

# THE CHAIN LETTER

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

**July/August 2013**

**Issue 231**

## PRESIDENT'S REPORT

Another fabulous tour to the Gingin area was held over the June long weekend thanks to the excellent organisational skills of Roy. A visit to the Gravity Centre and mini-golf were just two of the activities offered. Staying at the Willowbrook Farm Caravan Park outside of Gingin, as we did last year, we were provided with warm scones and cream on Sunday morning before exploring the area some more.

The brochure for On Your Bike (OYB) is now out and registrations are open. If you would like to join us for the tour don't delay in submitting your registration.

Our next social night is on Wednesday 7 August at the Loftus Centre in Leederville. Theresa has again organised an interesting evening for us and we hope to see you there.

The next tour on the calendar is the

weekend of 27–28 July, when we will be cycling to Yanchep to celebrate Xmas in July at the Yanchep Inn. Rooms are still available for additional participants and we welcome CTA members, friends and family to help us celebrate over a traditional Christmas dinner on Saturday night. Registrations are to be made direct with Yanchep Inn.

Members who participated and experienced the new route for the 100 km and Century Challenge (160 km) achievement rides provided positive feedback on the changes made. Not only did the new routes provide a different perspective to tried and tested areas, they also provided a safer option for riders by avoiding roads that have become busier over time.

Last year I put out a request for any old CTA documentation. I would like to renew this request. There is a significant

amount of information and documentation generated over the years by members of the CTA that has been lost or is kept by individuals in their own homes. If you have any information, photographs 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 gold mine before it is lost forever. If you have any information on past tours (including planning notes), rides or other club information, please contact me or send information to the CTA email address [info@ctawa.asn.au](mailto:info@ctawa.asn.au). I am happy to meet with you to collect memorabilia or to document past events if this is easier.

Travel safely and I look forward to seeing you on your bike.

Regards

*Teresa*

**NOTE: Change of details for Achievement Rides — details in this Newsletter and on website!**



Christine copes with a flooded shared path between Burswood and the Windan Bridge on the *Rivers, Oceans, Parks and Lakes* ride led by Wayne and Janice on 26 May. Flooding was the result of a combination of unusually high tides plus recent rain.

### UPCOMING EVENTS

#### Tours

**On Your Bike  
Blackwood Meander**  
Sat 21 – Sun 29 Sept 2013

**Garden Island Tour**  
Sat 12 – Sun 13 Oct 2013

**Avon Ascent**  
Sat 2 – Sun 3 Nov 2013

**40th Anniversary Tour**  
Sat 19 Apr – Sun 4 May 2014

#### Social Events

**Xmas in July**  
Sat 27 – Sun 28 July 2013 – see p. 7

**Tech Talk**  
Wed 7 Aug – Loftus Centre,  
Leederville – see p. 5

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**DEADLINES:** Contributions for the next issue (Sept/October) should be sent to the Editor ([editor@ctawa.asn.au](mailto:editor@ctawa.asn.au)) no later than **6 August 2013**.

**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 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...

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

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## Achievement Rides Successes

According to our records, the following people have completed Achievement Rides. Please contact Achievement Rides Coordinator, Hilary Beck by email [achievementrides@ctawa.asn.au](mailto:achievementrides@ctawa.asn.au) if any details shown seem to be wrong.

### Century Challenge (160 km) on 4 May 2013

Tony Belcher  
 Kleber Claux  
 Stuart Crombie  
 Liz Marshall  
 Bruce Robinson  
 Christopher Rowley  
 Ann Wilson

### New 100k route, 21 April 2013

Bob Allen  
 Hilary Beck  
 Tony Belcher  
 Kleber Claux  
 Mark Corbett  
 Stuart Crombie  
 David Gibson  
 Glen Hosking

Peter Komushan  
 Christine Liddiard  
 Teresa Liddiard  
 Liz Marshall  
 Colin Pearce  
 Bruce Robinson  
 Christopher Rowley  
 Miranda Stanton  
 Andrew Sturman  
 Don Ward

## Achievement Rides 2013

Sat 4 May Century Challenge (160 km) T1  
 Sat 8 Jun 10,000 in 8 T1  
 Sat 29 Jun 100 km T2  
 Sun 30 Jun 200 km in 2  
 Sat 20 Jul Century Challenge (160 km) T2  
 Sun 4 Aug 50 km T2

Sat 24 Aug 200 km T2  
 Sat 21 Sept 300 km  
 Sun 29 Sept 100 km T3  
 Sun 6 Oct 5000 in 4 T2  
 Sat 19 Oct 10,000 in 8 T2  
 (T1 = take 1, T2 = take 2, T3 = take 3)

**NOTE: Changes have been made to some achievement ride routes. See achievement ride descriptions p. 13 of this newsletter, or go to the CTA website at <[www.ctawa.asn.au](http://www.ctawa.asn.au)> for more details.**

## EASTER TOUR 2013

### WEEK TWO — NANNUP TO PERTH

*Last issue of Chain Letter, we brought you Ron Lambert's experience as a novice cycle tourist, riding from Perth to Nannup on the first leg of the 2013 Easter full pannier tour. After a few days in the pleasant surrounds of Nannup, the pannier tourists turned north again. Here's the story of the return trip, in the words of the master, Kleber Claux.*

Let me introduce you to the gang who travelled back to Perth from Nannup:

**Teresa – tour leader, President and 2012 CTA Cycle tourist of the Year.**

Mark – assistant to the tour leader, storyteller, mechanic, dirt road enthusiast and a bloody good bloke.

Gus and Barb – a good team, creative cooks and winners of the My Trangia Rules cook-off.

Hilary and Trevor – a well-organised team, first couple away in the morning, and runners up in My Trangia Rules.

Theresa – the minimalist, from her experiences on the Bibbulmun Track, carrying dehydrated meals and only two panniers.

Karen – a veteran of cycle touring, a great support to the new chums and cool under pressure.

Christine – her first long pannier tour, tried out the Trangia cooking with success and looking forward to the 40th Anniversary tour.

David V – he is from South Africa, you know, first time out on his Surly touring bike with successful runs on the dirt road options.

David T – the veteran of the group at 76, but no slouch, rode from his home in Manjimup to the start in Nannup; gravel road specialist and first away in the mornings.

Pat – well organised, washing soiled gear on arrival to camp, he was the official wine taster of the tour.

Grant – rode two 100 km-plus days to join us at Nannup; his touring bike, which has also seen tours of Europe, was built from verge pickup.

Keith – a new member who introduced us to many innovative touring items, such as the Helinox fold-up chair, which seven of us purchased and used on tour.

Kleber – the old fart who won't let a heart attack and a full knee replacement stop him from enjoying cycle touring.

That, then, was the group who departed Nannup, looking for the inland route north.

#### Monday 1 April

#### Loose Goose Chalets, Nannup, to Shedley Wines, Bridgetown (64 km)

It might have been the 1st of April, but no one was fooling around. After the Easter break, everyone who was riding back to Perth were up with the peacocks and all the animals who reside at the chalets. Breakfast, like all the meals provided during our stay, was excellent. After

saying goodbye to the slack ones who were driving back to Perth, and Ron from Victoria, who unfortunately had to pull out because of a knee problem, our hosts Grant and Lorraine presented us with commemorative mugs. With David T, Grant and Keith joining us for the last week, it was on your bike as soon as we were packed and ready to go. Some of the group used the very useful 'walking gear' to ascend the 5 km hill out of Nannup, which led us into beautifully timbered forest for most of the trip to Bridgetown, David T went for a swim in the Blackwood River to cool off, and his bathing suit never got wet.

Bridgetown was alive with holiday people driving home after the Easter break and the finals of the annual Bridgetown tennis tournament, largest of its kind in the state. Some of the group had a welcome refreshment stop at the famous Bridgetown Cidery before the climb up out of Bridgetown and a short section of gravel as we approached the overnight stop at Shedley Wines. Our hosts, Chris and Erica Shedley, very kindly made the guesthouse and wine tasting facilities available for our stay. So, it was a mixture of tents and mattresses on floors for the



Nannup Easter cycle tourists on the road





**Nannup to Perth group on the last night in Dwellingup at the Tavern where they enjoyed a 'last supper' together**

night. So as not to be rude to our hosts, it was only good manners to sample the many wines on offer. Pat, our official wine taster, was so impressed that he bought a selection to be sent home. A good night was had by all before settling down for a good night's sleep.

## **Tuesday 2 April**

### **Shedley Wines, Bridgetown, to Boyup Brook (16 km gravel or 42 km sealed)**

After some discussion about the intended sealed route with Chris, our host, he recommended a shorter, less hilly option that, after yesterday's long hilly ride, most of the group decided to do. However, a surprising number of people took the 16 km gravel road option, and thoroughly enjoyed it. I decided to leave early to beat the heat and took the original 42 km option, with an exhilarating downhill to the Blackwood River before climbing the big hill that Chris warned us about. Forest opened up to farmland as I approached Boyup Brook, and then rode on to the Flaxmill Caravan Park. Karen copped a flat tyre as she arrived in town, caused by a thorn-proof liner that had disintegrated and damaged the tube. Already, the group was settling into a routine of food purchases for meals, maybe an afternoon coffee or beer, and washing clothes. The

kitchen/dining facility at the park had plenty of space, so we were able to spread out and enjoy a relaxed dinner, during which everyone compared menus. That night, the local lads were out in force shooting—we think—rabbits, so it was some time before we could get some well-earned sleep.

## **Wednesday 3 April**

### **Boyup Brook to Towerrinning (65 km)**

I found that leaving camp earlier in the mornings meant the wind was less intense and you could arrive at your destination before the heat of the day. The route this day was fairly testing, with many small hills to challenge your fitness, as the countryside changed from tall trees and increasing evidence of Wandoo, then opening up to more traditional farming areas. The temperature and wind started to pick up as I approached the Lake Towerrinning Caravan Park. The wind was even strong enough to generate mini-waves on the lake. Trevor arrived soon after and, once the tents and panniers were unpacked, it was into the lake for a swim—and our bathing suits did get wet.

The group that had left Boyup Brook later had an adventure on the Boyup Brook – Arthur Road, as they stopped to rest. The

wind had picked up considerably and a large branch fell within metres of them and across the road. At once, the Collapsed Tree Activists (CTA) sprang into action! Karen supervised the traffic controllers, stopping cars before they reached the fallen branch, while the men, who did not require supervision, promptly cleared the offending branch off the road. The legacy of leaving later and having to battle a head wind and the heat became apparent as Teresa ran out of water before arriving at camp.

After downing two biddons of fresh tank water, she informed us that the others were in a similar predicament. Whereupon, the Combat Thirst Activists (CTA), namely David T and I, leapt on our bikes and rode back with fresh supplies of water for those whose bottles were depleted. When everyone had arrived safely, most bought the shop out of cool drinks and ice creams before cooling off further with a swim. Barb took a bit longer, as she found the muddy bottom was not to her liking. Later, after hot showers and a good meal, the wind had dropped completely and sitting in our Helinox chairs, we were treated to the sun setting over a mirror-like lake and thought: Wow! How good this is.

## **Thursday 4 April**

### **Towerrinning to Darkan (34 km)**

Sunrise over the lake was just as spectacular as the evening before, the water reflecting colour as only nature can. An interesting snippet of information: they are able to maintain the level of the lake by drawing from dam storage in the surrounding district. Even though it was to be shorter day, some left earlier than the previous day, just in case it turned warm and windy again. Mark and Teresa were not in a hurry to get away and, as they were emptying the tent of gear, the wind started to pick up. Much to Teresa's amusement, Mark was seen chasing their tent as it disappeared across the campground. Conditions on the road were more pleasant this day, with lighter winds and the landscape changed from low shrub to open pasture.

Arriving at Darkan about lunchtime, it was a pleasant surprise to have a choice of café-cum-craft shop or roadhouse to satisfy the hungry beast. After lunch, it was off the caravan park, which turned out to be fairly basic, but the showers were hot and the laundry allowed us to catch up on our washing. The lack of camp kitchen prompted Hilary, Trevor, Pat and me to have dinner at the Tavern in town, while the rest had supplies they needed to use so there would be less to carry on the longer route the next day.

## Friday 5 April

### Darkan to Quindanning (65 km)

Faced with a longer day, and mindful of the conditions on previous days, most of the group were up early and packing after breakfast—except for Pat, who was trapped in his tent with a recalcitrant zip. As it happened, during the early part of the ride, we had light tail winds and cooler temperatures. David T, the gravel road specialist, found an alternative shorter route, which he and David V thoroughly enjoyed, and they arrived in Qindanning well before the rest of us. Soon after leaving Darkan, and enjoying the ambience of the tall trees, I came across Theresa and Christine changing a punctured tube. As the senior Changer of Tubes Activist (CTA), I strode into action and took over responsibility of finishing the job.

At the 36 km mark, approaching the tee section, there was Keith sitting in his Helinox chair with a 400 g jar of peanut butter in one hand and a bread roll in the other, while acknowledging the surprised

responses of passing motorists. Christine suffered minor abrasions while avoiding a **close encounter with a passing truck, but fortunately she was able to continue and recovered well from her ordeal.**

The last 15 km to Quindanning opened up to grazing country and a moderate headwind. Riding up to Ye Olde Quindanning Inne was like approaching an oasis with palm trees, green grass and a flowing creek. The early arrivals were in time for lunch and a cold beer, before spreading out tents on the lawn to dry. Arriving soon after, some of the rest of the group set up tents on the lush lawns, while the rest of us chose to avail ourselves of the comfort of serviced rooms. It was a relaxed team that enjoyed **a few drinks and stories of the day's events under the cool of the verandah, before moving on to an excellent dinner.**

## Saturday 6 April

### Quindanning to Dwellingup (74 km)

This was the longest day of the ride home, and somewhat hilly, and most of the tour were up early for the continental breakfast provided in the comfortable dining room. This was somewhat different from the concrete slabs in Darkan. **What a difference a day makes! This morning was cool, overcast and we enjoyed a good tail wind for the first 16 km, then into the hills and back to more forested areas.** This became one of the most enjoyable days, with long, gradual climbs and an equal number of downhill through cool bush that invited us to stop for a rest and a bite to eat. The last group into Dwellingup boasted that they had

spent more than an hour at their lunch break in a beautiful bush setting. Apparently Grany was enjoying the ride so much he kept going to Mandurah and then home on the train. The truth of the matter was that he had missed the birth of his latest grandchild and needed to get back pronto. As Hilary and Trevor cooked up the last of their food at the caravan park, the rest of us enjoyed a few **drinks and a 'last supper' at the Dwellingup Hotel before retiring to bed.**

## Saturday 6 April

### Dwellingup to Mandurah train station (50 km)

The last day and last pack-up, just as we were getting into the routine. Most of the group rode the designated route to the famous bakery at Pinjarra for lunch and then, with a tail wind at their backs, on to **Mandurah for the train to Perth. I chose instead to ride on Del Park Road to enjoy the exhilarating 6 km downhill to North Dandalup, which we had had to climb on the Labour Day long weekend tour. After a rest, it was onto Lakes Road and with the best tail wind of the tour, it was 32 km/hr all the way to Mandurah to catch the train. What a BUZZ!**

I would like to thank Teresa for all the hard work that went into making this such a wonderful and memorable ride, **which I'm sure everyone enjoyed. Also, it is wonderful to be sharing the experiences and riding with such a wonderful group of motivated cyclists. It looks as though the 'T' is going back into the CTA.**

## Tech Talk Social Evening Wednesday 7 August 2013

This social evening is for those who would like to have the opportunity to learn a little more about the electronic mapping of cycling routes. Three of our members have kindly agreed to share their knowledge of applications for computers, smart phones (android) and iPhones.

**This is a 'taster' and will give you an idea of a couple of the applications available and a better idea of what else you want to find about about — maybe a topic for another social night.** The evening is also open to those who just want to catch up and share a relaxing time and

refreshments when the presentation is completed.

For catering purpose, could you please let Theresa know if you are planning to attend.

Email: [social@ctawa.asn.au](mailto:social@ctawa.asn.au)

## SHOW & TELL SOCIAL NIGHT

Attendance was good at the Show & Tell night at the Loftus Community centre on Wednesday 8 May, where CTA members gathered to share ideas, information, experiences and must-have items for cycle touring.

Items and information included:

- General camping equipment, sleeping gear and tents
- Gadgets – such as dedicated GPS devices, iPhones with GPS applications and bicycle-powered battery charging system
- Bike touring repair essentials – tools and parts
- First aid ideas
- Ideas for transporting bikes overseas

The diverse information presented ensured a good exchange of ideas and lots of discussion. Overall, something for everyone and fun as well!

Thanks go to all the members whose participation ensured the events success and to Theresa (social coordinator) for organising a sumptuous and healthy supper.

Please contact Theresa via [social@ctawa.asn.au](mailto:social@ctawa.asn.au) if you would like to know more about items and ideas that were presented at the evening.

### Items and ideas from CTA Show & Tell night

#### Jude

- Ultra-lightweight polyester bag with straps for carrying clothes to the shower or laundry. Available at camping stores; Sea to Summit is one producer
- Small, flexible plastic chopping board

#### Barb

Some of her favourite things for making cycle touring that little bit more comfortable.

- Bandana used for wrapping items, as a sling or bandage, or used wet to

wrap around neck when riding in hot weather; exfoliator for body clean

- Small thermos and tea cage; binoculars; small (Coleman) salt & pepper container; muslin towel (from Kiwi Green); fixomull dressing tape for cuts and abrasions; Tiger balm (white container type); pegless clothes line and inflatable clothes hanger

#### Gus

- Android tablet (no this is not medicine for robots!) with GPS application; Gus carries a battery pack that is charged from the dynamo in the front hub, and which in turn is used to charge the tablet as well as his mobile phone
- Fold away bike stand
- Plastic peg hammer (very light)
- Bike bag (from NZ company Groundeffect) for packing bike when travelling
- Super Patch by Park – a glueless patch kit for patching tyres and other small holes, e.g. sleeping mat.

#### Keith

- Large plastic bag to transport his bike, securing with tape and padding etc – accepted by Emirates for overseas

travel

- For bike security when touring solo he uses an alarmed lock that can be weaved through chain; the alarm will go off when moved, and is difficult to cut through
- Bicycle hub hosts a generator with USB connection to recharge GPS and phone (Pedal Power have these items)
- Ortlieb brand outer pocket – a small easy-to-access pocket that clips onto pannier for wallet, phone, etc.
- Holder for his GPS (from Ram Universal holders) that goes on the handlebar; can be used to hold iPhone or GPS
- Uses a Garmin Montana 650T GPS which is weatherproof and can last up to 25 hrs before charging
- Helinox chair – small, collapsible, lightweight chair (840 gms)
- Backpack harness from Ortlieb that clips into a pannier and serves well for carry-on luggage on the plane

#### Simon

- Uses neoprene diving socks if wet and cold in conjunction with his bike sandals; finds the cleated bike sandals (rubber sole), better for riding,



**Theresa Dewes, social coordinator and organiser of the Show & Tell gear and ideas evening, discusses dehydrating meals. Various gear from other participants is displayed on the table**

*(Continued on page 9)*



## Lift out Rides Calendar page for July/August 2013

### 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 grade below your usual comfort level.

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

Contact: [info@ctawa.asn.au](mailto: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.

### Burswood to Beeliar

Sunday, 7 July 2013

8:15 am for an 8:30 am start

50 km, mostly flat, moderate  
Meet at Burswood Park.

From Burswood, we will cruise south to the Roe Highway off-road path and then through to the Beeliar wetlands reserve. A casual return via the Applecross foreshore and Kwinana freeway bike path will include a coffee stop along the way.

Leader: Stuart

Ph: 0409 882 931

### Almost a Century in the Suburbs

Sunday, 14 July 2013

8:30 am for an 8:45 am start

99 km, moderate

Meet at Glendalough Railway Station.

Here is your last chance to test yourself before the 160 km ride next week by joining Dean on a beachside ride to Burns Beach via Fremantle.

Leader: Dean

Ph: 0412 980 455

### Century Challenge (160 km Achievement Ride) Take 2

Saturday, 20 July 2013

8:00 am for an 8:30 am sharp start

100 miles (160 km), brisk

NEW ROUTE – MEET AT BAKERS HILL

Starting from BAKERS HILL Pie Shop, 4617 Great Eastern Highway, Baker' Hill. Parking – BEHIND PIE SHOP. This route takes in Toodyay, Northam and York.

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

Contact: Noel

Ph: 0419 964 808

[achievementrides@ctawa.asn.au](mailto:achievementrides@ctawa.asn.au)

### The Little Cyclists That Could

Sunday, 21 July 2013

8:00 am for an 8:15 am start

40 km, leisurely with hills

Meet in the car park behind the Dome in Kelmscott.

Remember the children's story about the little engine that thought it could? "I think I can, I think I can" and it huffed and puffed and kept on chugging and pulled the carriages to the top of the hill?

Well, if you are like train and would like the challenge of practising hill riding (without the pressure of keeping up the pace), join Theresa on a leisurely ride up Albany Highway and past Canning Dam before a controlled descent — for some, this will be down Brookton Highway back to the start. We will be stopping at Genesis restaurant in Croyden Road for refreshments before the descent.

Remember this ride has a leisurely rating

and there will be as many scenic stops as participants wish to have.

Leader: Theresa

[treesagreen@iinet.net.au](mailto:treesagreen@iinet.net.au)

To view the proposed route for this ride, copy and paste the link below to your web browser [www.mapmyride.com/routes/view/192710266](http://www.mapmyride.com/routes/view/192710266)

### Xmas in July – Return to Yanchep

Saturday, 27 July to Sunday 28 July 2013

1:00 pm for a 1:15 pm start from Clarkson Train Station

Finish approx. 3:00 pm Sunday

Leisurely, 25 km on Saturday

Join us for a leisurely ride from Clarkson Train Station on Saturday 27 July, or simply meet at the Yanchep National Park to celebrate Christmas in July as we did last year staying at the Yanchep Inn. The trip includes overnight accommodation, Christmas dinner and a cooked breakfast the following morning. For those who do not wish to spend the night there is also a 'dinner only' option. Partners and friends are also welcome to join in the celebrations.

On Sunday we will return home via a different route as agreed on the day.

Leaders: Mark and Teresa

Ph: 9316 3053

[touring@ctawa.asn.au](mailto:touring@ctawa.asn.au)

### 50 km Achievement Ride – Take 2

Sunday, 4 August 2013

9:00 am for a 9:30 am sharp start

50 km, moderate

Meet at the service station, corner of Nettleton Road and South Western Highway, Byford, for registration and map/ride description.

This is your second chance at achieving the 50 km. The time limit of 3 hours 20mins (average 15 km/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.

Leader/contact: Noel

Ph: 0419 964 808

[achievementrides@ctawa.asn.au](mailto:achievementrides@ctawa.asn.au)

### Gravity doesn't suck!

Sunday, 11 August 2013

8:00 am for 8:15 am start

110 km, moderate to fast pace, mostly flat

Meet at Clarkson Railway Station.

A brisk ride north along the coast before heading inland towards Gingin where we will stop for refreshments at the Gravity Centre coffee shop before heading back to Clarkson, hopefully before the sea breeze gets in.

Leader: David Lewis

Ph: 0418 907 381

[davidphilipLewis@yahoo.com](mailto:davidphilipLewis@yahoo.com)

### Valleys and Views via the 3K's

Sunday, 18 August 2013

7:45 am for 8:00 am start

70 km, moderate to hard with hills

Meet in Kelmscott in the car park, corner of Gillwell Avenue and Page Road.

After a warm up, we'll take on Mills Road East to get to the top of the escarpment then progress via Pickering Brook and the Bickley Valley towards Kalamunda before returning through Karagullen to Kelmscott.

Leader/contact: Don

Ph: 0418 948 955

### 200 km Achievement Ride

Saturday, 24 August 2013

6:30 am for 7:00 am sharp start

200 km, hard

Meet at the car park off Morrison Rd (adjacent to 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 13hours 20mins (average 15 km/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

Ph: 0405 427 246

[achievementrides@ctawa.asn.au](mailto:achievementrides@ctawa.asn.au)

### OYB Prologue

Sunday, 25 August 2013

8:30 am for a 9:00 am start

50 km, moderate, rolling/some hills

Meet at Murdoch Train Station.

Come and meet some of your fellow OYB tourists as we meander through some of Perth's southern suburbs and the Beeliar Regional Park on our way to a secret destination for morning tea. After some refreshments and a chat we will return to the start.

Leader: Terry 9472 9887

### South East Suburbs Loop

Sunday, 1 September 2013

8:45 am for 9:00 am start

50 km, moderate, road bike, flat

Meet at Perth Concert Hall car park, Terrace Road

This easy, 50 km flat loop ride travels out to the base of the foothills in Wattle Grove before diverting across to the railway reserve cycle path at Gosnells. Turning back towards the City, we follow the bike path to our final destination for coffee/cake on Victoria Park's cappuccino strip.

Afterwards it's an easy couple of kilometres back over the Causeway to Perth, or alternatively you can access the train at Victoria Park station for those

seeking another return option.

Leader: Trevor

Ph: 9345 1048

[trevorknox@arach.net.au](mailto:trevorknox@arach.net.au)

### Southern Estuary Loop

Sunday, 8 September 2013

9:15pm for 9:30 am start

100 km, moderate, few small hills

Meet at Mandurah Train Station

This is a fantastic ride, mostly on rural roads doing a loop around the Peel Inlet and Harvey Estuary. We will head south from the Mandurah Station along the coast through Halls Head and Falcon, cross the Dawesville Channel, and then follow the Estuary South before heading east to Pinjarra. We will then complete the loop around to Mandurah. As there will be no facilities between the 25 km mark and the 75 km mark, all riders must bring plenty of water and their lunch for the day. We should be back at Mandurah Station by 5pm, but please bring lights just in case the ride takes longer than anticipated.

Leaders: Wayne and Janice Bertram

Ph: 0438 375 558

[wandjbertram@bigpond.com](mailto:wandjbertram@bigpond.com)

### 300 km Achievement Ride

Saturday, 21 September 2013 (all day)

300 km, very hard

This is the club's most challenging ride, having to complete 300 km in 20 hours (average 15 km/h), and is required to complete the Super Achiever Series. Riders need to have front and rear lights in good working order.

This year, the ride will be run as a **brevet**. If you're unsure what this entails, refer to page 13 for more information.

Participants **MUST BOOK** at least one week prior to the ride to **arrange details**, and to prove their ability to ride long distances before being accepted to start. There is a \$10 fee for non-members (subject to approval).

Contact: Hilary

Ph: 0405 427 246

[achievementrides@ctawa.asn.au](mailto:achievementrides@ctawa.asn.au)



(Continued from page 6)

especially in wet weather, as they dry quicker, are less smelly and are very comfortable

- Toilet paper in zip lock bag, pulling paper from central part of the roll – handy for everything!
- Non slip (drawer) matting under the pillow stops it slipping on his Thermarest
- Mesh-lined toilet bag that allows items to air more easily than in a closed bag
- Crocs – finds these lightweight and comfortable to walk in.

### Kleber

Kleber has compiled a list of items that he uses as a checklist when going on a bike tours. See Kleber if you would like him to email his list.

- Recommends that everyone should carry spare parts for their particular brand of bike, e.g. spokes, chain links, tyres and tubes.
- Takes a 4 L water bladder, where water might be short
- Sleeping mat, very lightweight (400 g) and comfortable to sleep on, though it does not self-inflate
- Camping gear: Chux-type cloth for tea towel, small sponge, small container for detergent, collapsible mug and plate
- Pre-packs his breakfast cereal in plastic clip bags (only needs to add water) and has made up a 'multi size' plug for water basins (cut from thin rubber).
- Takes cords and straps to use for clothesline and for securing items
- Likes to use fixomull tape for any cuts and abrasions
- Also has a comprehensive bike parts and tool kit for any repairs that are required and has a small combination tool kit that he finds very useful and light to carry

### Stephen

- Laid out an array of different bike repair items that he usually carries on his bike including: spare tube, grease & oil wrapped in cloth, small screw driver and various spanners, brake cable, spoke tool, spare nuts and bolts, cable ties and Swiss army knife

### Grant

- Always likes to carry a small plier amongst his tool kit and uses an old thin towel cut in half as a shower towel

### Hillary

- Recommends the rear vision mirror that clips onto her helmet – check the Pedal Power website for more details
- Loves her lightweight Kindle (650 g), which will last for 8 weeks before recharging

### Trevor

- The fold-up plate makes a good cutting board
- Finds that the small gas bottles (with braided line) are good to use with his Trangia
- Found a square webbing with clips to secure luggage on bike (Helmet House)

### Colin

- Recommended that all cyclists should have spare parts and the right type of tool for their specific bike. Said that he always takes cable ties and tape.

### Christine

Had an assortment of different items that she has found useful, such as:

- bandana to use as a sling or bandage, can be used wet to cool off when riding in hot weather



**Gus and Kleber compare the weights of sleeping mats**

- Chux cloth for wiping tent; Wet Ones for grease clean up
- small plastic bottles to hold shampoo
- sponge or scourer cut in half for washing up

### Devo

- Likes to always carry matches, particularly where fires are allowed, warms people and gives good ambience
- Likes to wear neoprene socks (available from dive/surf shops)
- Stores his swag in a thick plastic bag to keep dry

### Debbie

- Uses neoprene diving gloves when riding in wet weather – comfortable to wear and keeps hands warm

### Sarah

- Best thing she has is the 'Thud Buster' seat post on her Bike Friday (mountain bike type) – very

(Continued on page 10)

(Continued from page 9)

comfortable suspension, especially for riding on bumpy terrain

### Roy

- Uses a piece of plastic, cut to fit the tent vestibule area, to keep gear off the ground
- Uses his iPhone with GPS application
- iPhone in a waterproof case (from LifeProof) doubles as an underwater camera, however will run down the battery in a day
- Uses a 'Mophie' battery pack (lasts 4 days) to charge iPhone
- Has a small portable solar pack (Gold Zero) to charge up Mophie, however is a bit of a battery problem in cold weather
- Is really happy with his Zepher Cell 2 tent that weighs around 1.5 kg from Mountain Design, and has a vestibule on both sides

**Right: Roy demonstrates the light weight and movable features of his tent**

### Theresa

- Likes to dehydrate her own food and gave the example of cooking rice, dehydrating in her equipment and then storing in clip lock plastic bags. Easy to rehydrate and light to carry for long hikes and cycle touring
- Likes her Black Wolf pillow, which she

says is very comfortable

- On behalf of Teresa L, recommended the Sea to Summit sleeping bag, and the Exped sleeping mat, with built-in device to self-inflate, which she finds very comfortable. At around 700 g, it is a little heavier, but thicker, than some other mats



## CTA 40th Anniversary Tour 2014

The CTA is celebrating its 40th birthday in 2014, so come and join the party on a 16-day cycle trek from Albany to Perth, Saturday 19 April to Sunday 4 May 2014.

This will be a full pannier, unsupported tour requiring tents, sleeping bags, and so forth. Some YHA accommodation will be thrown in for good measure. As with the 30th Anniversary Tour, it is proposed to offer the first or second week for those who can't join us for the full 16 days. The first week of the tour will fall on the last full week of the school holidays, allowing the educated ones to come along.

Since the 30th Anniversary Tour, the Munda Biddi Trail has been completed, and many rail trails and cycle paths have been developed. We intend to use as

many of these as possible to make this tour safer and to offer the best scenery possible. If the attendance and enthusiasm shown on the Nannup Easter Roundup is anything to go by, the 40th should be a huge success. Ideas and information shared at the Show & Tell night on 8 May will contribute to the 40th tour success.

If you are intending to come on the tour, and to ensure that your tour shirt is the correct size, you should call in to see David of Sprint Design to be fitted with a sample shirt. The tour shirt will be a T-shirt available in unisex or ladies style. Their address is Shop 1/145 Rockingham Road, Hamilton Hill. Opening times are 9:00 am to 5:00 pm Monday to Friday. If

you are unable to call in and see David, you can go to their website at [sprintdesign.com.au](http://sprintdesign.com.au), and click through the **Useful Info** and **Size Charts** tabs to select either the unisex or ladies size chart. Take time to read the note at the bottom of the chart. Please contact me with your shirt size so that I can place the order for you.

So book your holidays, get your touring gear together and save your money, **because this will be one hell of a tour!** More news will follow in subsequent Chain Letters.

Tour organiser: Kleber Claux

Ph: 9354 7877

Email: [kleberc@bigpond.com](mailto:kleberc@bigpond.com)

## OYB 2013 — Blackwood Meander 21–29 September 2013

The 25th On Your Bike tour will see us meander through the Blackwood River catchment from its upper reaches in the wheatbelt town of Dumbleyung, all the way to the coast at Augusta, where it meets the Southern Ocean.

We begin our journey at Dumbleyung among the lakes and wetlands in the upper catchment of the river then ride to Wagin, Moodiarrup, Boyup Brook and then Bridgetown, where we will enjoy a rest day in the heart of the Blackwood Valley. We then continue to head

downstream via Balingup, Nannup and finally reaching Augusta. The concert will also be held on this final night before returning to Dumbleyung by coach.

We will cross the usually placid, occasionally wild, but always majestic Blackwood River a total of ten times. We meander through a variety of farmlands which give way to tall karri and jarrah forests, prime habitat for the threatened Forest Red-Tailed Black Cockatoo. Along the way we will stay at a collection of charming historic towns nestled on the

banks of the river with a total riding distance of about 420 km.

Places are limited to 110 people and the quota is nearly full. The first month of reserved places for CTA members has ended and places are now open to non-CTA members. Post in your entry form to avoid disappointment on missing out on the club's premiere event.

Leader: Tony

Ph: 0408955908

Email: [oyb@ctawa.asn.au](mailto:oyb@ctawa.asn.au)

**OYB extension 2013:** Not everyone lives in Perth! Hardy OYB participants living in the southwest of WA may want to join David Taylor riding to and from the start of this year's OYB tour. David lives in Manjimup, and details of the proposed route are on his website at <[davidtaylor.id.au/cycling/oybx2/oybx2.html](http://davidtaylor.id.au/cycling/oybx2/oybx2.html)> Please note, this is not an official part of OYB 2013. Contact David directly at [david@eezi.net.au](mailto:david@eezi.net.au) for more information.

## Rockingham and Garden Island Pannier Tour Saturday 12 – Sunday 13 October 2013

This will be a great weekend to Rockingham and back. On Saturday, we travel to Rockingham, set up tents at Rockingham Holiday Village, and then after a coffee, it's off on a Penguin and Sea Lion Cruise. There will be a stop for lunch on Penguin Island, and it's back to relax, perhaps with another coffee,

followed by a camp kitchen cook up for dinner.

For those who can only come down on Sunday, there *may* be an opportunity to join us for an exclusive tour of the Garden Island Naval facility. After all that excitement, and depending on the time available, we can catch a train from

nearby Rockingham train station or ride all the way home.

Full details will be included in the September/October Chain Letter.

Leader: Kleber Claux

Ph: 9354 7877

Email: [kleberc@bigpond.com](mailto:kleberc@bigpond.com)

## The Avon Ascent Saturday 2 – Sunday 3 November 2013

This will be a towel and undies mountain bike or large-tyred touring bike weekend. Starting from Midland on Saturday, we pass through Brigadoon and then it's on the dirt road following the beautiful Avon River with a lunch stop on the way. After settling in at the Freemasons Hotel in Toodyay, it is always pleasant relaxing on the first floor verandah discussing the

day's adventures over a beer. Sunday will see us returning via bitumen to Clackline to pick up the Kep Track to Mundaring, and back to Midland via the Railway Reserves Heritage Trail to Midland. If there is enough interest, an additional group could ride on sealed roads only, via Chittering Valley and onto Julimar Road to Toodyay, returning on

the Sunday via Clackline, Wooroloo, Chidlow and Mundaring to Midland.

Full details will be included in the September/October Chain Letter.

Leader: Kleber Claux

Ph: 9354 7877

Email: [kleberc@bigpond.com](mailto:kleberc@bigpond.com)



## 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](mailto: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



CTA Small Rack Pack

## SAFETY ISSUES

**If you have safety issues** — email [info@ctawa.asn.au](mailto:info@ctawa.asn.au). All riders are encouraged to report path and road hazards observed during their rides. You should email a clear summary, 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](mailto:cycling@transport.wa.gov.au) and/or [enquiries@mainroads.wa.gov.au](mailto:enquiries@mainroads.wa.gov.au) (send a copy to [info@ctawa.asn.au](mailto:info@ctawa.asn.au)).

You may also make hazard reports at [www.transport.wa.gov.au/cycling/2345.asp](http://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 seems 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:

**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.**

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](http://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 : Doug 9447 2554 (H) or email [clothing@ctawa.asn.au](mailto:clothing@ctawa.asn.au) for any enquiries or orders.**



## New Members

We extend a warm welcome to the following new members:

Bob Allen

Benjamin Carter

David Gibson

Matthew King

Jennifer Slattery

## 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 – 8.00 am

**SBS 2 (TV)**  
Sundays 6:00 – 6:30 pm

# 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. Each ride is supported by a volunteer and the series is coordinated by the Achievement Rides Coordinator.

## Background

The series is designed to help cyclists train for fully loaded pannier touring. It is presumed that, if a rider can complete an achievement ride of *x* km carrying little or no gear, they would be able to ride half that distance fully loaded. The longest ride in the series is 300 km, on the basis that 150 km per day is a likely maximum travelling fully loaded.

## Ride series

There are four levels to which achievement ride participants can aspire. Each level comprises a combination of set rides undertaken over the year. These are summarised in the following table.

Series	Rides
Merit	50 and 100 km, and 5000 in 4
Achiever	50 and 100 km, and 5000 in 4 <i>plus</i> any one of: Century Challenge <i>or</i> 200 km <i>or</i> 300 km <i>or</i> 10,000 in 8 <i>or</i> 200 km in two consecutive days
Challenge	50, 100, Century Challenge and 200 km, and 10,000 in 8
Super Achiever	50, 100, 200 and 300 km, and 10,000 in 8

Awards are made for successfully completing any of the stipulated ride combinations. A member can only nominate for one award per year. A longer ride can be substituted for a shorter ride in the category, provided the longer ride is of the same kind (e.g. in the hills).

For the Achiever category, back-to-back 100 km rides (200 km in two consecutive days) can only be used to count towards either the 200-in-two *or* one 100 km ride, but not both. That is, no double dipping is allowed.

## Ride time limits

Although non-competitive, time limits are set for each ride, based on an average speed of approximately 15 km/hr.

Ride	Time limit
50 km	3 hr 20 min
100 km	6 hr 40 min
Century Challenge (100 miles/160 km)	10 hr 40 min
200 km	13 hr 30 min
300 km	20 hr
5,000 in 4 (5,000 feet of hills)	4 hr
10,000 in 8 (8,000 feet of hills)	8 hr

## Qualifying to start the Century Challenge, and 200 and 300 km achievement rides

The length, difficulty and time required to complete the Century Challenge, 200 km and 300 km rides means that prerequisite criteria must be met to be eligible for these rides, as detailed in the next table.

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

## Using brevets

If you cannot attend an achievement ride on the given day, it can be completed by brevet. This means taking a brevet card with route description (provided by the AR coordinator), and having the card signed at recognised waypoints along the route. The AR coordinator must be contacted in advance of attempting a ride by brevet.

Completed cards must be returned to the Achievement Rides Coordinator, preferably within 2 weeks of attempting the ride, and no later than the end of the current calendar year.

## Achievement Rides support

Longer achievement rides generally have vehicle support. If you can provide support on any achievement ride, you will be reimbursed at a rate of 50 cents per km. Other related expenses may be reimbursed on presentation of receipts and an expense claim.

## Information and dates for 2013

Questions about achievement rides, or offers to support achievement rides, can be directed to the Achievement Rides Coordinator. See p. 2 for contact details.

Further information, including AR dates for 2013, is given on p. 7–8. and on the website <[www.ctawa.asn.au](http://www.ctawa.asn.au)>.

## Erratum

In Chain Letter 230, we incorrectly printed Beth Sawers' contact phone numbers with too few digits. Our apologies to Beth for this oversight, and to anyone who has been inconvenienced by the error.

For anyone living along or visiting the south coast and wanting to join the Albany group on their rides, the correct numbers on which to contact Beth are: (08) 9842 6700 *or* 0404 697 223 (mob.)



Many CTA riders will be better prepared in future after Noel's *Swanning Around the Valley* ride on Sunday 12 May turned into an impromptu mass puncture repair exercise!

## 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](http://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.

For more information, send an email to [info@ctawa.asn.au](mailto:info@ctawa.asn.au).

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

