

THE CHAIN LETTER

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

Jan/Feb 2011

Issue 216

PRESIDENT'S REPORT

2010 has been a good year for the CTA in many respects and it is worth repeating the highlights.

The longer tours have been many varied. As always, the premiere event has been On Your Bike and this year we Coasted the Rainbow from Bremer Bay to Walpole. It was lead very ably by Terry Bailey and his small hard working OYB sub-committee. Terry has been accepted as the Tour Leader for 2011. For the real touring enthusiasts, David Taylor lead an extension to OYB out of Manjimup.

The second in the new Sustainable Tour series saw the Ride with a Difference based out of Busselton lead by Joani Hoults and Rob Tognela. It comprised a number of out and return rides to a wide variety of locations in the northern part of the Margaret River region capped off with educational items on the local district. And Sarah Cutts lead the first extended mountain bike tour for the CTA with a

Munda Biddi end-to-end tour.

These big tours were supplemented by a number of weekends away which were as popular as ever.

The Sunday morning rides and achievement rides continued as in previous years. The achievement ride series remain popular and the list of achievers is published on page 3.

Finally there have been social nights including a charity Quiz night, a bicycle maintenance night with Garland Cycles and more recently Dean Craig telling of a cycle tour he did with others in the Himalayas last year.

The other big event for 2010 was the introduction of a new jersey for the CTA. The new design balances visibility with fashion without compromising either.

My thanks to the Committee for their work in 2010 – Jeremy Savage as Vice-President, Rowena Scott as Secretary, Ann

Wilson as Treasurer, and Committee: Simon Koek, Bruce Robinson, Mal Harrison, Michael Waters, Sarah Cutts and Roy Messom (part year) with Terry Bailey co-opted as OYB Tour Leader. My thanks to those who took leadership roles not on the committee: Colin Prior (Achievement Rides), Deb Palacios (Membership) and Stephen White (Clothing – to July).

And thank you to all the tour leaders, both big and small, and to the ride leaders for the Sunday rides. Without the efforts of these many individuals who have been prepared to put up their hands and volunteer in these leadership roles, the CTA would not continue to thrive.

We have an exciting new Committee and we all look forward to cycling in 2011 with enthusiasm, comradeship and all the other factors that make cycling such great recreation and wonderful sport.

John Paris



Nearing the end of OYB 2010

IN THIS ISSUE:

President's Report	1
Club Information	2
AGM Report	3
OYB Report	4
ODE to OYB	5–6
Rides Calendar	7–8
ODE to OYB (cont)	9–10
The Top of the World	11
For Sale	12
Club Clothing	12
New Members	12
Achievement Rides	13
Membership Details	14

CTA LEADERSHIP

PRESIDENT

John Faris ☎ 9485 2330 (H)
jgf@avmed.org.nz

VICE PRESIDENT

Teresa ☎ 9316 3053 (H)
rides@ctawa.asn.au

SECRETARY

Bruce ☎ 9384 7409 (H)
secretary@ctawa.asn.au

TREASURER

Ann ☎ 9444 5160 (H)

RIDES CO-ORDINATOR

Stu ☎ 0409 882 931
rides@ctawa.asn.au

MEMBERSHIP

Deb ☎ 9418 1571 (H)

SAFETY & PROMOTION

Bruce ☎ 9384 7409 (H)

EDITORS

John ☎ 9485 2330 (H)
Sarah ☎ 9443 8095 (H)
sarcutts@inet.net.au

WEB SITE

Mike ☎ 9309 2745 (H)

CLOTHING

Lynn ☎ 9358 5257 (H)

OYB TOUR LEADER

Terry ☎ 9472 9887 (H)

ACHIEVEMENT RIDES

Noel ☎ 9378 3687 (H)

COMMITTEE

Paul ☎ 9335 8390 (H)

Please send all correspondence to:
P.O. Box 174 Wembley 6913

CTA Email: info@ctawa.asn.au
Web Site: www.ctawa.asn.au

PHOTOS

Page 1: OYB 2011—the last day. F to B: Christene Duff, Maria Antonas, Karen Date, Teresa Liddiard, Mark Corbett and others

Page 14: From L to R: Kleber Claux, Lynn Harrison, Bruce Beecham, Ann Wilson, Liz Marshall, Mark Corbett, Stu Crombie, Sarah Cutts, David Van Zyl, John Faris, Mark Ewing and Mal Harrison

Photo credits: Bruce Robinson p1, Sarah Cutts p3, Teresa Liddiard p3, Bruce Robinson p4 x 2, Barb King p5, Paul Collin p6, Doug Munyard p10, Peter Mitchell p10, Max Kamien p11, Sarah Cutts P12, Sarah Cutts p13

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.** Photos should be at least 500KB to ensure adequate print quality.

Email to editor@ctawa.asn.au

CTA, CHARITIES AND CHARITY

Helping disadvantaged people with bike riding

At the AGM, Noel Eddington suggested the CTA members could collectively or individually make some donations to a selected charity. As part of the general discussion, Patricia told of a young refugee boy at her school who has a bike he is very proud of indeed. By chance, the CTA was contacted today by someone from the Disability Services Commission in Kwinana. There is a young man with mild disabilities who likes riding his bike and DSC inquired if there are any bike clubs in the area he could ride with. We explained that the CTA's rides are generally long by most standards, but said we would ask for volunteers who might be able to help this young man go for rides, in part to see how far he can ride, and perhaps to introduce him to our level of transport and recreational cycling. Anyone who might be able to help the young Kwinana person, please contact Bruce Robinson 9384 7409

We know that cycling is enjoyable, and a liberating and cheap way of getting around. Perhaps the CTA could follow up the suggestions made by Noel and Patricia, and try to take cycling and bikes to a few of those who are disadvantaged. Patricia's remark about

the pride of a refugee boy in a bike might lead to us collecting a few old bikes, and perhaps helping the recipients with getting to learn about bikes and cycling. Perhaps we could even offer one or two people an opportunity to come on CTA tours, like OYB, as our guests. Perhaps they may not like it. Perhaps they would be enthralled by finding out how far they could ride.

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 (Mar/Apr) should be sent to the Editors (telephone Sarah or email editor@ctawa.asn.au) no later **4 February 2011.**

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.

The CTA 2010 Annual General Meeting

The AGM was held at the Loftus Centre on Sunday 5 December.

John Faris was re-elected as President, Teresa Liddiard as Vice President, Ann Wilson as Treasurer and Bruce Robinson as Secretary.

Others to put their hands up for the committee and be elected were: Stuart Crombie (Rides Co-ordinator), Mike Waters (Website), Lyn Harrison (Clothing), Paul Loring and Noel Eddington.

As in 2010, it is proposed the Committee co-opt Terry Bailey in his capacity as 2011 OYB leader. Consideration will be given to signalling the growing place of the Sustainable Tour series and also co-opting Simon Koek as Co-Leader of the Easter with a Difference as the 2011 Sustainable Tour. (Noel Eddington as Co-Leader is already a member of the Committee of course).

Deb Palacios will continue Membership, and Sarah Cutts will continue to co edit the news letter with John Faris.

Simon Koek was awarded Ride of the Year for his Christmas in July. Impressively, he even managed to organise attendance by Father Christmas.

The Editors chose Jeremy Savage as the winner of the Newsletter Article of the Year for his tell-all account of the Crackalacken Gibb River Road Ride.

Sarah Cutts was awarded the honour of Cycle Tourist of the Year. Sarah was the well deserved recipient of this award. She proposed and then organised the first extended mountain bike tour for the CTA with a Munda Biddi end to end. She lead the design team for the new club jersey. She was co-editor of the Chain Letter (but was remarkably remiss writing anything about herself in this report but failed to not have her praises sung anyway). She wrote a number of articles for the Chain Letter as well, including some using her specialist knowledge of sports medicine. She was one of the two doctors who again provided support for OYB. She participated in club rides throughout the year and earned herself a merit award in the achievement rides series. Her thoughtful views were appreciated by the Committee where she helped run the organisation. A thoroughly well deserved award.

Those who had achieved in the rides of the same name were recognised:

Bruce Beecham, Achiever

Kleber Claux, Achiever
 Mark Corbert, Achiever
 Stu Crombie, Challenge
 Sarah Cutts, Merit
 Mark Elliot, Achiever
 Mark Ewing, Super Achiever
 John Faris, Achiever
 Lynn Harrison, Merit
 Mal Harrison, Achiever
 Gary Howe, Merit
 David Lewis, Achiever
 Rob Lydon, Merit
 Bruce Mac Pherson, Challenge
 Liz Marshall, Achiever
 Richard Marshall, Merit
 Roy Messom, Merit
 Colin Pearce, Merit
 Ken Pratt, Merit
 Colin Prior, Super Achiever
 Jeremy Savage, Achiever
 Kelly Underwood, Merit
 Dave Van Zyl, Challenge
 Ann Wilson, Achiever

Discussion during general business included Sunday rides, safety on CTA rides, and publishing rides on our website. By the time this edition of the Chain Letter is published, the minutes should be on the website and members who are interested should look there for further details.



Simon Koek—leader of the Ride of the Year



Sarah Cutts receiving Cycle Tourist of the Year award

OYB 2010—COASTING THE RAINBOW

By Terry Bailey

This year's 22nd On Your Bike Tour saw us "Coasting the Rainbow" as we rode from Bremer Bay to Walpole along WA's beautiful but rugged Rainbow Coast. We had a total of 125 participants on the tour, including 5 from the eastern states and 3 from the USA. We also had 22 people undertaking their first On Your Bike Tour.

This year's tour was a bit different being a one-way tour rather than the usual loop circuit and logistically took a bit more organizing. Due to legal reasons, we are no longer able to use a cattle truck to transport the bicycles. Instead, I organized a taut liner truck with a mezzanine floor from a local truck company which proved to be very successful and virtually the same price as the cattle truck.

The tour itself started in Armadale as we loaded up the trucks and buses before heading off on the 500 km journey to Bremer Bay. The alternative start/finish point at Wagin proved popular with many people, especially those who live south of

Perth. From Bremer Bay we then cycled to Boxwood Hill, Cheynes Beach, a rest day in Albany, Denmark, Peaceful Bay and Walpole before returning to Bow Bridge for the final bus trip back to Perth.

While the towns of Albany, Denmark and Walpole are relatively well known to On Your Bike, this year included four new towns, being Bremer Bay, Boxwood Hill, Cheynes Beach and Peaceful Bay. All of these towns were very popular with the participants and the locals have all indicated that they would like us to come back in the future.

All in all the tour went extremely well with warm weather and tail winds for the first four days from Bremer Bay to Albany. The next two days saw a few showers, but if you were lucky like me, you could usually find a winery, café or shelter to wait for the rain to clear.

The Coasting the Rainbow Tour could just as easily have been called the Heart Attack Tour. Two weeks prior to the tour, Kleber, my father in law, had a heart at-

tack. Kleber wasn't going to let a little thing like this make him miss the tour. There was no way he was going to let Sharon win and become the only person to have completed all 22 OYB tours.

On Day 6 one rider gave us all a heart attack after failing to check in at morning tea on the way to Denmark and we had the hospitals and local police on alert. While all ended well, unfortunately two days later one rider did suffer a heart attack on the ride. I would like to express a very special thank you to both of our tour doctors, Max and Sarah, who happened to be in the right place at the right time to assist Reg. I understand that Reg is now doing well and is back home again. Finally, I think I gave my wife a heart attack when I said that I would lead the 2011 tour.

I would like to express my thanks and appreciation to the hard work of the OYB sub-committee: Ann Wilson, Tony Humphreys, Colin Prior and our newest recruit Sue Piesse.



Sue Robinson and the trusty bike Friday



Karen Date, Sarah Cutts and Terry Bailey near Bow Bridge

AN ODE TO COASTING THE RAINBOW—DEB PALACIOS, THE OYB POET

'Twas the night before 'On Your Bike' and I was dead tired,
 We'd dropped off the dogs with the minders we'd hired.
 Packing without them, was a real bed of roses,
 It was easy without two inquisitive noses!

Mark B's, he's not riding this year, poor fella.
 Had a recent knee op to realign his patella.
 "I can ride on the flats, I think I'm progressing.
 Just no hills for me 'til I'm done convalescing."

In the US years ago there was an ad campaign,
 "Do You Know Where Your Children Are?" was the refrain.
 For Gary Howe, that would be the question for sure,
 Didn't know his daughter Sam was coming on tour.

David rode all the way from Manjimup
 'Cause this 'On your Bike' just wasn't enough
 At the start, quite a few he roped in
 Just Dee and CJ going back, the ranks have thinned.

When I say PINK, what comes to mind?
 2 answers are most common, I find.
 Either a rock star, or Aretha (as in Think Pink),
 But on this trip it's John Bell's luggage, wink wink!

It's nice, in your tent, to be able to stand tall.
 That's why Mal & Lynn used to bring the Taj Mahal.
 This year, they downsized, it's a natural progression.
 "I'm not liking it", said Lynn, "but it was my suggestion".

It's lovely camping so close to the shore.
 The sound of the waves, a dull, gentle roar.
 There's just one problem with that ebb and flow
 My bladder hears it, and then wants to go.

Listening to Robert and Sally reminded me of when,
 I'd first arrived here, I talked like them then.
 "Is it really English they're speaking, on this far coast?
 And Vegemite?, Great way to ruin a good piece of toast!"

Why is it with men it's always a pissing match?
 The speed on the bike, or the fish that they catch.
 With Kleber and Stan it was hospital stays.
 "Heart Attack", "Water Poisoning", "How many days?"

Bronwyn, you're back! 2nd year in a row.
 "I liked it", she giggled, "I had fun, you know?"
 Four ways to stop coming, that's what I say:
 Have a kid, get sick, die or move away.

Washing my breakfast dishes at Bremer Bay,
 That water's a bit hot, burnt my fingers, hey!
 "Someone made a mistake", whispered Stan.
 Forgot the cleaning brushes, did our Ann.

You know how some bikes can actually fly?
 All you hear is the whoosh as they go streaming by.
 Barb had an idea for some extra vroom vroom.
 And to her 2 wheels she added a broom.

The campground at Boxwood Hill was a bit breezy

The Criddles found setting up anything but easy
 They struggled with their tent, for what seemed like hours.
 It still wasn't up when I'd finished my shower.

Naval trivia puts me to sleep,
 But Colin and Bruce were into it deep.
 It was all about some big naval battle,
 But all I heard was prattle, prattle, prattle.

The things that eluded him first were all small,
 Names, faces, conversations he couldn't recall.
 Now Brian Smith is someone I really like,
 But I'm half expecting him to misplace his bike.

You'd think people would remember from years gone before.
 Green dots, take heed, this is On Your Bike lore.
 Never EVER pack bottles that look the same.
 Or, like Bev, you'll shampoo your legs, what a shame.

Dave the mechanic, he's riding day two.
 But who's in the truck? What will we do?,
 It's Kleber and Mark, at their combined best.
 Don't break down, they might not pass the test.

They catch the sun, Colin's nose and big ears.
 I'm forever nagging with my skin cancer fears.
 But looks like this tour the tables were turned.
 'Cause I forgot sunscreen and my legs got burned.

There is one among us practicing the black arts.
 He's been charting the stars, and checking his charts.
 Now Brucie Q doesn't look like much of a wizard,
 But my sources tell me he lays down with lizards!

That last sharp hill into Cheyne's beach
 An important lesson to me did teach
 I'm sure you've heard that pride goeth before a fall.
 It was my pride, Bruce's fall, and yes I felt very small.

For laundry at Cheyne's Beach I was short a dollar
 "Anybody got change?", in the campsite I hollered
 Roy came to my rescue, he whipped that coin out.
 When I tried to repay him, he said "My shout".



Angus King and Mal Harrison with Bremer Bay in the background

In Pilates I had my suspicions 'bout Paul
As far as anatomy, he knew it all.
He got all coy when I asked "What do you do?"
But Max told me later, you're a GP too.

On Monday it was anniversary number seven,
For Mark & Teresa, ah, marital heaven
They met on 'On Your Bike' 9 years ago.
2 years to propose? Off the bike, Mark's a bit slow.

Bernard and Mary are volunteers again,
The importance of their job? 10 out of 10.
The burden they bear, not to be under-estimated.
Run out of loo paper, and be universally hated.

"We're Sunday morning coffee riders", said Peter and Morris
"We're confident we'll make it", was their mutual chorus.
"We've not done any longer rides", their added explanation.
It's not your riding I'd question, it's your navigation!

In Lower King a local shared an insider tip
For the blind corner and rough shoulders to skip.
It was nice, for a while, off the road to travel.
Except, Stan, for the construction and gravel!

For most of us On Your Bike means camping out,
But the thought of a tent, made Tony Woodhill pout.
For one night only, his tent wasn't shirked.
But Colin had to show him how it actually worked.

In Albany, Mitch came for Pilates, I was flattered.
I mentioned cancelling, and he looked quite shattered.
I needed it myself, my lower back's been wretched.
So I hope, Mitch, you came out sufficiently stretched.

When I mention Brian's harem, you all think I'm kidding.
But this year, Jodie and Gill were doing his bidding.
They had no shame, they stooped to theft.
His shoes from lost property, 1 right and 1 left.

In Albany after soup we waited forever to sup.
Bruce suggested moving Colin's presentation up.
"I fully support that, I think it will work,
But they will be inter-course photos", said Bruce with a smirk.

Late at night, and in the dark
All grey tents look the same in the park.
In Albany poor Ann went down the wrong road,
And was found trying to sneak into Simon's abode.

Anything on two wheels Dave Stobie can fix.
In that mechanic's bag are lots of neat tricks.
But he came to me Wednesday really quite bent.
"It's got me stumped, has the zip on my tent".

Common knowledge to girls, that well-known male quirk.
'One thing at a time', because two just won't work.
Mal said "I was trying to get those hay bales in the shot,
Or I would have remembered that fence was hot!"

Someone tried to embarrass me.
Into lost property they put my keys.
Make no mistake, if I find out who



Typical of the warm welcome from local communities

I'll add a verse in the chainletter, just for you.

He was a birthday boy, was our Burt Dewes.
Had a present in mind, if he could only choose.
He wanted a tattoo, to give him street cred.
What he got? A wardrobe makeover instead.

John Faris missed the beginning, and will miss the end.
He's cycling back to Albany, while to Wagin we wend.
"I wished I could have joined in for ALL of the fun,
But with this crew, some is sure better than none."

"Quick," said Barbara, "I need a paper towel.
Our tent has been soiled by a passing fowl"
It's no use Barbara, give it a pass.
That bird's miles away, you can't wipe its ass!

Kara's diet must be gluten free
Can't eat pasta like you or me.
At Albany, into special sweets she hoed.
A freakin' big slab of rocky road.

Sherleen's grandson turned 13 on Thursday
You're not *that* old, can't be, no way.
"Raging hormones", she said, rolling her eyes.
"And no, I won't be teaching him how to drive!"

CTA porridge is truly insidious
Many, like Bob & Liz, first thought it was hideous.
"I eat it at home now", Bob confessed.
And ten years on, Liz has given it a test.

Some CTA jobs are much in demand.
Just try taking water away from Stan.
"I want the porridge", Cees was insistent.
Ron and Nola are watching, so just be consistent.

Lea flew from Queensland, just to ride I'm told
But appendicitis when she landed, cut her tour cold.
There are better ways to get your name in the poem.
Glad you joined us in Albany before flying home.

At morning tea, Teresa's knee was bleeding.
"Oh it's nothing really, it just needs cleaning.
I wanted to stop and look at some stuff,
But my foot wouldn't unclean quite fast enough!"

Lift out Rides Calendar page for Jan/Feb 2011

Ride Guidelines

All riders are responsible for showing up with a well-maintained bike. You will need to wear a helmet, and we recommend you bring a spare tube, puncture repair kit, tyre levers, pump and, if your bike is not fitted with quick release hubs, a spanner that fits your axle nuts. Most importantly, bring water!

Rides are described using the guidelines below. *If you are unsure of your suitability*

for a ride, or if you feel it may be too long for you, don't be put off. Please contact the 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" or "Hilly".

Mountain bike rides (on tracks or unsealed roads) are described as "MTB".

Pace refers to the average speed on the

flat without breaks. Downhills may be faster, uphill slower. For rides with "Hilly" terrain, consider choosing a pace one level below your usual comfort level.

Social	Under 15km/h
Leisurely	15 - 20km/h
Moderate	20 - 25km/h
Brisk	25 - 30km/h
Strenuous	30 - 35km/h
Super Strenuous	35km/h or more

Contact: rides@ctawa.asn.au

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.

Beat the Heat—continues**Every Sunday until 27 February**

55km moderate – some hills 6.30 am sharp start. Leaving from outside Dominoes Pizza, at the Bentley Centre, 1140 Albany Highway, Bentley. This ride will be a regular Sunday event in addition to regular Sunday rides.

Leader: Mal 9358 5257 or 0401 103 035

Sunday 9 January 2011**Madora Explora**

50km, Mostly Flat, Moderate. Meet at Mandurah Train Station at 9:00am for a meandering ride through the bushland suburbs north of Mandurah near the Serpentine River. We then cross back to the west of the railway through the northern Mandurah suburbs of Meadow Springs and Madora Bay before returning via the coast back to Mandurah for ice cream and coffee.

Leader: Terry 9472 9887

Wednesday 12 January 2011**Kings Park City Lights**

25km moderate. Meet at the Loftus Community Centre, Leederville 6.30pm. We will pick up food on the way to watch the city lights from Kings Park, while sitting on the grass to eat before heading back to the Loftus Centre. Bring loose change, lights are required and reflective vests recommended

Leader Stan 9345 3552

Sunday 16 January 2011**Canning Canter**

45 km leisurely. Meet at Bullcreek Railway Station 8.30am. A leisurely ride along the Canning River bike path system. We will stop for refreshments along the way.

Leader: Mark C 9316 3053

Sunday 23 January 2011**Want a training circuit?**

48km faster end of brisk, but flat. Meet at 8am under the Narrows Bridge on the northern side for one of my regular training rides. Triangular course, mainly south of the river, with coffee at the end in East Perth.

Leader: John 9485 2330

Saturday 29 January, 2011**Councillor's Ride**

40 km, moderate. Yes a Saturday ride, because I am never available on Sundays! Meet at the eastern side of Warwick train station at 8:30am for the "Councillor's Ride" to Joondalup (that is, the ride I do frequently to attend Council meetings). We will end with a tour of the City of Joondalup Council chambers together, with a brief talk about what happens in there! That will make you hungry for more, so we will pop over to the "Sugar and Spice" café for patisseries and coffee.

fee. Being mid summer, it might be getting hot by then, so we will head west and ride back down the coastal shared path, have another coffee or cold drink on my verandah in Sorrento, and then back to the Warwick train station.

Leader: Mike Norman 9448 1978 or 0438 710 527

Sunday 6 February 2011**Regal Ride to the Swan and Ocean**

65km moderate pace. Meet at 7:45am for an 8:00am start in Kings Park, under the big tree near Fraser's Restaurant. The ride will take you through beautiful bush land and give you scenic views of the river and ocean. We will stop for refreshments at Jackadder Lake near the end of the ride.

Leader: Ann 9444 5160

Sunday 13 February 2011**City Ride**

50km, leisurely. Meet at 8am at Charles Patterson Park at Burswood. This will be a gentle ride for beginners and good practice for the Freeway Bike Hike. A pleasant ride over as many river and other bridges as we can before finding a coffee shop watching the ducks.

Leader: Stu 9475 8824

Saturday 19 February 2011**Moonlight MTB Madness**

Continued on page 8

LIFTOUT RIDES CALENDAR

Continued from page 7

45 km, moderate pace, Bring your off road bike and earth scorching lights for a 6pm start at Midland Railway Station. If you have been missing the fat tyres over summer, this will provide a fix as we do the Heritage Trail in the dark.

Leader Sarah 9443 8095 or sarcutts@inet.net.au

**Sunday 20 February 2011
Around the River**

45km leisurely to moderate. Meet at Raffles, Applecross, 8.00am Leaving the Raffles we will head towards the city and then around the river to Fremantle for a short stop before our return

Leader: Teresa 9316 3053

**Sunday 27 February 2011
50km Achievement Ride Take 1**

50km moderate, 9am for a 9:30am sharp start. Meet at the corner of Chittering Road and Great Northern Highway in Bullsbrook for registration and map/ride description. 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: Noel 9378 3687

**LABOUR DAY LONG WEEKEND
Saturday 5 –Monday 7 March
Pannier, Peddling Plonk n Paddling**

Ideal for Touring or Mountain bikes – low gearing with some hills and some gravel on Saturday. Good brakes essential!! Car support may be available.

Saturday 5: Ferguson Valley to Honeymoon Pool ~30km (gravel ~10km no more). Arrive at a secret location in the Ferguson Valley by 10am for 11am departure to Honeymoon Pool via Gnomesville, King Tree, King Jarrah tree and Wellington Dam having lunch along the way. After setting up camp, there will be a paddle

in the river to cool off.

Sunday 6 March: Honeymoon Pool to Bunbury ~40km. Pack up camp after a short ride along River Road developing an appetite for the tasty treats on the following downhill. Some may choose to linger on the hill sampling the culinary distractions while others will speed down the hill and spend a few hours visiting the Dardanup Heritage Park prior to riding on to Bunbury. Camp at Koombana Bay Caravan Park and dine in or wander into town and dine out at one of many options.

Monday 7 March: Bunbury to Ferguson Valley ~30km. Leisure ride to the Ferguson Valley to pick up your car but watch out for the St Aidan's church on the right hand side and the Moody Cow on the left of the road.

Watch you don't drink n ride as you may need to drive!

Contact Tony 0408955908

**SUSTAINABLE TOUR 2011
EASTER WITH A DIFFERENCE**

We have a wonderful opportunity in 2011 with the Easter break extending through to include ANZAC Day (as it does on average about every 10–20 years). Simon Koek had already offered to run one of the long weekends for which he is renowned and has booked out the Pemberton youth hostel for us. The weekend is planned to be out and back rides to many of the fabulous local sights in the Pemberton and Northcliffe regions. It will be followed by Noel Eddington leading a partially supported pannier tour from Pemberton to Mandurah. The whole combination will form the Sustainable Tour for 2011. It is designed to allow people to ride just the Easter weekend out of Pemberton, to ride after ANZAC Day from Pemberton to Mandurah or to do both.

Dates are as follows:

Fri 22 April—travel to Pemberton – short ride in the afternoon

Sat 23—Mon 25—based in Pemberton

Tues 26—return to Perth for the Easter only riders

Wed 27—Pemberton—Manjimup 31km

Thurs 28—Manjimup – Nannup 56 km
Fri 29—Nannup – Donnybrook 67 km *
Sat 30—Donnybrook – Myalup 85 km
Sun 1 May Myalup – Mandurah 72km and home

* May ride Manjimup direct to Donnybrook on Thurs 28 and have Fri 29 as a rest day.

The cost of the full tour will be under \$100 but participants in any part of the tour will need to pay for their own food and accommodation.

Those interested should contact Simon Koek (0439 987 039) and/or Noel Eddington (9378 3687) or at east-er@ctawa.asn.au to book a place. Youth hostel accommodation is on a first come first served basis and should be arranged with Simon and Noel.

**ON YOUR BIKE 2011
RIDING THE WAVE**

In 2011 we will be "Riding the Wave" for the 23rd OYB.

The tour will again be a one-way tour and will start in Midland with participants being bused out to Hyden. After a visit to Wave Rock, we will ride to Kondinin, Corrigin (via Kulin and the Tin Horse Highway), Bruce Rock, a rest day in Quairading, York (via Beverley) and Bakers Hill before finally returning to Midland. The tour will be in the second week of the October school holidays from 8-16 October.

With the imminent departure of Colin Prior, and Roy Messom earlier this year, we are looking for one or two additional people to come onto the OYB sub-committee for 2011.

Members of the OYB Sub-Committee must be members of the CTA and preference will be given to those who have done at least two years as a volunteer. It is imperative that the members of the OYB Committee are able to work well together. While the appointment is made by the CTA committee, the tour leader's recommendation is vitally important. Anybody interested in joining the OYB Committee should contact the tour leader, Terry Bailey 9472 9887.

We got into Denmark just ahead of the rain
But our bags weren't there yet, what a royal pain.
I hear the truck driver TONY was searching for pie.
Had he been a bit quicker, we would have stayed dry.

Bev, Nev, Lois, Ron, Rob, Jody, Gill
Brian, Bronwyn, Mark, Gwyn, and Tony Woodhill
They filled the accomodation in Denmark pretty quick.
They're fair weather riders, like rats off a ship.

Cyril, we heard in Albany that you came off.
And injured your knee, but Sharon just scoffed.
You tried Dixie next, still searching for sympathy.
It's between shit and syphilis, in the dictionary.

Allan Booth gave us all a real scare
After Ann counted everyone, he wasn't there.
If from the published route you decide to deviate.
Do tell a committee member, anxieties to alleviate.

Before you camp, best to look around
For safety hazards, like ants on the ground.
And in David Van Zyl's specific case,
Under a broken tree is really NOT the place.

Graham was missing a bag, "Our tent it's not here,
I've looked and I've looked, and it's not with the gear."
He was starting to feel a tad bit alarmed
When Robert said "You mean the one Liz has under her arm?"

In the past, because of Alan Duff's snores,
He's been vanquished to the campground's farthest shores.
This year he camped closer, not because he was tired,
But because to his sleep apnea machine he was wired.

At Denmark rec the showers were cold
But 2 Wagin ladies were ever so bold.
There must be something to that "flower power"
At a total stranger's, Susan and Jenny had showers.

Men over 50 should be very aware



Cara McNish and a cyclist's 12 Days of Christmas at the concert

Of prostrate cancer, as Laurie did share.
And Rob Tognella, all kidding aside,
I hope your female GP tans your hide.

Kevin green dot said "No porridge for me,
I'll just stick to my toast and tea."
Cyclists hoard food, like misers hoard cash,
I saw Connoisseur yogurt in your private stash.

When the Denmark rain slowed to a stop
To the ladies' ran Dee, about to pop.
The cleaning man said "Just give me ten"
So she crossed her legs, to wait again!

Hanna and Peter were discussing their tent.
It's called a Storm Shield, and it's been heaven sent
"I tend to panic, but Peter stays calm,
Now the tent has been tested, I can rest my qualms."

Terry, I don't mean to be unkind,
But it's usually the bad things that come to mind.
So when I remember "Coast the Rainbow"
It will be flies and headwinds, and the marquee that didn't show.

Colin, I am very, very aware,
That of me, you take great care.
Thank you for putting up and taking down the tent
At home with many curries, I will repent.

Soaking wet at the Alpaca farm
I tried to book a caravan—what's the harm?
But the very last one went to Max and Bill
They gave it a quarter star, said it was quite a thrill!

We usually ride alone, me and Raylene
On Day seven, we thought we'd try as a team.
We aren't unsociable, just set in our ways.



Dinner at Walpole

Great ride, saw her 4 times, do it again soon, okay?

No Raylene, but Jody hopped on my back wheel
At the Kent River marron, we had our meal.
We'd both lost our maps. Ask directions? NOT.
Loved that it was 10km less than we thought!

A GPS wasn't any use for my Colin,
Down the wrong road, after tea, he went haulin'
Green dot Rob followed, and 17extra k's they dusted
He's too new to know Colin can't be trusted.

There are 2 varieties of GTA gruel.
Plain or with raisins--call 'em blowflies if you're cruel.
At Peaceful Bay Ron's plain porridge he seasoned.
But there were flies in it...Self immolated, he reasoned.

I don't intentionally try to tempt fate.
Left home with no spare, realized it on day eight.
Bought Dave's last spare, but Fate, the dummy did spit.
A straight puncture wasn't enough, my tyre she did split.

Lucky for me, this year we had one packed.
It was in Peaceful Bay with the luggage stacked.
Mal raced to camp, and actually found my tyre.
Got me back on the road and my fat out of the fire.

What's that saying about a fool and his money?
I wouldn't have pegged Cees for a fool, but it's funny,
Once last 'On Your Bike', and twice on this trip
His wallet has effectively given him the slip.

The carpark at tall trees was clearly laid out,
There was one way in, and 2 ways out.
Those 2 ways out gave Colin the craps.
As he chased Kleber in the van for carpark laps.

Lawrie and Bet have all of us beat,
49 years together, that's really neat.
In their 60's they started to ride,
Nice to have your partner by your side.

Sherleen and Maureen caught many an eye
I guess they looked good as they rode by.
CTA's fun, you should give it a whirl
Maria calls them our publicity girls.



The OYB Tent City at Walpole



Loading bikes at Bow Bridge for the trip home

Pam said to me, "I'm not riding any more,
I'm just about done, my legs are so sore."
For a green dot, Pam, you've done very well.
And in that green scarf, you're looking swell.

We all wish Reg our very best
He left with recurring pains in his chest.
It takes a cyclist truly gifted.
From 'On Your Bike' to be airlifted.

There wasn't any one incident with Ken Pratt
He gets a mention just for being a brat.
He used to ride with Gary, but he says Gary's too slow
So he's training up John Howe, Gary's Bro.

She flew from Geelong, did our Elaine,
"I don't like to whinge, I won't complain.
But with most rides, you pedal, and then coast.
Between the hills and the headwinds, my legs are toast".

I had no dirt on green dot Graham,
He kept a low profile, did that man
But I'll remember you Graham, do you know why?
I've never seen a plate piled quite so high.

Pete Curnow's done nothing memorable yet
But the night is young, on that you can bet.
It's the last night of 'On Your Bike' and I couldn't sleep
If I didn't hear, one more time, Blue & the Sheep.

My muse is fickle, she doesn't work from a list
So I apologise, if you've been missed.
If you haven't been mentioned, it wasn't intentional
This poem, as you know, is unconventional.

And thus endeth my eighth 'On Your Bike'
And for one last time, I hand over the mike.
We'll be moving to Victoria before too long
But the friendships I've made here, will remain strong.

The future is, at best, uncertain
We may be gone, but it's not the final curtain.
You could be on a bike tour far from home,
And hear about some gal and her funny poem.

CYCLING AT THE TOP OF THE WORLD

By Max Kamien

Longyearbyen is the capital of Svalbard and at 78°N is the most northerly town in the world. It has a population of 2000 young people and many bicycles. The Basecamp Lodge hires out mountain bikes. I was in the process of hiring one and was asked where I intended to go. I replied, "About 15km north." "Well the helmet comes with the bike. The gun is extra".

Polar bears can move at 30km/hr. My CTA classification is only a generous 25km/hr. So I decided to postpone my training for the November ride until I got back to Perth.

But I can proffer advice to anyone wanting to ride around Longyearbyen in the North or Ushuaia, which advertises itself as the southernmost town at 'the end of the world'.



Above: A polar bear—hopefully far enough away!

Below: Ready to ride looking out for polar bears



FOR SALE

Selling one Yamaha TRX 850 Twin motorcycle.

I have owned this bike from new, 2001, and spared no expense in its maintenance. Never been dropped or abused. It has 2 new tyres and is ready for its new owner to enjoy.

I don't use it much these days and will put the money to good use with a trip to the Himalayas next year.

Asking price is \$5000 (insurance value).

John Farrelly 0400 361 406

john_farrelly_1@yahoo.com.au

FOR SALE

Durace 9spd cassette – 12x25; brand new in box. \$55

Durace 9spd triple STI levers – brand new in box \$75

FSA RD80 road wheels- almost new, shimano 8,9,10 spd compatible. Great training wheels. \$75

Contact g.hosgood@murdoch.edu.au

NEW MEMBERS

We welcome the following new members

Matthew Hender Zachariah Larke-
Jo Sullivan Ewing (below)



CTA CLOTHING



CTA Jerseys

The CTA will be holding the following stock:

Men's sizes: long zip, short sleeve: S, M, L, XL, 2XL, 3XL (There a few long sleeve men's jerseys are in stock as well)

Women's sizes: short zip, short sleeve: XS, S, M, L, XL, 2XL

Jerseys are \$85 short sleeve and \$95 long sleeve

Please note that the manufacturer (Sprint Design) has sizes that are VERY small—most people need two sizes larger than their usual fitting

Long sleeve, shorter or longer backs and short zips for men or long zips for women in any combination or size are also available directly from the Spring Design website at www.sprintdesign.com.au/cycle-clothing/cta.html

Orange Fluoro Shirts

Still available at the usual price of \$35 for both long and short sleeve. Long sleeve with full length zip; short sleeve are polo shirt style.

Sizes in stock: long sleeve 10 (S), 12 (M), 16 (L) and short sleeve 16 (L), 18 (XL), 22 (XXL)

CTA Socks

Red/yellow socks with CTA logo — \$10 a pair



Take-a-Look Mirrors

Unbeatable Take-a-Look mirrors — better than an eye in the back of your head — \$20; plus adaptors to attach to your helmet each \$4.50 (NB: Typical postage for mirrors within WA \$2.50–\$4.50)



Contact Lynn 9358 5257 (H) or email: clothing@ctawa.asm.au for orders.



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

Tel: 9430 5414 Fax: 9430 4062
66 Adelaide St, Fremantle



For all your cycling & running requirements

Runner's World

Perth's specialist running & triathlon store

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

The CTA Achievement Ride Series

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 Achievement Rides Co-Ordinator (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 reasonable be attained fully loaded.

Traditionally, the ARs have been run twice a year ("Take 1" and "Take 2"). "Take 1" rides are always run, but you should register at least 10 days beforehand. In line with the criticism at the 2009 AGM that the focus of the CTA is shifting a little too far away from "touring", the Rides Committee is to consider whether to have a "Take 2" this year or suggest that those who miss the "Take 1" should complete any missing rides using a brevet.

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

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

Ride 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 Rides Committee if you would like badges.

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

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.

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

Following the 2008 AGM, the Committee discussed the way ahead for 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. The new "Achiever" series was added to fill this gap. This level includes all the rides of the Merit Series plus any one of the longer achievement rides. (See table above).

Note that the 100km AR plus the 100km the following day can only count for the 100km AR, or the 200 in 2, but not both. The two 100km rides of the 200 in 2 must be ridden on two successive days to count.

The Achiever Series is still in its infancy and has scope to be changed so may include different rides in the future.

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.

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

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 Rides Committee 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 from the Rides Committee. Completed cards must be returned to the Rides Committee 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 2011

50km AR Take 1—27 Feb 2011

Expect the schedule for the full AR series in the next edition of the Chain Letter



Recipients of awards for CTA Achievement Rides in 2010 at the Annual General Meeting

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).

- | | |
|----------------------------------|-----------|
| 1. Renewal Adult membership | \$40.00 |
| (If paid by 31 Jan | \$35.00) |
| 2. New Adult membership | \$35.00 |
| 3. Full-time Students/Pensioners | \$23.00 |
| 4. Dependents under 18 | no charge |

Membership forms can be downloaded from our website www.ctawa.asn.au. Please send your cheque and form to the Cycle Touring Association, PO Box 174, Wembley WA 6913. **A receipt of payment is only issued on request.**

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**

