another long day in the saddle was ahead but broken up by a couple of towns, Brookton and Beverley, with its cafes that were eagerly sought out.

The historic town of York was a delight — the main street was alive with people all taking advantage of the great cafes, a lot of them with street-side alfresco dining. With full stomachs it was time to head to  
*Continued on Page 14*



The Thrift Support Truck on the Making Tracks Tour

## REFLECTIONS ON THE MAKING TRACKS TOUR

By Deb Palacios

'Twas the night before Making Tracks, and we were bereft  
Dropped the dogs at the minders, the bags too we'd left.  
Like Empty nesters we moped 'round the house  
But a sleep-in with no dogs to walk, was gonna be grouse.

We were riding to Cockburn, "train to Mandurah, please"  
If we'd left on time, it would have been a breeze.  
For reasons various, of course we were late  
The 10K plus sprint, left me in a state.

Once on the train, I got quite a fright  
It was Lance and Patricia, on separate bikes!  
Their trial separation never got off the ground,  
'cause Patricia was crook, so they turned around.

You'd think with a GPS, he'd know where to go  
Colin blamed it on Rowie, but I don't think so.  
The GPS, the maps, are all of no use,  
When testosterone is flowing, and egos are loose.

At Lake Navarino I was ready to relax  
But before I could do that, there were bags to unpack.  
But where was the truck? Mark parked it where?  
Having to hike to our bags was simply not fair.

If your tent needs repairs, and you take it in for holes.  
When you get it back, you should check, 'case they leave out the poles.  
With no poles for his tent, poor Johnny was stuck.  
For the rest of the tour he would sleep in the truck.

Micky, Joanne & Kit, he's a winner.  
Rocked up after dark, while we were at dinner.  
Got to Waroona, but no room at the inns,  
Hitched a ride up the hill, they were all grins.

It's only MY meal paid for, Erica said.  
So the restaurant 's only one meal in the red.  
He was doing a "man listen" when Erica said it,  
Paid for 2 meals and had to arrange for a credit.

Woody's an experienced cyclist...liar, liar!  
One of \*those\* wouldn't go on tour with a bald tyre.  
When it finally punctured, Rob couldn't help  
'cause he'd used all his canned gas on 2 flats himself.

On the side of the road, Theresa fixing Burt's flat.  
I thought that was strange..what's up with that?  
Was it chauvinism, rearing it's ugly head?  
On no, seems she asked for the privilege instead.

Dinner at Australind, was Master Chef material.  
The combination of salt and fat, truly surreal.  
Blue cheese and butter, did I mention steak?  
Everything needed a heart-attack to make.

At the pub in Australind, John was feeling no pain.  
His state of mind might have been the waitress' gain.  
Walked right out, leaving all his money on the bar.  
Lucky Colin stopped him, before he'd gone far.

Mark thought he'd scored, when he found an old chair.  
He said it looked dodgy, but he didn't care.  
Reading the paper, in the shade, on the grass.  
But then it collapsed, and he was flat on his ass.

As cyclists go, Kleber's left quite a legacy  
But stories of him, often include nudity.  
Of fellow riders, we're usually quite lenient  
But Maria forgetting her wallet? How convenient!

Tony, if you want to live to spend your pension.  
To the bike in front, best pay attention.  
If, with no notice, you stop and turn your bike  
Best expect to get T-boned, Mr Mike!

Our last night in Collie, and Roy wasn't well.  
Threw up his dinner, all night, it was hell  
When quizzed as to what could have been the matter  
He said "traces of mussels in the fish batter".

Dave on support got top marks from his peers.  
Water halfway and an eski full of cold beers.  
"the water should have been at 30", Noel did whine.  
If you'd filled your bottles beforehand, you would have been fine.

Let's play a game, who is this verse about?  
Who can drink all night, until it's his shout?  
And while others replace their bikes every year  
Mark argues that his still has 3 working gears.

When we got to the Woolshed, our numbers expanded  
It seems the Williams contingent had landed.  
Some came for a ride, and some just for dinner  
But seeing old On Your Bike faces, is always a winner.

Micky walked by Mark & Erica's room, couldn't believe his ears  
The bellowing and kicking—he thought it was pretty weird.  
He said "Now that's kinky, but I'm not one to pry."  
That's when he saw the sheep carrier parked nearby.

John said my rear was kind of flat  
He'd pump it up, and that would be that  
Touched the valve and it flew away  
It took eagle-eye Karen to save the day.

The road to Pingelly was awfully rough  
The girls agreed, on our bums it was tough  
Jennifer said "I don't care if I've lumps"  
I'm wearing 2 sets of knicks to cushion the bumps.

With helmets and do-rags to disguise silver hair,  
Down the road, in a flash pack, they do tear.  
In behaviour just like a teenage boys club  
But there's not one under 60, that's the rub!

Noel & Mark did the route preparation,  
But from recce to booklet, Lost in Translation  
The k's didn't total, streets didn't exist.  
"I typed what they gave me!", Colin did insist.

On Mark's 30th birthday, he and Colin  
Were supposed to ride to York together, haulin'.  
But Colin left early, that crafty old fart.  
"Figured with that young 'un, I needed a head start."

Stan the Man, with the artificial hip,  
Keep your eye on him, or he'll give you the slip.  
If you can catch him to ride with, he's tops.  
But he's got a weakness, for Banana Paddle Pops.

Mal said Day 7 was a really hard ride,  
But he was in the truck with Lynn by his side!  
Started the day off, wearing her shirt.  
She got it back though...that had to hurt.

That's all to the poem, I'm a little hazy.  
This year I rode more, wrote less, and was kind of lazy.  
Just keep in mind, if I'm on your next tour.  
If you screw up, and I see it, you'll get a verse for sure.

**12-week 'Consistency Training Programme' for OYB 2009**

Dear OYB 2009 participant,

Most of us, at some time, have known that we should have done a bit more preparation for a long ride or an OYB.

So, here is a training program to guide your preparation & help you get physically fit. We want to ensure that you will enjoy OYB 2009.

Some helpful training hints:

- Plan ahead; start your training on Saturday 20th June 2009 with a 35 km ride that weekend!
- Stick to this "tried and true" program. Record the number of km you rode each day in this table & leave any rest days blank.

- Find an enjoyable 20 km and 30 km ride circuit from your house.
- Use your gears so that you are constantly pedalling fairly fast. If it is hard to push, change down a gear or two.
- Once a week do a long ride as designated. It doesn't have to be fast.
- Take a small carbohydrate snack on every ride. Eat a small snack after each hour (eg a vegemite or jam sandwich; not a coffee shop cake!).
- Drink plenty of water. Take 2 bottles and drink it all.
- Before Sunday 16th August, have the bike that you will be using for OYB 2009 maintained by a bike mechanic & ride it on the pre-tour ride. We can check seat height etc to ensure your best cycling position for least

injury. From then, use that bike for all your training.

Bring this table (with your rides recorded on it) to the pre-tour ride & OYB. There may be a prize or 2!

If you would lead or join a training ride in this plan (short or long rides) email [woylie@y7mail.com](mailto:woylie@y7mail.com) with your suburb and ideas of a meeting place. Woylie will send your contact details to others nearby. Send any questions to Woylie.

I hope this training program helps your preparation. Enjoy your training! See you out there on your bike.

from Woylie (Rowena Scott)

Week	Date	Longest Ride (km)	Other Rides (km)	Total km	No. rides	Sa	Su	M	T	W	T	F
12	20 June	35	25, 20	80	3							
11	27 June	40	30, 25	95	3							
10	4 July	45	35, 30	110	3							
9	11 July	50	25, 20, 20	115	4							
8	18 July	55	30, 25, 20	130	4							
7	25 July	60	30, 30, 25	145	4							
6	1 Aug	60	30, 20, 20, 20	145	5							
5	8 Aug	65	30, 20, 20, 15	150	5							
4	15 Aug	70	30, 20, 25, 25	170	5							
3	22 Aug	70	30, 30, 30, 25	185	5							
2	29 Aug	75	40, 30, 30, 30	205	5							
1	5 Sep	75	45, 45	165	3				0	0	0	0
0	12 Sep	100	93, 48, 77 ...	435	6	48	77	5 7	93	6 0	0	10 0
	19 Sep	77	48	125	2	77	48	0	0	0	0	0

**CTA SOCIAL NIGHTS—RSVP PLEASE**

A Message from Mark Ewing

The CTA Social Nights are a great way to catch up with other members and is generally an evening of cycling-styled entertainment. We ask that if you are intending on coming along to a Social Night, please RSVP. This is so we can get the catering

right. As you can imagine, supper has to be organised and ordered a few days before the actual night. So for those of you who RSVP on the day, or even a few hours before the actual Social Night – thanks, but it's a little too late!

In return we will ensure that a Social

Night RSVP date is advertised in future Rides Calendars. We really appreciate your help with this as the Social Nights are great fun and we want to ensure that everything goes to plan!

Thank you.



## Lift out Rides Calendar page for July / August 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.** Downhills 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 kph
Leisurely:	15 – 20 kph
Moderate:	20 – 25 kph
Brisk:	25 – 30 kph
Strenuous:	30 – 35 kph
Super Strenuous:	35+ kph

**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 5th July****5,000 in 4 Achievement Ride Take 2**

55km, Moderate, 8:30am for a 9am sharp start. Meet in the car park behind the 'Supa Valu' store at the corner of Albany Highway and Gilwell Avenue, Kelmscott for registration and map/ride description. This course promises 5,000 feet of uphill and downhill around Armadale and Roleystone.

The time limit is 4 hours and once again, even though that's only an average of 14km/h, it will feel like more. Note there is a \$10 fee for non-members.

Participants **MUST** contact the ride organiser at least one week prior to the ride.

Organiser: Colin 9418 1571

**Sunday 12th July****Mountain Mission**

80kms moderate but hard and HILLY. Meet at the Midland Train station at 8:45am for a 9am start. Sarah and Dean have tried to pack in some of the harder hills so bring a few Cadel's Mountain mix bars for along the way as the café is near the end of the ride.

Organisers: Sarah & Dean 9443 8095

**Saturday 18th and Sunday 19th July****Christmas in July**

Join Jeremy for the annual Christmas in July. This year it's an overnight stay at the

Windmill Farm with a lovely ride to Bindoon. More information in the Tours and Weekends Away article on page 11. Bookings are limited and now open.

Organiser: Jeremy 0412 886 612 or 9493 2237 (may have to leave a message please)/

**Social Night Wednesday 22 July****CTA Quiz Extravaganza**

Bring along your thinking caps as the Master of Trivia and Mystical Mayhem, Colin Prior, twists your mind. Prizes galore! Loftus Community Centre, Loftus St, Leederville (in between the new Library and the Gym). 6.30pm for a 7pm start. Please RSVP by Friday 17 July for catering purposes.

Organiser: Mark 9467 5114

**Sunday 26th July****Let Deb/Colin whip you into shape**

Two ride options; 40-50km leisurely/moderate with Deb, or a longer, brisk ride with Colin.

Both depart from Fremantle Train Station at 9:30am. There are trains arriving at 9:13am and 9:27am. Deb's ride: I will have returned from 5 weeks in the US (and no cycling!) in early July. So this ride will be my incentive to get back in the saddle again. We'll head east from the train station towards Bibra and South Lakes, then south and west through Wattleup and Munster, before looping north again

through Cockburn back to Fremantle.

Colin's ride: lucky dip. Take your chances and fly!

Ride leaders: Deb: 0421 697 453,  
Colin: 0433 512 833

**Saturday 1st August****300 km Achievement Ride**

300km, hard. This is the CTA's most challenging ride; having to complete 300km in 20 hours. Although the average is 15km/h, imagine doing this for 20 hours straight! The 300km is a requirement in order to complete the Super Achiever Series.

Participants **MUST BOOK** at least one week prior to the ride to arrange details and there is a \$10 fee for non-members (and subject to approval).

Organiser: Colin 9418 1571

**Sunday 2nd August****Tour de Lakes**

45km, leisurely. Meet at Cockburn Central Train Station (west side) at 9am for a tour of some of the lakes that make up the Beeliar Regional Park. We will pass by Kogolup Lake, Thomsons Lake, Banganup Lake, Long Swamp, Mt Brown Lake, Brownman Swamps, Lake Coogee and Yangebup Lake on our way to a well-deserved café stop before returning to the start.

*Continued on page 8*

**LIFTOUT RIDES CALENDAR**

*Continued from page 7*

Leader: Terry: 9472 9887

**Saturday 8th August**

**100 km Achievement Ride Take 2**

100km moderate. 8:30am for a 9am 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). Get to bed early tonight so you can complete tomorrow's ride and achieve 200kms in 2 days! Participants **MUST BOOK** at least two weeks prior to the ride and there is a \$10 fee for non-members.

Organiser: Colin 9418 1571 (H)

**Sunday 9th August**

**NEW FOR 2009:**

**200km in 2 days Achievement Ride**

100km moderate. 8:30am for a 9am sharp start.

Why not make your weekend complete by completing 200kms? After accomplishing yesterday's hilly 100km ride, give today a try. Meet at The Raffles Hotel (at the Raffles end of Canning Bridge) for the flattest achievement ride that we could think of! 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 (H)

**Sunday 16th August**

**MOUNTAIN BIKING:**

**For those about to rock, we salute you!**

Meet at the Midland train station at 9:15am for a 9:30 start. Let's have a ride around the Mundaring mountain bike trail but to warm up we will ride up the Heritage trail from Midland first. After the lap

of the trail we will stop for coffee and cake goodness back on Mundaring. For any questions or info contact, such as alternate start locations Jeremy.

Leader: Jeremy 0412 886 612

**Sunday 16th August**

(Yes! Two rides on the one day!)

**Meet Your Fellow On Your Bikers**

40km, leisurely. Meet at Deep Water Point (The Esplanade, Mount Pleasant) at 8.30am for a start at 9am sharp. Take this opportunity to meet some of the people that you'll be spending more than a week with on this year's OYB. The ride will be very easy so it's a perfect chance to up with old friends and very probably some new ones as well. Coffee and cake at the halfway mark. Anyone not going on OYB is of course more than welcome to come along as well.

Leader: Colin 9418 1571

**Sunday 23rd August**

**Coffee, Cake & Caves at Yanchep**

50km moderate ride. Meet at Clarkson Train Station at 9am for 9:15am start. We will take the new Marmion Road extension which has a lovely bicycle lane through to Yanchep. There's a very nice café at Yanchep where we'll stop for coffee and cake. Returning via the beach front at Quinns Rock down a beautiful part of the coastline back to Clarkson. Check with ride leaders first if weather forecast is too unpleasant.

Leaders: Lance & Patricia 0409 905 995 or 9249 1970

**Sunday 23rd August**

**MOUNTAIN BIKING:**

**Mark's off road with a loopy difference!**

9am at Langford Park, Jarrahdale. Leisurely to moderate pace. Distance varies depending on number of laps completed. One of the most popular riding areas around Perth due to the well marked single-track. The scene of the popular 12 hour and 6 hour races, these tracks are always

signposted. Beginners are encouraged. We will stick together on the first lap at a leisurely pace to ensure everyone is familiar with the course.

Length: 12km per Lap (85% Single-track, 15% 4WD Track)

Ascent: 325m per Lap.

Getting there: Langford Park is located just outside Jarrahdale, approximately 45 minutes drive from the centre of Perth. Turn left off the South Western Highway onto Jarrahdale Road. Shortly before reaching Jarrahdale turn left onto Nettleton Road. After 2km turn left into Langford Park. Cross over the railway track and straight on at the roundabout. Park in the large car park near the toilets.

The CTA bike trailer is able to carry 12 bikes and will leave the Armadale railway station at 8.30am. (I'll wait for the 8.24am train to arrive). RSVP by Friday 21 August if you a spot on the trailer for your bike, or would like to volunteer to carry a few passengers. Lunch at the Jarrahdale Pub/Cafe after for some well earned carbs.

Leader: Mark 0417 484 634

**Sunday 30th August**

**The Yellagonga Freeway Loop**

35km, leisurely. Meet at Greenwood Train Station at 9am for a leisurely ride along pathways through the Yellagonga Regional Park. We will stop at the northern end of the park for morning tea and to let the kids play (the big kids too). After a bite to eat and a play, we will return along the freeway cycle path to the start.

Leader: Terry 9472 9887

**Planning Ahead**

Have a look at the Tours and weekends away article on page 11 for upcoming CTA weekends away and tours.

**On Your Bike 2009:**

12-20 September – *NOW FULL!*

**Ride with a Difference:**

20-28 March 2010



## FOUNDATION DAY LONG WEEKEND : 30 May—1 June

By Erica Larke.

Winter is definitely here. I felt it as I hopped onto the train Saturday morning, wrapped in cycling gear so fluorescent, Bruce would have been proud. Midland Train Station at 8.30am on a Saturday morning was alive with like-minded dressed people. That's one thing about a gaggle of CTA cyclists – with our high coloured bikes and clothing we're visible almost from the moon. Around 28 of us huddled around Colin as he barked out his usual delivery of cycling tips and the day's directions. And of course, the most important thing, what was happening for dinner that night at Spencer's Brook.

Despite being a little on the brisk side the day was lovely; skies of blue that lasted the entire weekend. We were blessed! However this was counteracted by the number of hoon drivers en route who taught us new words and finger gestures whilst screaming past us at 100kms per hour. Don't get me started.

After celebrating Mark's brand new thermos with a cuppa by the side of the road, we proceeded along to my favourite named town in WA, 'Clackline'. In my

book, that's right up there with 'Innaloo'. For the first time in my short history of riding, Kleber actually sat on our wheel for a while. I was honoured! However it didn't last; during the final 5km to the Spencer Brook Pub, I wheezed and whimpered and dreamed about a hot shower and a nice meal at the pub. In total we rode 95km today (including a ride to the train station in the morning).

Sunday morning Colin did not look good. After a delicious dinner at the pub the previous night, copious amounts of red wine flowed and Colin was obviously an enthusiastic partaker. He insisted that he had 'Swine Flu'. Kelly, on the other hand said it was more likely to be 'Wine Flu'. We all agreed. There were a number of different cycling routes



Connie on the Foundation Day Weekend Tour

to choose today. Mark and I chose the middle option; 47km to Toodyay. With glorious weather (again) we meandered along, stopping on many occasions for morning tea, photos, mid-morning tea and then some later-morning tea. Thankfully we arrived in Toodyay just in time for lunch.

Monday. A hilly 94km. The final day of cycling is always a bit depressing as you know that all the fun is almost all over. We started late and rode up, down, up down, up, and so on, for quite some time. On this day I was more acutely aware of the panniers on the back of my bike. Or maybe I was just tired as it was day three? It was probably a combination of everything. Would I pannier tour again? Definitely. The Foundation Day Long Weekend was a great introduction to pannier touring. Maybe next time I will even camp, however I think I'll wait until winter is over.

Thanks Colin for organising yet another excellent touring holiday!



The Foundation Day Weekend Tour Leaving Midland

## REFLECTIONS ON THE FOUNDATION DAY WEEKEND

A poem by Cathy McNought

Setting off from Midland, all raring to go,  
Some hadn't been able to come, what a blow!  
There were the regulars as well as new faces,  
We all set off at differing paces.

Most took the road, but Steve took the track,  
I hoped that alone he would find his way  
back.  
As it turned out he got way ahead,  
I arrived in Mundaring, he was thoroughly  
fed.

We continued to the bakery in Bakers Hill,  
On great vanilla slice I had my fill.  
A scratched and bruised Steve arrived finally,  
I wondered how he'd got behind me.

For a while we'd not seen him at all,  
He'd slid in a rut and taken a fall.  
At least he took the onus off me,  
It's usually me that gets hurt you see.

Hurt but able, he was on his way,  
I really hoped he'd be okay.  
He insisted on taking the track once again,  
Reassuring us that he wasn't in pain.

We arrived finally in Spencer's Brook,  
Fed up thoroughly with the time it took.  
What a long day, I could do with a beer,  
But first I decided to unload the gear.

Erecting the tent, our home for the night,  
I was hungry for tea, I could do with a bite.  
After a shower we felt refreshed,  
But Steve's grazes weren't looking the best.

Sarah, our resident doc patched him up,  
His injuries not enough to disrupt.  
He'd live to ride another day,  
We decided tomorrow to take the short way.

A brilliant roast we had for tea,  
Then sat and watched exciting footy.  
A last minute loss to the underdogs,  
None of us wanted them to get flogged.

Then there was one place for me I reckoned,  
I was bloomin' exhausted and my tent beckoned.

I woke to a knee filled with cotton wool,  
We had a great breakfast that left us all full.

Reluctant I was to hit the road,  
My legs not wanting to carry the load.  
Luckily Janet came to the rescue,  
In her car she was carrying a bag or two.

As was now habit, we were last to leave,  
It was a relief on the hills with less weight to  
heave.

Tired, I was glad that the day wasn't longer,  
Surely tomorrow I'll be feeling much  
stronger!

I kept the group ahead just in sight,  
Staying with them was quite a fight.  
We stopped in Northam to see a white swan,  
Two looking majestic beside the pond.

Not arriving at Toodyay soon enough,  
Even though short, I'd found the day tough.  
We found our room then went for a walk,  
Caught up with some friends and stopped for  
a talk.

We had a couple of drinks at the bar,  
Reflecting on the ride so far.  
Sitting around drinking until time for tea,  
Watching lightening from the balcony.

Another early night I'm ashamed to say,

When normally I'd be willing to stay up and  
play.

I was feeling quite weary with an achy head  
So I took my sorry self to bed.

Day three without realizing, we took the long  
route,  
And bloomin' 'eck it was hilly to boot.  
My knees at this stage were coping okay,  
I was managing to keep the pain at bay.

Until Woorooloo where I gave it a twinge,  
Then I really had reason to whinge.  
I had to go carefully from there on,  
By now most of the group was well gone.

At 92 k's we took the last bend,  
Glad at last that we'd reached the end.  
Happy to load our bikes on the train,  
I was relieved I wasn't in too much pain.

Cafes and pubs and great bakeries,  
A range of delights, our taste buds to please.  
On this trip we'd be losing no weight,  
We've certainly put it on at this rate.

A great bunch of people and stories to tell  
Sweeping hills, nature and forest as well  
There really was some great countryside  
I think we all enjoyed the ride.



A Cafe Stop on the Foundation Day Tour

## FUTURE CTA RIDES

### Christmas in July : Saturday 18th and Sunday 19th July

Join Jeremy for the annual Christmas in July. This year it's an overnight stay at the Windmill Farm. Visit their website if you want more information:

[www.ausbusiness.net/windmill/](http://www.ausbusiness.net/windmill/)

Accommodation will be approximately \$55 per person and that includes an all you can eat BBQ dinner. You can either buy a continental brekkie for \$10 or bring your own. For the people who would like to ride to Bindoon, there is an official route leaving from the Joondalup train station at 11am and will include a stop at the Maze on Neaves Rd, a food stop in the Chittering Valley and at least one stop for emergency wine

collection (Western Range wines) before arriving at Bindoon.

The ride back to Perth might be via the Swan Valley, with a stop at the Chocolate Factory and other places if we feel the need. Non riding partners are actively encouraged, as are any members wanting to get away from home for the night, but don't feel like cycling!

BOOKINGS are limited and now open.

Organiser: Jeremy 0412 886 612 9493 2237 (and leave a detailed message!)

### On Your Bike 2009 : Wheels, Wheatbelt & Wildflowers : 12—20 September

As expected, On Your Bike 2009 is filling up very quickly. There are still a few spots still available but you will need to submit an application as soon as possible (or you will go on the waiting list). Unfortunately the Hot Air Ballooning in Northam looks as if it won't go ahead as the numbers did not reach the minimum

requirement. If you put your name down for the Ballooning and would like to partake in the York Winery Tour instead, please email [oyb@ctawa.asn.au](mailto:oyb@ctawa.asn.au) or call Colin.

Tour leader: Colin Prior 9418 1571

### Ride with a Difference : Sat 20—Sun 28 March 2010

The "Ride with a Difference" is the second tour in the 'Sustainable Cycle Tours' series. Expressions of interest in the Busselton Ride with a Difference have been exceptional and the tour is now nearly full. The week of March 20-28 was selected on the excellent advice of the Mandalay Holiday Resort and Tourist Park (now five star). We are now actively planning ride options and other activities to make your stay 'a difference'! The

cost of the tour will be provided in future newsletters.

Hurry! There are only a few spots left on this tour!

Contact Robert Tognela or Joani Hoult to secure your place in this popular event.

Robert Tognela 0428 543 720

Joani Hoult - [joanihoult@hotmail.com](mailto:joanihoult@hotmail.com)

### Cycling in Bali

Has anyone done any cycling in Bali? I am interested in hearing anyone's tales or clues on whether this is a worthwhile cycling destination.

anyone who may have done this e.g. is it a good place to go? Is it too hilly, too touristy?

Any clues on hiring a bike over there etc?

While I have done some web surfing I would like to hear from

Please email with any info to [j.comfort@curtin.edu.au](mailto:j.comfort@curtin.edu.au).

## PRESIDENT'S REPORT

*Continued from page 1*

graphics design skills or experience with either of the above web systems I'd love some help. I should have more to say about this next time.

From time to time I get requests for peo-

ple's contact details. I treat all information that you give to the club as private and do not give out personal details. I will however pass requests on. As part of the website development, the committee will be producing a privacy statement. Again, there will be more on that later. If you have any ideas, or comments on any of the

above then please send me an email at [info@ctawa.asn.au](mailto:info@ctawa.asn.au)

Hope to see you on a ride sometime.

*Tom Hallam*



**Next month: why don't you lead a CTA Sunday ride?**

# CTA CLOTHING

Ever wondered how the wonderful monthly rides calendar is put together? Our diligent Rides Coordinator, Jeremy feverishly calls upon a usual selection of enthusiastic CTA members to come up with an exciting, varied calendar of CTA rides every two months. It's a difficult job and I'm sure everyone would agree having rides available every weekend is one of the best things about being a CTA member.

We are always looking to more members to help lead a Sunday morning ride (or even a weekend away!). Anyone can be a ride leader – it's easy, fun and you get to share your favourite cycling routes with like-minded people. Of course, you also get to show off your favourite cafes, ice creameries and bakeries too! Help give back to your club. If you'd like to give it a go or simply find out what's involved, contact Jeremy today on 0412 886 612 or 9493 2237 (and leave a detailed message).

## Achievement Ride Successes

*Congratulations to all the following who have succeeded on the various achievement rides in the past two months. Well done.*

### 10,000 in 8 Achievement Ride 1

Sunday 7 June  
Bruce Beacham  
Stu Crombie  
Mark Elliot  
Mark Ewing  
Paul Loring  
Perry Raison  
Jeremy Savage  
Ann Wilson

Deb Palacios (Brevet)  
Colin Prior (Brevet)

### 100km Achievement Ride

Mark Ewing (Brevet)  
Erica Larke (Brevet)

From Stephen White: Dear Fellow Velocipedists,

Get your CTA Jersey ready for On Your Bike 2009! Place your orders NOW!



The 2009 CTA On Your Bike will be from 12–20 September. That's just over the next crest. Have ya got yer gear? Feel like one of the 'in' crowd, and support CTA at the same time, by sporting a CTA jersey on this classic tour. Forward your specs soon, so I can place an order with our suppliers.

Stay safe in a bright CTA shirt or jersey

Daylight saving is over, the shortest day is almost upon us. Are you riding home in the dark?

### Orange shirts (unisex):

short sleeve, sizes 16/L–22/XXL (\$35)

long sleeve, sizes 10/XS–18/XL (\$35)

### Striped CTA jerseys:

women's short/long sleeve, sizes 10–16 (\$95/\$110)

men's short/long sleeve, sizes S–XXXL (\$95/\$110)

Limited stocks on all items

Make a fashion statement in brightly coloured socks, emblazoned with CTA logo (\$10).



### 'Take-a-Look' mirror

It's like having an eye in the back of your head Same great quality, same great price. Attach to the leg of your sunglasses or spectacles, or be in quick to snap up a helmet adaptor.




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# The CTA Achievement Ride Series

## Introduction

The CTA conducts a series of "Achievement Rides" (ARs) 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 AR Coordinator (**see page 2 for contact details**).

The origin of the series was for set distance rides so that touring cyclists could train for loaded pannier touring. The philosophy being that if a rider could ride X kms unloaded in a day then they should be able to ride half X in a day when fully loaded. For example, if someone could do the 200 km ride then they should be also able to cover 100 kms on a loaded touring bike. The longest ride in the series is 300 kms on the basis that 150 kms per day is the absolute maximum that could reasonably be attained fully loaded.

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 the AR Coordinator.

## Ride time limits

To be considered "successfully completed" a ride must be completed within the given time limit. Upon successfully completing a ride you are entitled to a badge. Contact the AR

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

Coordinator if you would like badges.

## 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	50, 100 km and 5000 in 4
Achiever	50, 100km. 5000 in 4 plus any <i>one</i> of 160, 200 or 300km or 10000 in 8 or 100km AR and a further 100km the next day
Challenge	50, 100, 160, 200 km, and 10000 in 8
Super Achiever	50, 100, 200, 300 km and 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).

## Changes in 2009

During the recent AGM there was quite some discussion about the way ahead with the Achievement Series for 2009 and onwards. The main issue raised was that many people felt that there was too much of a jump from the Merit to the Challenge Series. It has been decided to add a new series known as "The Achiever". This level will include all the rides of the Merit Series plus any one of the longer achievement rides. (See table above).

The Achiever Series is still in its infancy and has scope to be changed so may include different rides in the future; keep an eye on the news letter for details. The Merit, Challenge and Super Achiever Series remain unchanged.

(The unofficial level of "Over Achiever" is awarded when you ride to and from the start of the 300km AR. Kleber is the only person known to have done it!)

## Qualifying to start the 160, 200 and 300km ARs

Due to their length, difficulty and time taken to complete there are qualification criteria to be eligible to start the 3 longer

ARs. See the following table.

If you have completed a ride of similar length and/or difficulty to those stated in the criteria e.g. Audax Ride or Over 55s Achievement Ride, and can produce some evidence as proof, then please contact the AR Coordinator if you wish to be considered eligible to start.

## 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

160km	100km same year
200km	160km same year; or Challenge Series previous year
300km	160 or 200km same year; or Super Achiever Series

from the AR Coordinator. Completed cards must be returned to the AR Coordinator as soon as possible after the ride (within 2 weeks) and absolutely no later than **four** weeks before the AGM.

## Achievement Rides support

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.

## Dates for 2009

### Take 1—now complete

### Take 2

Sun 5 Jul	5000 in 4
Sat 1 Aug	300km
Sat 8 Aug	100km
Sun 9 Aug	Extra 100km

## Achievement Rides Successes

See Page 12 for the recent successes in Achievement Rides.

*Making Tracks: Continued from page 4* in a renovated circa 1890 building. Of the character-filled Kookaburra Backpackers, also in the main street. It is the only backpackers in the Avon Valley and is

course, the final night would not be complete without dinner. This saw most of us in the York Hotel enjoying the fine food

and wine, all the while contemplating the fact that next day was the last of the tour.

After seven days of clear skies, the last day was no different. Only 90km to go to reach our final destination; Midland Railway Station. Plenty of hills today, with the first 10km all up, then lots of up and down until the final big downhill from Mundaring to Midland.

What can you say about the Sustainable Cycle Tour? I think the comment that sums it up most aptly was said while we were unloading our luggage at Midland: "A fantastic tour, book me in for the next one".

To the committee of Noel Eddington, Erica Larke, Mark Ewing, Roy Messom, Sue Piesse and Mark Corbett, on behalf of all who took park, thanks for a great tour.



Erica and Noel in Collie : Making Tracks was indeed an Affordable Tour

## MEMBERSHIP DETAILS:

CTA membership is from January 1<sup>st</sup> to December 31<sup>st</sup>. New members joining after June 30<sup>th</sup> 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](http://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.

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

