

THE CHAIN LETTER

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

September/October 2013

Issue 232

PRESIDENT'S REPORT

Xmas in July was celebrated this year with good cheer, good food and good company. We met at Clarkson Train Station at 1:00pm and with luck on our side missed the remains of the morning thunderstorm to enjoy nice weather all the way to Yanchep National Park, plus a tail wind. After enjoying a hearty Christmas dinner we woke to a full cooked breakfast, kangaroos and koalas in the park and the enjoyment of spending more time with our friends in the CTA. For the ride home we took an inland route passing through farm land which showcased the beauty of our wonderful state.

Stories of members travelling overseas and locally, many touring on their bicycles seem to be increasing and is encouraging. On recent Sunday rides I find I am continually having conversations with members who have returned or are about to take off on a new adventure. The sense of freedom from cycle touring stirs up the wonder lust and the desire to go touring again. In fact we are planning to do just that next year in Europe having recently purchased 2 new Tern folding bikes.

The CTA's most recent social night covered 2 different styles of cycle touring, Rosalee and Brian who have recently cycled in Europe and information about the recent Nannup Easter Roundup held earlier this year. Our next social night will focus on the electronic gadgets available to assist with navigating through new territories.

Members of the CTA extend over the state of Western Australia, to the East and overseas. Recently I had the good fortune to cycle with the over 50's cycle club in Albany where I met familiar faces from the CTA. Thank you for being so welcoming.

This year I am participating in the Ride to Conquer Cancer being held in October. Since training for the ride I have cycled with a number of people new to cycling, which has highlighted to me the benefits of being a member of a great club such as the CTA. I have learned more about bicycles, cycling in groups, gear and gadgets from the wealth of knowledge in the club over the last few years then I ever expected to know. Brings back memories

of when I first tackled distances over 30kms when I joined the club and the first day I met Kleber when he overtook me going up a hill, looked at my bike and said "You need a triple" before disappearing over the summit. I now have that triple.

New to cycling my brother is also doing the Ride to Conquer Cancer. He has had 2 mishaps on the bike since starting, the most recent involving a wet cycle path, thin tyres and oops, where did my bike go, it was under me a minute ago. A cracked rib and a dislocated shoulder later he is still intent on completing the ride. Lesson learned, always be careful if riding in the wet.

With our busy lives we sometimes forget to take time to enjoy the small things in life and to appreciate the people in our lives. I would like to pass on my thanks to everyone on this year's committee for their wonderful work and efforts so far and to all my friends in the CTA. Travel safe and I look forward to seeing you on your bike very soon.

Teresa

UPCOMING EVENTS

Tours

On Your Bike

Blackwood Meander

Sat 21 – Sun 29 Sept 2013

Rockingham Weekend Pannier 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

Tech Talk

Wed 16 Oct at the Loftus Centre, Leederville, see page 8

Christmas Long Table Lunch

Sun, 8 Dec 2013 12:30 pm



It was a cold start on *The Little Cyclists That Could* ride on 21 July 2013, led by Theresa, however soon felt warmer riding up the Armadale hill! Everyone enjoyed this great morning tea stop at the Genesis restaurant, Roleystone.

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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...

The Editor will be grateful!! Copy and photos (at least 500kB) should be sent to: 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 if any details shown seem to be wrong.

10,000 in 8, 8 June 2013

Bruce Robinson
 Liz Marshall
 Christine Liddiard

Century Challenge (160km), 20 July 2013

Sandy Carlton
 Christine Liddiard
 Bruce Robinson
 Rob Boggs
 Mark Corbett

100 km Take 2, 29 June 2013

Benjamin Carter
 Teresa Liddiard
 Mark Corbett
 Bruce Beecham
 Bruce McPherson
 Rob Brand
 Sandy Carlton
 Rob Boggs

200 km in 2 days, 30 June 2013

Teresa Liddiard
 Mark Corbett
 Ann Wilson (100 km only)
 Sandy Carlton
 Kleber Claux (100 km only)
 Rob Boggs
 Tony Belcher (100 km only)

Achievement Rides 2013

- 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, refer to the Lift out Rides Calendar on p. 7 and 8.

See achievement ride descriptions p. 13 of this newsletter, or go to the CTA website <www.ctawa.asn.au> for more details.

DEADLINES: Contributions for the next issue (Nov/December) should be sent to the Editor (editor@ctawa.asn.au) no later than **6 October 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.

GINGIN DISCOVERY TOUR — JUNE LONG WEEKEND

Benjamin Carter

Bicycle touring novice

Talk around the office had turned to long weekend activities, which seemed a little premature given it was another week away, or so I had thought. It was the Wednesday afternoon before Roy Stone's WA Day long weekend Gingin Discovery Tour. I was still to register my interest with Roy and hadn't got around to fitting my newly acquired pannier rack, nor had I received all that good stuff bought for a bargain off eBay: bike lights, spare tubes, stove, rear bicycle panniers, sleeping bag and mattress. Delivery could be days, if not a week, away.

I'd been looking forward to this full pannier tour for weeks. In preparation I had increased my weekend bike kilometres, committed to memory the twenty-two acts required before embarking on any bike ride: assess weather, dress for weather, sunscreen, sun glasses, tyre pressure, dual water bottles, mobile phone, keys and cash, ETA at meeting point... endless complexity. How is it I came to be so thoroughly unprepared? I resolved to purchase any eBay item not received by Friday noon at a bricks and mortar retailer ready to clip in Saturday morning!

I met up with fellow travellers aboard the train, a couple with bulging front, rear and handlebar panniers. Uncertainly I considered my two slimly packed rear bags and concluded I had completely missed the brief.

Nearly twenty bicycle tourists stood at Clarkson Station in anticipation of the open road. A chilly morning, we jostled for sun and downed the wretched take-away coffees. Once the head count was firmly established we ventured our heavily laden vehicles into the urban sprawl — Gingin here we come!

The kilometres passed uneventfully cycling up Marmion Drive, with a smooth

road surface, gentle tail breeze, and balanced bike, and all was well. At morning tea, I noted I was not alone in ordering an elaborate desert — these are my kind of people! After an afternoon spent at the Gravity Centre being properly educated about gravity and the universe, I marched up and looked out from the 13th level of the gravity testing tower. As the sun had begun to descend, and I was anxious at the thought of erecting a new and unfamiliar tent in the dark, I suggested we set off for the camp ground with haste.

Sunday morning, belly full of free Willowbrook Farm scones, we set off in search of the sweet waters of Gingin Brook. I followed up my morning tea with a tub of honey mead ice cream at West Coast Honey. The ice cream delight prepared me to take on the pre-lunch, off-road rally ride down an 8 km stretch of treacherous dirt road. Everyone came out the other side unscathed and with confidence riding high, only for the breath to be knocked out of us ascending two peaks of serious leg cranking proportion to the hilltop Caledonia Mini Golf. Later, fed and watered, we rode back to camp with the vigour of horses returning to their stables.

The evening was spent in the pitch black

of the limitless universe, necks craned skywards, the wonders of the night sky revealed with the help of a well aimed laser light: Aires, Scorpio and the ever present Southern Cross atop the roof of the Gingin Observatory. Now late at night and satisfied after peering through telescopes and the temperature plummeting, we pedalled back to campsite, too cold to dilly-dally, I broke rank and rode out ahead of the pack. The absolute silence and darkness of the country road, was pierced only by a puny hundred lumens of bicycle light. Bliss!

On Monday morning I re-hitched soggy tent and pannier bags to the back of the bike, just a little tired and aching, and we pointed our bikes in the direction of the city. An hour up the road a flat tyre had us reclining on roadside, the juxtaposition of bicycle touring minimalism, starkly evident as we stand in the wake of fully laden caravans being towed by SUV's, most with a couple of obligatory bikes strapped on the back for kitchen sink completeness. Could these heavy-duty road warriors understand, or appreciate, the satisfaction and genuine simplicity of a bicycle tour, I wonder?

Thanks Roy for leading a thoroughly enjoyable tour.



Theresa taking a lesson from Kleber on changing flat tyres!

CYCLING IN EUROPE

By Rosalee and Brian McAuliffe

If you are planning a holiday in Europe and have a week or so to spare, you may find it worthwhile to check some of the bike tours on offer. We recently enjoyed an 8-day self guided ride from Augsburg (Germany) to Riva del Garda (Lake Garda in Italy). The company we booked the tour through provided maps, route details and 21 gear touring bikes, and arranged accommodation and daily luggage transport.

We followed a cycling route called 'Via Claudia Augusta' (VCA), historically known as the former footsteps of the Romans' passage used about 2000 years ago, linking the northern Roman provinces to the Mediterranean. We were able to follow the route fairly easily with the provided route instructions, maps and bike directional signs.

The tour was graded Level 2 and consisted mostly of paved cycling paths and rural roads (some brief sections were gravel covered), as well as less-travelled back roads and village roads; a shuttle service was provided over the two mountain passes (Fern and Reschen Pass). All up over the 8 days we ended up doing around 500 km, more than the tour notes due to getting lost on several occasions and having to back track.

The scenery was truly amazing, especially after we left the flat sections from Augsburg to Schongau (Germany) and started looking towards the snow-capped Alps. We travelled alongside bike paths following the Adige River for quite a distance, through picturesque countryside consisting of stunning lakes,



Typical bike path, riding alongside the Adige River, with views of mountains on either side of path and river.

small villages, farm land, forests and eventually olive groves and vineyards in Italy. We enjoyed fantastic views of the incredible lake and surrounds as we rode down to Lake Garda; a lake that looked almost like the ocean. Lake Garda is a popular tourist haven for Europeans.

In summary, this was a good bike touring route, there were some sections on rough forest tracks, gradual uphill sections and a few headwinds in the valleys, and depending on the level of cycling experience, was well classed as Level 2. The views and scenery more than compensated for these minor difficulties.

There are so many cycling options in

Europe, especially in Germany. Bike paths and quiet roads are everywhere and seem to link each village within a few kilometres of one another. Comprehensive maps and guides showing different bike routes around the countryside can be obtained from most large bike shops and tourist information centres in Germany.

We also did the Passau (Germany/Austria border) to Vienna (Austria) route a couple of years ago. This is graded as a Level 1 cycle route that follows the Danube river. Let me know if you want to know more about these two tours.

Future Distribution of Chain Letter - Update

At the AGM held in March 2013, the option of CTA members receiving their Chain Letter as a PDF file ('electronic only') was discussed. It was decided that the incoming CTA Committee would review the options and provide recommendations to members.

At the last CTA committee meeting it was decided to survey

members and provide them with the option on whether they would like to receive an electronic copy or continue to receive a hard copy. This information will be requested in the next membership renewal form which is due to go out with the November/December newsletter.

XMAS IN JULY

By Theresa Dewse

A group of like-minded people enjoyed the chance to spend a weekend cycling, eating and drinking — did I mention eating? This opportunity was enough to encourage a group of 16 intrepid cycle tourists to brave potential winter storms to join the Xmas in July weekend at the Yanchep Inn.

It was a relaxed start for the group as the ride didn't commence until 1:00pm. We met at Clarkson Train Station where excited cycle tourists met up with old friends and said hello to a few who had come just to say hi, but would not be cycling with us. It is always fun to watch the response, and answer the queries, from members of the public who often think you are totally balmy to be 1) 'cycling all that way' 2) doing so 'in the middle of winter'.

The weather gods were very kind as we set off with Teresa leading us on a leisurely amble up Marmion Avenue. There were cycle paths for the busy initial stage and a good shoulder for most of the rest of the ride. The group was in high spirits chatting and catching up with the news from one another since they had last met. After 30 km and one sneaky little hill, the Yanchep Inn was in sight. Our host had set aside an ante room off the dining room specifically for storage of our bikes. Five more members met us at the Inn for dinner, as other commitments precluded them joining us earlier. Guests then had time to relax, take a walk in the grounds, or just shower and have a cuppa before settling down to a scrumptious three course dinner. The food was yummy and for me the vegetarian nut loaf was to die for. My meat eating friends tell me their meals were as equally yummy. Santa visited us during dinner and we joined in a rousing rendition of popular Christmas carols and much hilarity topped off by the local policeman warning Santa to be careful on his homeward journey!

Relaxed warm and friendly, what a



Colin, Deb and Barb relaxing at Yanchep Inn

pleasant experience and then there was breakfast: a choice of cereals, toasts and cooked fare with the usual drinks all included in the price.

So the celebrations had ended and we set off on our return journey down back roads that I had not previously traversed.

The ride back was predominately through peaceful and pleasant landscapes and rounded off a relaxing, affordable, fun and reinvigorating weekend. So thanks, Teresa, for giving us the opportunity to do some relaxed weekend touring. I look forward to repeating it next year!



Table set up for a scrumptious feast

CTA AUGUST SOCIAL NIGHT – NOW, ABOUT THAT TOUR!

About 25 members braved the wet and windy night to hear about two totally different styles of adventure: a home grown group adventure and a cycling couple's overseas cycling tour.

The first presentation was by Rosalee McAuliffe. She took us through the tour that she and Brian rode starting from Augsburg, in the Bavarian part of Germany, crossing the Alps, to Lake Garda, in Italy. They did their booking through the same company used previously. It was for 8 days, and graded at level 2. Bikes, maps, accommodation and breakfasts were supplied. Luggage was transported to the next night's accommodation, meaning that only the day's requirements were on the bikes. The talk was accompanied by a slide show of photos, many showing a foreground of green fields and a picturesque background of snow-covered Alps, and smiling photos of Rosalee and Brian. Rosalee also brought brochures along for members to look through. There was a lot of interest and discussion, and many questions to answer. Rosalee's full article is elsewhere in this newsletter.

After a short tea break, our president, Teresa did the second presentation. This was accompanied by a slide show of photos, compiled by Angus (Gus) King, from the many photos provided by riders on the tour. Teresa took us through the planning and organising of the Nannup Easter Roundup, including route mapping and costing, which some CTA members rode earlier this year. This was

a full-pannier tour, requiring everything to be carried on the bike. The idea for a tour of this type appealed to Teresa who doesn't like putting her bike on the car to get to the start place! She used a few 'applications' in the initial planning, including Ride GPS.

Teresa talked about how she investigated distances that were achievable, and locations that had good facilities for overnight camping. Mandurah was a good example, where it proved difficult to find a caravan park willing to accommodate a group of cyclists. So Falcon became the first destination. Also, maps with road standards were handy to enable choosing secondary roads, but not 'dirt/gravel', except where unavoidable. Some variations were found when routes were driven, and venues visited, and how to decide where to put rest days. The return journey did not have a rest day, but two

shorter days together. The choice of Lake Towerinning was a suggestion from Teresa's brother. What a great place for an overnight camp.

Hopefully this has inspired more people to plan their own tours, or tours for the club.

For more on this tour, please refer to Ron's description of the first week (the trip down) in the May/June newsletter; and Kleber's article on the second week (the trip back) in the July/August newsletter.

Thanks go to our Social Co-ordinator Theresa Dewse for organising this night, and for the excellent supper she provided, especially the free fruit. Well done!

Thanks to Barb King for compiling this report from the Social Night



Social Night 7 August— Now About That Tour!

CTA Social Event- Christmas Long Table Lunch

Sunday, 8 December 2013 12:30pm

The committee are planning a repeat of last year's successful long table lunch – **venue to be determined**. Attributes of a great venue would be:

- * Separate ordering and bill payment options
- * Enough room for a sizable group

* Maybe north of the river this year, just to be fair

Any suggestions or ideas from members on a suitable venue that will meet the above criteria would be welcome. Please contact: Theresa - social@ctawa.asn.au.

In the meantime remember to put the date in your diary.



Lift out Rides Calendar page for September/October 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

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.

Southern Estuary Loop

Sunday, 8 September 2013

9:15 am 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 5 pm, 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

Hidden Treasures?

Sunday, 15 September 2013

7:45 am for 8:00 am start

45 km, leisurely (15–20 km/h), flat ride
Meet at the Bullcreek Train Station

Grab your camera and get on your bike for a 45 km ride (mostly) along Perth's rivers, and on the way visiting a few of the

known, and lesser known, artworks in the city and suburbs. This includes WA's swans and Australia's Coat of Arms! Some time will be allowed for those interested in taking a few photos, and there will be a coffee stop before returning to Bullcreek Station.

Contact: Christine

Ph: 9457 4779

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

On Your Bike 2013 – Blackwood Meander

Saturday, September 21 2013 to
Sunday, September 29 2013

Dumbleyung–Wagin–Moodiarrup–
Boyup Brook–Bridgetown–Balingup–
Nannup–Augusta.

For full description, see page 10

Four National Parks Ride

Sunday, 22, September 2013

8:30 am for 8:45 am start

65 km, hilly, moderate
Meet at Midland Train Station

This ride will take us past four national parks, through Kalamunda and Mundaring. It's hilly, but we will take our time and enjoy the views.

Leader : Sarah Cutts

Ph: 9443 8095

sarcutts@inet.net.au

100 km Achievement Ride – Take 3

Sunday, 29 September 2013

8:00 am for 8:30 am sharp start

100 km, moderate, road bike, hilly

Meet at Armadale Train Station for registration and map/ride description.

Another chance to ride 100 km. A pretty but demanding ride taking in Mundijong,

Serpentine Dam (coffee stop), keep going uphill to Jarrahdale, and then back to Armadale. The middle section is hilly. Time limit is 6hrs 40mins. This works out to be a leisurely pace average.

Contact: Hilary – Ph: 0405427246
achievementrides@ctawa.asn.au

5000 in 4 Achievement Ride – Take 2

Sunday, 6 October 2013
8:00 am for 8:30 am sharp start
55 km, moderate

Meet in the car park on left corner of Gilwell Ave and Page Rd across Albany Highway from Kelmscott Train Station, for registration and map/ride description. Please note that it is best to park at Kelmscott Station due to new parking restrictions at Gilwell. The course promises 5,000ft of uphills and down dales around the Armadale and Roleystone areas. Time limit is 4 hours.

Contact: Hilary 0405 427 246 or
achievementrides@ctawa.asn.au

Rockingham Weekend Pannier Tour

Saturday, 12 October 2013 - Sunday, 13 October 2013

This will be a leisurely, pannier touring pace weekend. Take this opportunity to start sorting out your camping gear for the 40th Anniversary Tour next year.

On Sunday we will be joined by those CTA members who would like to go pannier touring but still need to build up their equipment and experience.

For more details, see page 9

Leader: Kleber
Phone: 9354 7877
kleberc@bigpond.com

10,000 in 8 Achievement Ride – Take 2

Saturday, 19, October 2013
8:00 am for 8:30 am sharp start
100 km hard, road bike, hilly

Meet at the Kelmscott Railway Station for registration and map/ride description (you will need it).

This is the clubs hilliest ride which requires you to climb 10,000ft within 8 hours. Of course this means coming down the same amount.

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

The Kalamunda Meander

Sunday, 20 October 2013
8:45 am a 9:00 am start
50 km, moderate: 20–25 km/h,
road bike, hilly

Meet at Gosnells Railway Station

After a steady (and in my case slow) climb up Canning Mills Road, enjoy a coffee and cake in Kalamunda and then a whizz down Crystal Brook Road and back to Gosnells.

Leader: Richard – Ph: 9293 0398

The Ride With No Name

Sunday, 27 October 2013
7:45 for an 8:00 am start from East Perth train station (85 km) *or*

8:30 for an 8:45 am start from Guildford train station (60 km)

Cycle paths and roads; moderate, some hills

There are two options for this ride: start from East Perth for a longer route, or join the bunch as we pass through Guildford.

The ride will follow the cycle path to Guildford, then along the Swan Valley. Continuing north, we'll loop to the west of then cross the Great Northern Highway before taking diversions into the foothills of the Darling Range, using Campersic Road and Toodyay Road to return to Midland, thence to Guildford and East Perth.

Contact: Stephen White
Ph: 0430 921 929 *or* 9271 3330
southwind07@mac.com

The Avon Ascent

Saturday, 2 November 2013—Sunday, 3 November 2013

Road bike, some hills; mountain bike, some hills.

This will be a towel and undies weekend for mountain or touring bikes. With options of all sealed roads or dirt roads and rail trails with some bitumen.

Both groups will be settling into the Freemasons Hotel in Toodyay on Saturday night for a well-earned rest.

For more details, see page 9

Leader: Kleber – Ph: 9354 7877
kleberc@bigpond.com

CTA Social Night — Tech Talk Wednesday 16 October 2013

Loftus Community Centre 7:00 pm for a 7:30 pm start.

Tonight's social night is for those who would like the opportunity to learn a little about electronic mapping of cycling routes. Three of our members have kindly agreed to share their knowledge of

applications for computers and smart phones (Android and Apple).

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, which could be a topic for another social night.

The evening is also open to those who just want to catch up and share a relaxing evening and refreshments when the presentation is completed.

For catering purposes, could you please let Roy know if you are planning to attend.

Email: roy_stone_au@yahoo.com.au

Rockingham Weekend Pannier Tour

Saturday 12 – Sunday 13 October 2013

Saturday, 12 October 2013

30 km, meet at Wellard train station at 9:00 am for a 9:15 am departure.

We will cycle to the Rockingham Holiday Village and set up camp, before winding our way through Rockingham to Mersey Point to have morning tea and buy lunch. Then it is time to board the ferry to Penguin Island and call into the Discovery Centre to watch the penguin feedings. After eating lunch we board the glass bottom boat to explore the wildlife sanctuary zone of the marine park. Highlights include viewing rare Australian Sea Lions and visiting a pelican rookery.

It's then back to the mainland and maybe relax with a coffee, before buying

provisions for the camp kitchen cook up back at the Rockingham Holiday Village.

Costs

Rockingham Holiday Village, \$19.00 per person.

Penguin and Sea Lion Cruise, \$36.50 per person.

Payment will be on the day, but I need to know the number of people participating to book the tent sites and cruise.

Sunday, 13 October 2013

50 km (or more if you wish).

Meet us at Rockingham train station at 9:15 am for a 9:30 am departure.

This is an opportunity for those not able to come on the Saturday to join the

pannier tourists on Sunday only.

The ride will initially follow the coastline South with panoramic views of Mangles Bay, Shoalwater Bay and Safety Bay before moving onto the cycle path curving around Warnbro Sound. We then head inland via Port Kennedy Drive onto quite back roads to Baldivis and onto the Kwinana Freeway PSP to lunch at the Thomas Road Servo. People can then catch the train at Kwinana train station or continue on the Kwinana Freeway PSP with a choice of train stations on the way back to Perth.

Leader: Kleber Claux

Ph: 9354 7877

Email: kleberc@bigpond.com

The Avon Ascent

Saturday 2 – Sunday 3 November 2013

Saturday, 2 November 2013

80 km off road and bitumen or 99 km sealed road only.

Both groups are to meet at Midland train station at 9:00 am for a 9:15 am departure.

We will ride north on back roads towards Brigadoon where the groups will separate.

Ann will lead the sealed road group to Bullsbrook and through the beautiful Chittering Valley, then continue onto Julimar Road with a lunch stop in the Julimar State Forest before arriving at Toodyay.

I will look after 'The Dirty Ones' as we follow the Avon River and train line past Bells and Syds Rapids and through Walyunga National Park with a lunch stop by the river in the Avon Valley National Park. After lunch there is more dirt road before the last 15 km of bitumen into Toodyay.

I'm sure the first floor verandah at the Freemasons Hotel will be a popular place to have a beer or two after a nice hot shower. Our hosts Stella and John will be providing a delicious dinner of a roast with vegies and a dessert.

Note: Both groups will need to bring snacks, lunch and water from home as there are limited supplies en route.

Sunday, 3 November 2013

90 km off road and bitumen, 90 km sealed road only.

Sunday will see both groups on the same road past Hordywell Archery Park to Clackline, then we will separate as we did on Saturday with 'The Dirty Ones' following the Kep Track to Mundaring and via The Railway Reserves Heritage Trail to Midland. Ann's group will run parallel to us, passing through Wooroloo, Chidlow and Mundaring to Midland. A stop at the Bakers Hill Pie Shop will be a welcome break on the ride.

Numbers will be limited, so confirm your booking with me early.

Accommodation costs

\$37.50 per person in the Hotel. There is a variety of room layouts available, i.e. twin, double, family with double plus single. So if some of you are prepared to share beds and rooms, it could be fun.

There is also three motel units with en suite and one double and one single at \$120.00 per couple and \$30.00 for extra person, i.e. \$150.00 for three people.

Meal costs

Dinner \$25.00 per person, set menu of roast and vegies plus dessert. Continental breakfast \$10.00 per person.

Payment on arrival at the Freemasons Hotel.

Leader: Kleber Claux

Ph: 9354 7877

Email: 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.

The Tour is FULL. If you are still interested please contact myself below to be added to the Waiting List, there may be cancellations and you may get on the tour.

Leader: Tony

Ph: 0408955908

Email: 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> Please note, this is not an official part of OYB 2013. Contact David directly by e/ mailing to: him@davidtaylor.id.au for more information.

Cycling in rural areas

Information provided by Department of Transport – Cycling Fact Sheet: Cycling in rural areas.

Western Australia's (WA) bicycle network expands through many regional areas. Generally it is safe to ride in the designated cycling lanes around WA; however, making yourself visible to other road users is the key.

When riding in regional areas:

- * keep an eye out for wildlife
- * carry a toolkit and puncture repair kit
- * wear appropriate, protective clothing
- * notify someone of your intended destination and what time you expect to return
- * for long journeys always notify someone where and when you are going
- * take nutritional snacks to keep energy levels up
- * take enough water with you and

keep hydrated. Visitors to WA may not realise that there are long distances between water stops and can often get stranded

- * remember that rural WA can be susceptible to bush fires.

Some rural areas do not have designated on-road cycling lanes or shared paths, which means you may have to share the road with large freight carrying road trains.

When riding on roads or near road trains:

- * ensure you are visible to all other road users and that your lights are turned on;
- * always allow a wide buffer between yourself and vehicles including passing road trains; and
- * remember that you may feel safer slowing down as a vehicle or road train is passing. Unsealed roads can result in gravel flying up from cars and trucks.

You can find other Cycling Fact Sheets on

the Department of Transport's website link via: www.transport.wa.gov.au/cycling

Additional tips from experienced CTA members:

Remember to carry spares for your particular bike (make and model), including for spoke replacement.

Be aware of severe buffeting and slip stream caused by passing trucks.



A country road – OYB 2009
Wheels, Wheatbelt n' Wildflowers tour

CTA - 40th Anniversary Full Pannier Tour

Albany to Perth

Saturday 19 April to Sunday 4 May 2014

You are in for one hell of a good time in 2014! Stan and I have just completed a reconnaissance of the intended route for the 40th Anniversary Pannier Tour. Passing through Albany, Denmark, Walpole, Shannon River, Pemberton, Nannup, Augusta, Hamelin Bay, Boranup Forest, Prevelly Park, Dunsborough, Busselton, Bunbury, Lake Clifton, Mandurah, Kwinana (phew!) and ending in Perth. This will guarantee a kaleidoscope of scenery from forest to ocean, caves to vineyards.

Total cycling distance will be 850 km over twelve cycling days, with three rest days to take in the more picturesque spots. The proposed route will be on bitumen roads, with as many quiet back roads and cycle paths as possible being used. There will be many occasions when the Munda Biddi and Rail Trails will be an available option.

You will be camping under the stars most nights in caravan parks with the rest days in Albany, Pemberton Forest Stay in Pimelea and the YHA in Dunsborough.

On the last night in Mandurah we will celebrate our success at the Silver Sands Tavern with other CTA members, who will join us from Perth on their own

weekend tour. We will then meet up with other members of the CTA at Kwinana for the final 40 km to Perth.

To cater for those people who are unable to participate for the full 16 days, the following are being offered:

Option 1:

Albany to Balingup, Saturday 19 April - Sunday 27 April 2014.

Option 2:

Nannup to Perth, Saturday 26 April - Sunday 4 May 2014.

Option 3:

Weekend Halfway Tour - Nannup to Balingup, Saturday 26 April - Sunday 27 April 2014.

Options 2 and 3 will be able to ride out to meet the tourists en route from Pemberton, and join them in the halfway celebration dinner at the Nannup Pub on Saturday night. On Sunday, **Options 1 and 3** will ride to Balingup following one of the most scenic routes in WA before boarding the bus for the trip back to Perth.

It is recommended that those interested in participating in the tour take advantage of the pannier tours on offer in the CTA rides calendar, to develop their

skills and equipment options.

If you are intending to come on the tour, and to ensure that your tour shirt is the correct size, you should call into 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. Monday to Friday.

If you are unable to call in and see David, you can go to their website at <sprintdesign.com.au>, and click through 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.

There will be a brochure with details of the itinerary, costs and application form in the November/December 2013 issue of the Chain Letter.

Please note that the 40th Anniversary Full Pannier Tour is open to CTA members only.

Tour organiser: Kleber Claux

Ph: 9354 7877

Email: kleberc@bigpond.com

Help Wanted—40th Anniversary Tour

We are looking for volunteers to help make the 40th Anniversary Full Pannier Tour in 2014 a success.

The following is a request to people who are unable to come on the tour, but can spare some time on the last weekend of the tour.

Saturday/Sunday, 3–4 May 2014

To organise the weekend tour to Mandurah from Perth. Camping with the

40th Anniversary Tourists at the Timbertop Caravan Park, and help celebrate the last night of the 40th Tour at the Silver Sands Tavern. Sunday we return to Perth via the Kwinana Freeway PSP (Principal Shared Path).

Sunday, 4 May 2014

To lead a ride from East Perth train station to meet with the tourists for lunch at the Thomas Road service station near

Kwinana train station. We then continue back to Perth on the Kwinana Freeway PSP.

Please contact me for details if you are able to help with any of the above.

Tour organiser: Kleber Claux

Ph: 9354 7877

Email: 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

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, 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 (send 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 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.

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

NEW MIRRORS FOR SALE

CTA members now have the choice of two types of mirrors. The popular "Take-a-Look" mirror and we have now taken delivery of the "Safe-Zone" mirror direct



CTA Clothing

The CTA is holding the following stock:

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

Short Sleeve Unisex (full zip): M, L, XL, 2XL, 3XL

Short Sleeve Womens (short zip): S, M, L, XL, 2XL

Long Sleeve Unisex (short zip) : XL

Long Sleeve Womens (short zip): XS, S, M, L, XL, 2XL

Long Sleeve Unisex (full zip): S, M, L, XL, 2XL

Sprint Design, recommend that buyers select a tighter fitting jersey to achieve good moisture absorption.

CTA jerseys are available in a range of sizes, in both long and short sleeve and half and full zip. Sizing is deliberately small to aid in moisture absorption, however it is **recommended you try on a sample before selecting**. If CTA's selection does not suit your requirements you can order direct from Sprint Design. Allow a 12 week lead time. Providing you only vary the length (long or short), rather than CTA's regular length and do not vary the jersey material, pricing should be approximately the same. 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. Limited stock in size 16 & 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 for any enquiries or orders.



from Germany.

The 57 mm diameter 'Safe-Zone mirror gives an improved vision of vehicles or other riders approaching from behind. Normally only available on line at \$53, including handling and postage. CTA is able to offer these mirrors to members at **\$43 including postage**, or if you collect the mirror yourself from Doug (at Greenwood) **\$35**.

These mirrors use two zip ties for mounting onto your helmet. Should you be cycling overseas and traffic is left hand

drive, these mirrors can be easily adjusted.



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.

(See page 2 for contact details)

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>.

We would like to extend a warm welcome to our new member: Rob Slattery



Gingin Discovery Tour—June Long Weekend — panniers all loaded up!

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.

For more information, send an email to info@ctawa.asn.au.

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

