

THE CHAIN LETTER

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

July/August 2012

Issue 225

PRESIDENT'S REPORT

Cycle touring fully loaded with panniers is still as great as I remember. I have just returned from a fabulous tour to the Gingen area with 19 other cycle tourists, thanks to the excellent organisational skills of Roy. We stayed at the Willowbrook Farm Caravan Park outside of Gingen and explored the area for 3 glorious days.

This year's On Your Bike (OYB) tour has been extremely popular as expected and on last report was nearly fully booked.

An alternative or addition to OYB is the 2013 Sustainable Tour. This trip is to include Easter in Bridgetown (29 March to 1 April 2013), plus the option to go on a full pannier tour both pre-Easter from Perth to Bridgetown (24 - 29 March) and post Easter from Bridgetown back to Perth (1 - 6 April), providing a total of two weeks riding if you have the desire and time.

Coming up, our next social night is for the girls on Saturday 23 June, where the caterers from the progressive dinner will be catering for us again at the Girls Night In.

A request for a Boys Night has been raised and is being discussed now. We have another interesting schedule of events for the next couple of months, including Xmas in July at the Yanchep Inn on Saturday 14th July and a master chef Trangia cook off at the Loftus Centre, Leederville, to be held on Wednesday 12th September. To continue with the interest in cycle touring we are organising an evening on cycle touring "Tour Leaders 101" at the Loftus Centre on Wednesday 15th August.

The Achievement Ride Series are now in full force and we have been getting good attendances on all rides. Fifteen people have already qualified for the Merit Series and six for the Achiever Series, completing the 50 km, 100 km, 5000 in 4 and 160 km rides. The 10000 in 8, 200 km and 300 km rides to qualify for the Super Achiever Series are coming up soon.

Since taking on the position of President, we have been collating information and documentation used in the CTA. As part of this process I have made a few pleasant discoveries and am starting to realise how

much information and potential documentation has been lost or is kept by individuals in their own homes. I would like to ask all current and past members, if you have any information or documentation about or for the CTA, would you be willing to share? We are approaching 40 years for the CTA and it would be good to capture this information before it is lost forever. If you have any information on past tours (including planning notes), rides or other club information, please let me know. I am happy to meet with you to collect memorabilia or to document past events if this is easier.

As always we are looking for volunteers to lead rides. If you have an idea or are happy to share one of your favourite cycle routes with fellow cyclists, please contact Sarah.

I look forward to seeing you on your bike.

Regards

Teresa



Coffee Stop on Wendy's Mayland River Meander

IMPORTANT DATES

Social Nights

Wed Aug 15 : Tour Leaders 101

Tours

Sat 14—Sun 15 July : Christmas in July at Yanchep

Sat 8—Sun 9 Sept : Waterous Loop MB weekend

Sat 27 Oct—Sun 4 Nov: Rounding the Capes—OYB 2012

Sun 24 Mar—Sat 6 Apr 2013: Sustainable Tour and Easter 2013

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THE CHAIN LETTER

The Chain Letter is published by the Cycle Touring Association of WA (Inc) every two months.

We welcome articles and photos on:

- Rides you have done, in WA or elsewhere in Australia or the world
- Articles on bicycles, cycling gear, maintenance or safety
- News of members—whether related to rides or not
- Health, physiology, exercise programs or anything else related to the rider
- Riding tips or techniques
- Cycling trivia or quizzes
- Letters to the Editor
- Anything else!

The Editor will be grateful!! Copy and photos (at least 500kB in size please) should be sent to: editor@ctawa.asn.au

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Achievement Ride Successes

100 km 22 Apr 2012

Hilary Beck
Bruce Beecham
Tony Belcher
Janice Bertram
Wayne Bertram
Sandy Carlton
Mark Corbett
Stuart Crombie
Robert Dekker
Laim Flanagan
John Joyce
David Knowling
Christine Liddiard
Teresa Liddiard

Paul Loring
Elsbeth Marshall
Richard Marshall
Bev Morrissey
Colin Pearce
Perry Raison
Roy Stone
Nev Taylor
Don Ward
Ann Wilson

Rob Boggs
Sandy Carlton
Mark Corbett
Robert Dekker
Kira Flannagan
Liam Flannagan
Grant Gregory
Christine Liddiard
Teresa Liddiard *
Paul Loring *

160 km 12 May 2012

Bruce Beecham
Tony Belcher
Wayne Bertram

Perry Raison
Bruce Robinson
* New personal bests

NEW CYCLE TRAFFIC LAWS

A few months ago, a number of changes were made to the WA Road Traffic Regs: the rider has an uninterrupted view to the front of the bicycle.

Adults are now permitted to ride an electric bike (known as a compliant power assisted pedal cycle or PAPC) up to 200W on shared paths with the power engaged. Maximum speed for such bikes is about 25kph.

Child carrier seats can now be attached in front of bicycle handlebars provided that

At night, the front light may now be steady or flashing—and must be clearly visible from 200m. Flashing rear red lights were already allowed and there is no change.

Rear mudguards no longer need to be white or silver and the minimum width of handlebars has been reduced from 200mm to 180 mm.

DEADLINES: Contributions for the next issue (Sep/Oct) should be sent to the Editor (editor@ctawa.asn.au) no later **6 August 2012**.

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.

GINGIN DISCOVERY TOUR, 2 –4 JUNE 2012

By Doug Allen

Twenty three riders took part in the Gingin Discovery Tour over the WA Day long weekend. I have been on a few such tours, had enjoyed them, and was keen for my brother (Ross) to experience a three-day cycle tour.

A month earlier, Roy Stone had told me he was organising the Gingin Discovery Tour and would I like to join him in driving over the proposed course just to be sure it was reasonable. We were a little concerned that the second day would include eight kilometres of unsealed road, but driving over it in the car we felt the road surface was reasonable.

So I have written these comments of the ride based on a first timer's experience (Ross) and someone who had an arm's length involvement with the planning (me).

The ride started at Clarkson train station, which is the end of the line for the north metropolitan railway. Because most riders caught the train to get to the start, most were on board the same train which was nice, and as we walked through the station to gather outside, even the station workers seemed fascinated to see twenty riders and bikes with panniers assembling out the front.

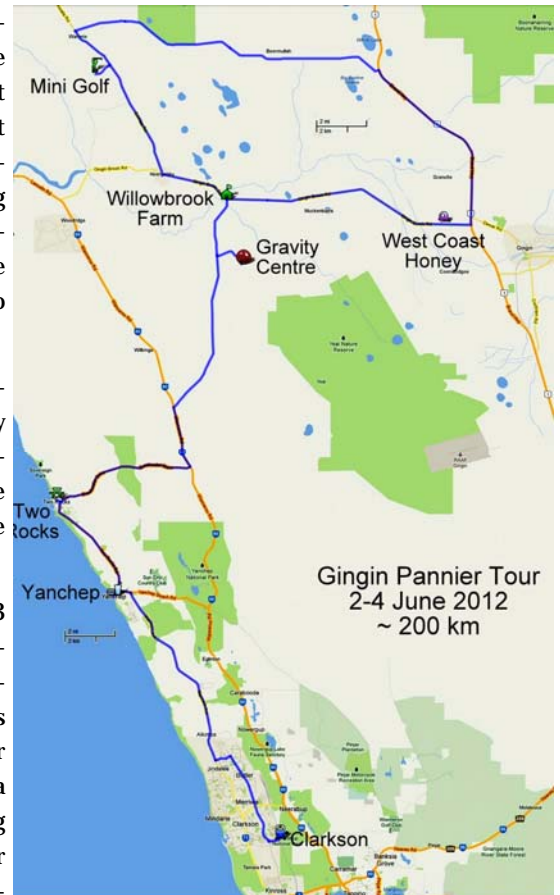
The early stage of the ride through the

outer suburbs was uneventful. However about thirty minutes into the ride we realised we had already lost two of the peloton. It turned out that 'tail end Charlie' and 'tail end Charlie's assistant' had got lost! Riding through Yanchep, a few of the residents who happened to be out the front of their houses stopped to watch the peloton pass.

The terrain we rode on was undulating, with no serious hills to worry about. The coastal scrub and Banksias soon gave way to sheep or cattle farming with the occasional olive orchard and cabbage gardens.

Arriving at Gingin we spent 2 or 3 hours at the Gingin Gravity Discovery Centre. The Centre was interesting and educational for both adults and children. Roy had arranged for Peter, the 'Rocket Man', to give a demonstration of rockets being launched using solid fuel or water under pressure. The first rocket, using less than a litre of water, but pumped into a large cool drink container to about 55 PSI, sent the rocket over 50 metres vertically and landing on the roof of a 45 metre tower. Peter launched five other rockets each a little more sophisticated and resulting in achieving greater heights.

Saturday night was 'tent town' in the Wil-



lowbrook Farm caravan park with most of us enjoying dinner at the restaurant just across the road. To me, this is probably the most enjoyable part of any tour, having ridden for most of the day, showered and changed, feeling just a little tired and enjoying each other's company over a meal.

Continued on page 4



Sarah Cutts followed by Rosalee McAuliffe, Liam Flannagan & others with David Van Zyl as tail end charlie

Continued from page 3

Every Sunday, the Willowbrook Farm caravan park has a tradition of putting on free freshly baked scones, jam and cream. It doesn't matter whether it's for 3 or 300 campers, the free scones appear every Sunday. No CTA member missed out on a hot scone.

The ride that day was a 69 km loop, taking in morning tea at West Coast Honey, and lunch at Caledonia Mini Golf. Because it was a loop it was a pannier free day. This loop did include a few serious hills, which I hadn't particularly noticed when Roy and I did our pre-event course checking in the car the month earlier. Similarly, the eight kilometres of unsealed corrugated road provided more fun on Sunday than perhaps we expected, when we had driven over the ungraded gravel at 80 kph.

Along the way, we stopped at a small stream called Gingin Brook and Roy took the time to explain the Gngangara water mound, which provides most of Perth's water. The Gngangara mound extends from Gingin Brook all the way south to the Swan River. The water flowing in Gingin Brook was coming directly from the groundwater and showed where the normally hidden underground water table was.



Peter the "Rocket Man" briefing the crew before launching a water powered rocket

That night those of us who again met at the same restaurant were able to enjoy another very nice meal, followed by dessert such as sticky date pudding, which I understand is very good for you if you are trying to lose weight.

Monday, tents packed away on the bikes, panniers reattached and with a pleasant tail breeze, we made our way back to civilisation following a fairly similar route as we had taken on Saturday.

For Ross, the Gingin Discovery Tour was the longest ride (200 kilometres approximately) he had ever tackled and he came through just a little tired, but we both totally enjoyed the experience. Roy's thorough preparation and careful running of the actual tour resulted in a very successful ride, which I'm sure all 23 of us appreciated.

Photos: David (p3 and p4 top) and Marianne Hibbard (both photos p4 bottom)



Bikes forming a T for touring (or is it T for Teresa?)



Mark Corbett (Rocket Man 2) with Teresa's bike as a launch site

CHRISTMAS IN JULY—YANCHEP 14—15 JULY 2012

Hark the Herald Bike Bells Ring

We are going to celebrate Christmas in July at the Yanchep Inn over the weekend of Saturday - Sunday, 14 - 15 July.

The trip includes an overnight stay at the Yanchep Inn, Christmas dinner and a cooked breakfast the following morning. For those who do not wish to spend the night we can offer a 'dinner only' evening.

We have booked accommodation for 30, with the hope that more will want to get together with us to share this mid-year

Yuletide celebration. There are several standards of accommodation to choose from.

Check out the link Social Rides & Events on our website for the accommodation package and dinner menu.

All you need to do is choose your preferred package and then make a payment to the CTA bank account:

BSB: 306 073

Account: 419065-8

Ref: (Your name)XMAS

Bookings are subject to availability.

Partners, friends or colleagues who are interested in cycling are most welcome to join us.

Contact: Lucia 0417 189 385 or
Bike_the_Planet@Hotmail.com

Mark Corbett is leading a leisurely ride (approx. 65km) from Forrest Chase to the Yanchep Inn. See p7 for details.

As an alternative, you can take the train to Clarkson and ride the 25km to Yanchep by yourself. A route description for the ride just from Clarkson is in the table below.

Int. km	Total km	Turn	Direction
0.0	0.0	START	From Clarkson Station
0.2	0.2	RIGHT	Into Celebration Boulevard
2.0	2.2	RIGHT	At T junction into Walyunga Boulevard
0.3	2.5	LEFT	At roundabout into Hidden Valley Retreat
0.3	2.8	RIGHT	At T junction into Hester Avenue
1.2	4.1	LEFT	At T junction into Indian Ocean Drive
1.1	5.2	RIGHT	Into Gibbs Road
2.2	7.4	LEFT	At T junction into Wesco Road then immediately
0.1	7.5	RIGHT	Into Gibbs Road
2.7	10.2	RIGHT	At T junction into Karoborup Road
2.1	12.3	RIGHT	Into Carabooda Road
3.3	15.5	LEFT	At T junction into Cutler Road
0.4	15.9	LEFT	At T junction into Old Yanchep Road
8.0	23.9	Continue	Straight at cross roads into Yanchep National Park
1.4	25.3	LEFT	At 2nd roundabout to Yanchep Inn
0.2	25.5	LEFT	Into Yanchep Inn - Finish!

Rides details from Clarkson Railway Station to the Yanchep Inn





Start of Richard's "Leg Burn" Sunday Ride (Photo: Teresa Liddiard)

MEMORIES OF THE 2012 SUSTAINABLE TOUR

The Sustainable Tour 2012 was memorable for many things including the hospitality and catering provided by the Bunbury Over 40's Cycling Club. We have been able to obtain the recipes for two of the culinary delights to share them with everybody.

Vicki's Chocolate Cake

Ingredients:

2 cups sugar
2 eggs
Vanilla Essence
1¾ cups self raising flour
¾ cup cocoa powder
1 cup milk
1 cup hot (boiled) water with 2 tspn instant coffee
½ cup vegetable oil

Instructions:

Mix ingredients together and bake in a fan forced moderate oven (160°C) 1½ hours.

Pineapple Slice

Ingredients:

180g plain sweet biscuits
125g unsalted melted butter
Toasted shredded coconut to decorate

Instructions:

Grease an 18cm x 28cm rectangular slice pan. Line base and sides with baking paper, extending paper over pan edges. Place biscuits in a food processor and process until finely crushed. Add butter and process until combined. Press over base of pan.

Ingredients (Topping):

440g can crushed pineapple (in syrup)
1 tblspn gelatin
250g cream cheese at room tempera-

ture

395g can sweetened condensed milk
2 tblspn grated lemon rind
½ cup lemon juice

Instructions (Topping):

Drain crushed pineapple over a small heatproof jug. Set pineapple aside. Sprinkle gelatine over syrup. Stand jug in a pan of simmering water and stir over heat until dissolved. Remove and cool.

Beat cream cheese and condensed milk in a small bowl with an electric mixer until smooth. Stir in pineapple, lemon rind and juice. Pour over base.

Refrigerate overnight or until set. Cut into fingers and decorate with coconut.

Lift out Rides Calendar page for July/August 2012

Ride Guidelines

All riders are responsible for showing up with a well-maintained bike. You must 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: info@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.

**100 km Achievement Ride Take 2
Saturday, June 30, 2012**

100km, moderate. Meet at 8:15am for an 8:30am sharp start at the Armadale Train Station for registration and map/ride description.

This is a pretty but demanding ride up Bedforddale Hill, past Glen Eagle, then onto Jarrahdale and Serpentine Dam, on past Karnet prison farm before heading back to Armadale. Time limit is 6hrs 40mins. This equates to 15km/h but you would not describe this ride as leisurely.

Contact: Hilary 0405 427 246 or hilary_beck@iinet.net.au

**200 km in 2 Days Achievement Ride
Day 2 - Sunday, July 1, 2012**

100km moderate. Meet at 8:00am for an 8:30am sharp start at the Raffles Hotel, Applecross.

Enjoy the flattest 100km ride we could think of, straight down the freeway Principle Shared Path. This is the second day if you are doing the 200km in 2 days and can also count as a 50km ride if you have not completed that at an earlier time this year. Average 15km/h.

Contact: Hilary 0405 427 246 or hilary_beck@iinet.net.au

**Marrinup Mountain Bike Ride
Sunday, July 8, 2012**

Approx 40km, moderate. Meet at 8:15 for an 8:30 start at the Dwellingup Visitor

Centre. (This is in Marrinup Street, opposite the pub. Go down Newton Street from the centre of town).

Bring mountain bike, water, spare tube and a couple of muesli bars for morning tea. You may need a rain jacket at that time of year. We then follow the Munda Biddi north to Marrinup POW camp. There is a very nice single track circuit, quite flat and a lot of fun for approximately 8 km. After a couple of laps of this, we'll ride back into Dwellingup for lunch. Ride time approx. 3.5 hours.

Leader: John
john_farrelly_1@yahoo.com.au

**Christmas in July
Hark the Herald Bike Bells Ring
Sat—Sun, July 14—15, 2012**

Approx 63kms, leisurely. Meet at the Tourist Information Centre Forrest Chase Perth City 10:45am for an 11:00am start

We will ride along the Mitchell Freeway cycle path up to Currambine Station then Burns Beach Road, Connolly Drive and Ocean Keys Boulevard and meander our way to the Yanchep Inn. There will be a cafe stop to practice our Christmas carols along the way. Details of the weekend itself are on page 5.

Leader Mark Corbett 0410 763 502

**160 km Achievement Ride Take 2
Saturday, July 21, 2012**

160km brisk. Meet at 8:00am for an

8:30am sharp start at the Lakes BP Service Station, corner Great Eastern Hwy & Great Southern Hwy for registration and map/ride description.

The scenic course includes Wooroloo, Avon Valley, Northam and York.

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

Contact: Hilary 0405 427 246 or hilary_beck@iinet.net.au

**Shelley Saunter
Sunday, July 22, 2012**

Leisurely, flat. Meet at 7:45am for an 8:00am start at Stirling Railway Station.

This will be a picturesque ride to Shelley Bridge with a cafe stop near the Bridge. We then return to Stirling on quiet roads.

Leaders: Brian and Rosalee 0409 468 797

**Carinyah-Biddi Adventure
Sunday, July 29, 2012**

Approx 35km, moderate, some hills, mostly off road. Meet at 8:15 am for an 8:30am start at Pickering Brook General Store (cnr Canning & Pickering Brook Roads)

The majority of this ride is on trail, so knobbly tyres are a must. Our fun adventure includes a long break at a Munda Biddi shelter. You will need to bring your own snacks/food and plenty of water. Also bring a mug so "Billy" the Barista can

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make you a hot drink.

Leaders: Wayne and Janice Bertram
0408 093 986
wandjbertram@bigpond.com

Jeremy's Observatory Ride Sunday, August 5, 2012

63kms, brisk with medium hills. Meet at 8:00am for an 8:15am start at La Plaza in Bentley.

The ride heads up Welshpool Rd into the Pickering Brook Valley to Paterson Road (not "the Paterson Road"), a second hill climb towards the Perth Observatory before heading into the Kalamunda coffee stop. There are 3 nice hills as good practice for the 10 000 in 8.

Leader Jeremy 0412 886 612
email: jcsavage@inet.net.au

See <http://www.mapmyride.com/routes/fullscreen/27896764/>

Sunday, August 5, 2012 Lake Joondalup & Burns Beach

40km mostly flat, leisurely. Meet at 8:15am for a 8:30am sharp start at Edgewater Station.

We will ride to Yellagonga along Lake Joondalup, across to Burns Beach and down the bike path to coffee at Hillarys.

Leader: John 9485 2330

200 km Achievement Ride Saturday, August 11, 2012

200km, hard. Meet at 6:30am for a 7:00am sharp start at the car park off Morrison Rd (adjacent to the Midland Police Station) for registration and map/ride description.

This is a challenging ride that takes in Toodyay, Dewar's Pool, Bindoon and the Chittering Valley. The time limit is 13 hours 20 mins (average 15km/h). Lights are a must.

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

Contact: Hilary 0405 427 246 or
hilary_beck@inet.net.au

Social Night - Tour Leaders 101 Wednesday, August 15, 2012

Meet at 7.00pm at the Loftus Community Centre, Leederville. We are seeking potential tour leaders within the CTA. See more in the Social Corner on page 9.

Contact: Lucia 0417 189 385

50 km Achievement Ride Take 2 Sunday, August 19, 2012

50km, moderate. Meet at 9:00am for a 9:30am sharp start at the service station on the corner of Nettleton Road and the South Western Highway, Byford, for registration and map/ride description.

This is your second chance at achieving the 50km. The time limit of 3 hours 20 mins (average 15km/h) should ensure that everyone has a chance of completing the distance. This is a straight forward ride in much cooler conditions than the Take 1 held in February.

Contact: Hilary 0405 427 246 or
hilary_beck@inet.net.au

Canning River Cruiser Sunday, August 26, 2012

40km, leisurely, flat. Meet at 8:15 for 8:30am start at Bull Creek Station.

Looking for an alternative to (or a reason not to) pound the pavement in City to Surf? Then enjoy this gentle meander around Perth's second river, with a riverside coffee shop stop on the way back.

Leader: Christine 9457 4779.

Spring Shopping Run Sunday, September 2, 2012

52km, moderate, some hills, shared path and on-road routes. Meet at 8:45am for a 9:00am start at the Bell Tower, Perth.

This ride traces a route I sometimes take to go shopping. Leaving from the Bell Tower, we follow the river to Nedlands, before cutting through the suburbs to the shared path at about Karrakatta. A combination of cycle path and on-road cycling takes us all the way to Fremantle for the Markets, where we make a brief refreshment stop, before treddling north along the coast to City Beach. There, we turn inland and head for Subiaco Markets and

today's official café stop. Finally, we follow the well-worn cycle path towards the city, over the ridge at City West, to finish where we started. The ride will last approximately 3 hours including stops.

Leader: Stephen southwind07@me.com or 0430 921 929

Waterous Loop Overnighter Sat - Sun, September 8 - 9, 2012.

Leisurely, some hills, mountain bike, 62 km. Meet at 10:45 am for an 11:00am start at Lake Navarino Resort

Join us for an overnight mountain bike ride. There are some tough hills, but we will be taking it easy. The overnight stay will be at the luxurious Bidjar Ngoulin Hut on the Munda Biddi. It's fully air conditioned (the wind blows through) with comfortable wooden platforms to sleep on, and a camper's kitchen (there is a bench to put your stove on).

You will need to pre-book as there is a maximum of ten participants. We may divide into two groups so the speedy ones can go faster.

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

Selected Future Events

Wed 12 Sep

Social Evening – Trangia Cookoff

Sun 7 Oct

5, 000 in 4 Achievement Ride Take 2

Sat 20 Oct

10, 000 in 8 Achievement Ride Take 2

Sat Oct 27—Sun 4 Nov

On Your Bike 2012

Wed 14 Nov

Social Night, Leederville

Sun 24 Mar—Sat 6 Apr 2013

Sustainable Tour and Easter Weekend

LABOUR DAY LONG WEEKEND

Sat 29 Sept to Mon 1 Oct.

BUT WE NEED A RIDE LEADER

We can help discuss route, location or accommodation. You can choose terrain, speed, road bikes, touring bikes with panniers, MTB, all bikes, any bikes.

Please discuss anything with Sarah or Teresa—see page 2 for contact details.

Rounding the Capes : 27 October 27 - 4 November, 2012

In 2012, the 24th OYB tour will be "Rounding the Capes" from Cape-L to Cape Leeuwin to Cape Naturaliste and back to Cape-L. The tour will start and finish in Capel with a transport option from/to Armadale. From Capel we will ride along an inland route to Busselton, Margaret River and then Augusta, where we will enjoy a rest day with an optional cruise up the Blackwood River and a visit to the Cape Leeuwin lighthouse. We then head up the coast taking in all the coastal

towns of Hamelin Bay, Prevelly, Grace-town and Yallingup through the heart of WA's premier winery region on our way to the Cape Naturaliste Lighthouse and our final night at Dunsborough before returning to Capel.

Brochures and entry forms were sent out to all CTA members in early May. The one month reserve period for CTA members is over and entries are now open to all applicants on a first come basis. There are only limited places still available so

please complete and post your entry form as soon as possible to avoid disappointment on missing out on a place on tour. If required, a waiting list will be established and if there are any cancellations (and there are always some) then applicants will be accepted on to the tour on a first come basis.

Terry Bailey
Tour Leader, 2012 On Your Bike Tour
043 9922 765

Pannier Touring and Easter 2013 in Bridgetown

Sustainable Tour : 24 March to 6 April 2013

Combine a few days in the beautiful and scenic town of Bridgetown then add in a pannier tour, either before or after, or even both if you have time, and you have the perfect combination for next year's CTA sustainable tour.

In 2013 from Sunday 24th March to Saturday 6th April we are looking to include Easter in Bridgetown (29 March to 1 April), then add on the option of a full

pannier tour riding from Perth to Bridgetown the week before (24 – 28 March), and also the option of a full pannier tour returning to Perth (2 – 6 April) via a different route after the Easter weekend. There will be some hills. This route provides three separate options which can be mixed in any combination to suit your cycling preference.

Being based in Bridgetown for Easter

there is no need to carry your gear as you will return to base each night. For the full pannier section of the tour we will be moving each day as we cycle through some of the best areas the south-west has to offer. Start planning your leave now for what promises to be a great tour. Any enquiries contact Teresa via email: president@ctawa.asn.au or via telephone: 0421 089 443.

CTA Social Corner

What a wonderful turnout for the first social evening at the Loftus Centre. As there was much interest in the subject of cycle-touring, an additional night has been booked on 15 August, 2012 - "Tour Leaders 101". We are seeking potential tour leaders within the CTA; our goal is to give these future leaders the knowledge and confidence to lead a tour, small or not so small. The evening is open to all those who would like to lead a tour and, in particular, we invite those of you who have organised your own tours to join us and pass on your experience and expertise. More details for this evening will be posted on the website.

Our next big event on the social calendar

is the Xmas in July weekend at Yanchep on the 14 - 15 July 2012. It is not too late to make a booking to join us for what should be an evening filled with good company and Yuletide cheer.

All you need to do is contact me, Lucia, on bike_the_planet@hotmail.com and choose what accommodation package you would like. For those attending please see the rides calendar for the details of the ride. We have posted on our website a shorter route from Clarkson train station to Yanchep for those who do not wish to ride the full 63kms. Anyone is welcome to join us on the ride up to Yanchep however you will need to make your own way back.

There is a further social evening on 12 September 2012 at the Loftus Centre which will be our Inaugural "Master Chef Campsite Cookoff". So make sure you come along to support our creative members whip up culinary delights and vote for your favourite chef!!

A NEW SAFETY CAMPAIGN

There is a campaign started in Melbourne which is giving out free bumper stickers to remind motorists to watch for cyclists before opening car doors. Most of us will have had a near miss or been hit by this : www.lookbeforeopening.com

REFLECTIONS ON THE CENTURY ACHIEVEMENT RIDE

Two CTA members rose to the challenge of the 160km (or Century) Achievement Ride for the first time. For each of them, both were new personal best distances ridden in a single day. We highlight these achievements with their reflections on the ride.

The 160 km ride starts at the Lakes Service Station at the junction of the Great Eastern Highway and Great Southern Highway. It heads north to reach the Toodyay Road before turning right, heading for Toodyay over the first of many hills. Just short of Toodyay, it turns south on Tourist Route 254 to pass through Northam on the way to York and a very welcome rest break. The final 50km heads east from York over eight hills (yes eight of them) and no turns to return to the start point. (Photos: Teresa Liddiard)

A Novice's Take

By Teresa Liddiard

Ride 160 km in one day, what? You must be mad. This is what I first thought when I heard about the achievement ride series when I joined the CTA back in 2000. At that time never in my wildest dreams did I imagine I too would be attempting this distance in one day.

On Saturday 12 May a group of 16 cyclists gathered together at The Lakes BP Service Station on the corner of Great Eastern Hwy and Great South Hwy as dawn was breaking. We controlled our sturdy steeds long enough for a quick photograph and then we were off in a blaze of fluorescent colour.

With a supporting tail wind and the promise of a warm coffee at the first meeting point I started out nervous but also excited. Hilary and Mary greeted us

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Coffee break and a rest at the Lowe Street Park, York



Start of the 160km Achievement Ride on 20 May 2012

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with a smile and a cheer, providing morning tea and a hot drink at the Tourist Bay on the corner of Toodyay Road and Avon Drive. A short stop in Northam and we were on our way again.

Along the way we had a number of stops, but not as many as Liam who hit a record four punctures for the day. Throughout the day the benefits of stretching were reinforced for me each time we stopped. A few back bends and my aching back felt like new again.

Stopping in York was where I made my first mistake. As Hilary started receiving messages on her phone informing her that people were finishing the ride I settled in to enjoy a hot milo and a piece of fruit cake. It was when Mary provided her comfortable chair as a resting point that I had to be almost plied from the chair to get going again. Having already ridden 110km I was definitely on the homeward front and Mark advised there was a climb out of York, which although expected was tougher than I had hoped for.

In the end I made it back to The Lakes to the friendly cheers of support from Hilary, Mary and Christine, and of course my wonderful husband who rode with me for the majority of the day. Being an endurance rider I knew I could make the distance but I don't claim to be fast and so was still happy to hear I had made the distance well within the specified time limit. When I went to ride my bike again the next time after this ride I discovered that I had not just one but 4 broken spokes on the back wheel. I'd like to think this contributed to my reduced energy for the last 50 km, during which I was too tired to notice at the time.

I now have a much greater appreciation for the longer distances and the people who have attempted this ride and the longer ones as part of the achievement series in the past. I take my hat off to you all.

Would I do it again, probably not (I know you should never say never). If you asked me, my response would still be – You must be mad!!!!



This was puncture number four for the day

MY FIRST 160 km ACHIEVEMENT RIDE

By Paul Loring

I have never thought of myself as an endurance athlete, and this ride proved that point. 'Endurance' was the right word!

Mind you I paid the price of no preparation for the ride at all. The last decent ride I did was the CTA 100km 3 weeks beforehand, with just the occasional shopping trip to Freo, ie, 4km each way! If there is a next time, and at 7am the next day that seems a long way from my mind, I shall prepare; say after me, I shall...!

Lots of thanks to Hilary and Mary for their support in organising and supporting the ride throughout. Also thanks are due to all the other riders, who unknowingly motivated me to keep going.

I am not a fan of long flat sections of road, but on this trip the section from Toodyay to Northam basically up the Avon Valley, was very scenic, it seemed flat but was actually a gradual rise of about 60m. The section from Northam to York can be murderous, as it is quite exposed, but the wind was very kind to us for the whole event.

Although the route traverses several long sections of major roads, the traffic was considerate for me for the whole route; being conspicuous, with fluoro yellow and flashing lights which several riders used probably helped.

The last 50 km, felt the last 50 km of my life! I was mentally prepared for the long climb out of York, 7 km and a 190m climb. I got into a high cadence groove, and tripples are a godsend in such situations. But after that, cramps hit me repeatedly, calves, quads, hamstrings, all twitching constantly. I had to get off to walk this out a few times! But, 5km at a time I plodded along, then an 80kph speed limit, and I was praying it wasn't a false hope. One km later, the "Lakes Fuel point 500m ahead" sign was such a welcome sight!

I finished my first 160 km! Will it be my one and only?

I hurt! My lungs are the only part of me that isn't crying out in fatigue! Hands, feet, every part of my legs, back, shoulders are all in need of some serious kneading! But all they got was a very cold shower! I slept like a baby, and feel a lot better this morning! Some will say, the experience was very good for me – um!

Thanks to all.

HOUSEKEEPING

CTA CLOTHING

Please contact us if:

Your contact information changes (so we can keep our database up to date.) Email: members@ctawa.asn.au

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.

Contact: clothing@ctawa.asn.au



CTA Rear Panniers

SAFETY ISSUES

If you have safety issues — email info@ctawa.asn.au All riders are encouraged to report path and road hazards observed during their rides. You should email a clear summary, with a subject "Hazard report" including details of the location and the problem (with a photo if you have a camera at the time) to: cycling@transport.wa.gov.au and/or enquiries@mainroads.wa.gov.au (with a copy to info@ctawa.asn.au).

You may also make hazard reports at www.transport.wa.gov.au/cycling/2345.asp.

Green Senator Scott Ludham has sponsored an iPhone app, Bike Blackspot, for reporting bike hazards in Perth. It appears to be a useful easy to use reporting tool. Information goes to both the Minister of Transport and the Greens. The CTA does not support any political party or Senator Ludham in particular.



CTA Clothing

The CTA is holding the following stock:

New design CTA jerseys (\$85 short sleeve, \$95 long sleeve):

Short Sleeve Unisex: M, L, 2XL

Short Sleeve Womens: 10, 14,

Long Sleeve Unisex: XS, S, M, L, XL, 2XL

Long Sleeve Womens: 10, 14

Please note that the sizings for these Sprint Design jerseys are VERY small—most people need two sizes larger than their usual fitting.

The sizes above include a variety of shorter or longer backs, and shorter or longer zips. Any combination of back length, sleeve length or zip length can be ordered directly from the manufacture (12 week lead time). Our suggestion is that you first try on what we have in stock. To place an order, contact Sprint Design directly via their website at:

www.sprintdesign.com.au/cycling-clothing/cta.html

CTA bib knicks and knicks are also available by special order through Sprint Design.

CTA Orange Fluoro Shirts (sizing is very large)

Short sleeve unisex style only: sz 16, 18 & 22

CTA Socks

Red/yellow or new Orange/blue socks with CTA logo — \$10 a pair

Take-a-Look Mirrors

Unbeatable Take-a-Look mirrors. Attach to your glasses (and better than an eye in the back of your head) \$20 each

Adaptors available to attach mirror to your helmet instead \$4.50. Postage for up to 3 mirrors within WA \$2.60

Contact : Roy 9448 7160 (H) or email info@ctawa.asn.au for any enquiries or orders.



New Members

We give a big welcome to the following new members:

Sue di Bona

David Edwards

Carmel Leon

John Merory

Fernando Pascual

Joy Stewart

Juan Jose Vasquez

Elizabeth Wright

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

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).

Background

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 km 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 km on a loaded touring bike. The longest ride in the series is 300 km on the basis that 150 km per day is the absolute maximum that could reasonable be attained fully loaded.

The Achievement Rides are usually run twice a year ("Take 1" and "Take 2"). "Take 1" rides are always run, although you still have to register at least one week beforehand. "Take 2" rides are not guaranteed but will be run if there is sufficient demand. "Take 2" Achievement Rides are scheduled for all except the 200km and 300km Achievement Rides.

If you miss a ride, then there is the opportunity to complete this ride by using a brevet—see later.

Upon successfully completing a ride you are entitled to a badge. Contact the Achievement Rides Co-Ordinator.

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.

The original Achievement Rides was the

Super Achiever Series with the Challenge Series in 1992. However, as the Challenge was just that, challenging, the Merit Series was added in 2004.

The Achiever Series is the most recent addition (2009) to fill the gap between the Merit and Challenge Series.

The different series are summarised in the table below:

Series	Rides
Merit	50, 100 km and 5 000 in 4
Achiever	50, 100 km, 5 000 in 4 plus any <i>one</i> of 160, 200 or 300 km or 10 000 in 8 or 100 km AR and a further 100 km the next day
Challenge	50, 100, 160, 200 km, and 10 000 in 8
Super Achiever	50, 100, 200, 300 km and 10 000 in 8

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

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

(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!)

Ride time limits

To be considered "successfully completed" a ride must be completed within the given

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

time limit.

The 100km on Day 2 of the 200km in 2 days must also be completed in 6hrs 40min.

Qualifying to start the 160, 200 and 300km ARs

Because of their length, difficulty and time taken to complete there are qualification criteria to be eligible to start the 3 longer Achievement Rides. See the following table.

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

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 AR Co-Ordinator. You need to contact them before attempting the ride.

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 2012

The dates for the 2012 Achievement Rides can be found in the Rides Calendar



Social night 9 May—Tours, Tours, Tours

MEMBERSHIP DETAILS

CTA membership is from 1 January to 31 December. New members joining after 30 June may pay the half year membership price (1/2 of the prices shown below).

Renewal Adult membership	\$40.00
(If paid by 31 Jan	\$35.00)
New Adult membership	\$35.00
Full-time Students/Pensioners	\$23.00
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 organisation 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

