

THE CHAIN LETTER

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

November/December 2013

Issue 233

PRESIDENT'S REPORT

Merry Christmas and happy New Year for 2014. With the year coming to a close it is time to start thinking about nominations and recognition of members for the AGM, scheduled to occur on Sunday 16 February 2014. Nominations for Cycle Tourist of the Year are requested, and if you are interested in joining the CTA committee for 2014 now is the time to also give this some consideration before the AGM.

OYB has been and gone for another year and provided us with what may go down as one of the most challenging. Riding to the start of the tour from Perth to Dumbleyung fully loaded with panniers provided the benefit of tail winds all the way. This was soon to change as we joined the tour and turned around to head straight into the wind for the next week. It's fortunate that us cyclists are such a resilient bunch as we took on the wind and the hills each day. Even some trees found it difficult to hold their ground and were uprooted along the way, and then there was the challenge of no power in Boyup Brook for the evening due to the storms. First time I have enjoyed a candlelight dinner on tour. All in all, even with the challenges this year's tour was again a wonderful event and an

opportunity to meet and cycle with great friends. Thank you to the OYB committee and all volunteers for a job well done.

Memberships are again due with all existing memberships expiring at the end of December. Your renewal membership forms are included in this newsletter with payment due by the end of the year.

Enclosed in this newsletter is the brochure and registration form for the CTA's 40th Anniversary Tour from Albany to Perth in April/May 2014. Kleber has been doing an amazing job planning for this tour and I'm sure it will prove to be a memorable and enjoyable event for all those who attend.

The achievement series for 2013 has now formally ended with the last of the scheduled achievement rides being held on the 19th October. Congratulations to all who have qualified for one of the series this year. If you haven't yet qualified and would like to, there is still the option to complete rides by brevet until the end of December.

Travel safe and I look forward to seeing you on your bike very soon.

Teresa

FEES PLEASE

Just a reminder that your 2014 membership fees are now due. You have until the end of January to pay and receive the \$5 discount (for adult membership only). After this date full price occurs.

All membership forms should be signed and sent to Cycle Touring Association of WA (Inc.), PO Box 174, Wembley WA 6913. If paying online (see website www.ctawa.asn.au/ctawa/membership for bank account details), please include a note of the date when payment was made. Cheques may be sent to the Post Office box address with the membership form.

Members who have not renewed by the end of February will not receive the next edition of the Chain Letter.

**Annual General Meeting—
Sunday 16 February 2014,
10:00 am**

**Department for Sport and
Recreation
246 Vincent Street,
Leederville**

UPCOMING EVENTS

Tours

40th Anniversary Tour

Sat 19 April—Sun 4 May 2014

Social

Christmas Long Lunch

Sun 8 Dec 2013 12:30pm at

Tradewinds Hotel, 59 Canning

Highway, East Fremantle (see page 8 for booking details etc)



OYB 2013—morning tea stop on road to Boyup Brook

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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.

200 km in 2 days, 24 August 2013	10,000 in 8 by brevet 6 October 2013	300 km by brevet 19 October 2013
Christine Liddiard	Stu Crombie	Bruce Robinson
Bruce Robinson	5,000 in 4 Take 2 13 October 2013	Stu Crombie
Mark Corbett	Don Ward	10,000 in 8 19 October 2013
Liz Marshall	Michael Waters	Greg Atter
Don Ward	Century Challenge by brevet 13 October 2013	Don Ward
Stu Crombie	Don Ward	Hilary Beck

Calendar of Achievement Rides 2014

Sun 9 Feb 50 km	Sun 3 Aug 50 km T2
Sun 9 Mar 5000 in 4 T1	Sat 16 Aug 200 km
Sun 13 April 100 km T1	Sat 20 Sep 300 km
Sat 10 May Century Challenge T1	Sun 5 Oct 5000 in 4 T2
Sat 7 June 10000 in 8 T1	Sat 18 Oct 10000 in 8 T2
Sat 28 June 100 km T2	See achievement ride descriptions p. 13 of this newsletter, or go to the CTA website <www.ctawa.asn.au> for more details.
Sun 29 June 200 km in 2 days	
Sat 26 July Century Challenge T2	

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

Annual General Meeting—Sunday 16 February 2014, 10:00 am

Department for Sport and Recreation, 246 Vincent Street, Leederville

CYCLE TOURIST OF THE YEAR

Nominations are called for the 2013 Cycle Tourist of the Year. The award is made by the CTA to the member who, in the opinion of the membership, has contributed the most to cycle touring and the CTA throughout the year. Criteria to assist in selecting the Cycle Tourist of the Year is provided below. Note: If you believe no member has suitably demonstrated the qualities required for this award, you may nominate “No Award”. If the number of “No Award” nominations exceed the total number of member nominations, then no award is made that year.

CRITERIA

Nomination for Cycle Tourist of the Year may be based on:

Tour Achievement: The person may have realised a personal goal to cycle tour (perhaps across Australia or overseas) and involved the CTA by organising and leading it as a CTA tour. The achievement of a personal challenge on

its own is not as important as meeting that challenge and assisting other members in that goal.

Leadership: The person demonstrated an outstanding display of leadership, which provided direction to the CTA during the current, or previous year. This may have been a drive towards more touring, or social endeavours, or cycle education, or a membership drive, etc. Generally this would relate to CTA Presidents, but this is by no means a necessary condition.

Club Support: The person has consistently been there for the Club over a number of years. This award would be in recognition of their services in a Committee role, Ride Leader role, Ride Organiser role, Tour Leader role, and Public Relations/Social role over the current and/or previous years.

Innovation: The person may have introduced a radical change in thinking for the club membership in general, or altered the customary thinking of the role or proposed direction of the CTA. Innovative ideas may have been the

introduction of club uniform, or major improvements to newsletters or ride descriptions. The introduction of an Achievement/Challenge series, progressive dinners, evening social rides or other ideas which galvanise and focus the general club membership.

Note 1: The Cycle Tourist of the Year is not a reward for completing all the Achievement or Challenge series, or having ridden a given number of kilometres etc., since these are personal goals which do not reflect the needs or involvements of the general membership.

Note 2: The above criteria was compiled as a guide to help people understand what they are voting for. Someone may fit into one or more of the criteria. You may feel someone deserves it for other reasons.

If you feel someone deserves the award, nominate them, but if you feel no-one deserves it, then you may cast a no-award vote.

Continued on Page 4

Cycle Tourists of the Year 1978—2012

1978	Nicole Harrison	1987	John Sherwood	1996	Ross Cussons	2005	Karen Date
1979	Wayne Lally	1988	Martin Bunny	1997	Janet Devrill	2006	Noel Eddington
1980	Neil Porteous	1989	Kleber Claux	1998	Tom Wall	2007	Colin Prior
1981	Mark Bettell	1990	Arie Lemson	1999	Desama Bailey	2008	Allan Duff & Deb Palacios
1982	Dale Neill	1991	Brett Rutherford	2000	Ann Wilson	2009	Jeremy Savage
1983	John Martin	1992	Simon Koek	2001	Simon Koek	2010	Sarah Cutts
1984	Ian Hore	1993	Mark Nilan	2002	Marion Affleck & Terry Bailey	2011	John Faris
1985	Bob Stockman	1994	Stan Wiechecki	2003	Tony Humphreys	2012	Teresa Liddiard
1986	Ron Bowyer	1995	Peter Lundy	2004	Kleber Claux	2013	?.....

Annual General Meeting

ELECTION OF COMMITTEE MEMBERS FOR 2014

Nominations for President, Vice President, Secretary, Treasurer and six (6) committee members for the positions of Rides Coordinator, Achievement Rides Coordinator, Social Coordinator, Editor, Webmaster, Clothing Coordinator can be received up to and on the day of the AGM.

All nominations shall have a proposer and a seconder, and shall be announced at the AGM. Nominees, proposers and seconds must all be voting members of the CTA.

A summary of the roles and responsibilities for each of these positions will be included in the next newsletter

NOTICE OF CHANGE TO CONSTITUTION – SPECIAL RESOLUTION

This notice is to advise all members of changes to the Cycle Touring Association of Western Australia Constitution following advice from The Department of Commerce, these changes are necessary in order to conform with the requirements of the Associations Incorporation Act 1987.

These amendments are as follows:

Section 30, Clause 20: of the Act states than an Incorporated Association may be wound up voluntarily if the Association is solvent and resolves by Special Resolution that it be wound up voluntarily. Section 24 of the Act

requires a Special Resolution to be passed by a majority of 75% of the members present and who are eligible to vote at the general meeting.

Section 33 (2), Clause 20: of the Act restricts the distribution of surplus funds and property to either an association incorporated under the above Act or for charitable purposes.

The guide for Incorporated Associations in WA is found on the Department of Commerce's website under Consumer Protection.

NOTE:

The AGM Agenda and more details concerning the meeting will be in the Jan/Feb Chain Letter.

On Your Bike Tour 2013—*Blackwood Meander*

By Deb Palacios, OYB Poet

'Twas a week before OYB and we were excited,
First tour since my stroke, and I was delighted
Ride the sag wagon? Yes, I just might,
But unlike Colin in Adelaide, I'll stay upright.

Before we had started, she merited a verse,
Prez Teresa rode from Perth, as if under a curse
Bike rack, sleeping mat, and tent, all defective,
"Send new ones quick!", to Mark her directive.

John Rayburn I'm renaming you Time to Burn
Punctuality it seems, you've yet to learn
You're lucky you even got into the door
The support staff at Dumbleyung were sweeping the floors!

"Your book's in the post, it will arrive without fail."
That's what Ann told David, he kept checking his mail.
I imagine Ann was under pre-tour duress,
'Cause the post can't deliver without an address!

Bikes are like partners, in more ways than one,
Some trade in for new models, claiming it's fun.
Some partners get boob jobs, a tuck or a nip
Stan's Lady is a cougar now, had a total refit.

Green dots beware, don't make the mistake
Of trusting veteran riders, they're all of them snakes!
In Wagin Lois practically cackled with glee
"I told Christine, no carrots, no sweets!"

Most of us know the On Your Bike vets,
Like Kleber and Sharon and Simon, and YET
There are quiet ones who've been on tours a plenty,
Laurel 's just one, she thinks she's done twenty.

The showers in Wagin proved problematic.
Men in the ladies, and vice versa, caused static
Vanessa, did you end up corrupted,
When Terry and Mark, you boldly interrupted?

Terry to the Fremantle game screen was glued
Those behind him not happy, he was blocking their view.
"Down in front" they screamed, but he couldn't hear.
Kleber helped, the penny dropped, he moved, and they cheered.

Pam had the power, who gets to eat.
But on day 1 she was still finding her feet.
She fretted and moaned, and searched for a vision.
"It's not that hard Pam, just make a decision."

Who rides a ride like this in a tie?
And peculiar in other ways too, I can't lie.
Bruce, sometimes I wonder if you're right in the head
But smart move in Wagin, tent into the shed!

Cyclist often share, we ARE a friendly lot.
No need to panic, if there's something you forgot
Here's one of my favourite picks:
When Kathy offered Joy her pre-used knicks.

Gus and Barb came with a new tent,
But Barb's patience was very soon spent
"Gus, you forgot to bring the necessary pieces."
But in this case, Sue and Austin, were the right Piesses.

Connie described a piece of her kit
"It's a rain cape, that drapes over me while upright I sit"
Day 2, side of the road, she was tryin'
To extricate herself--that sail was flyin'!

Colin you've proven yourself time and again,
I've no time to put all your praises to pen.
On this trip you've been more than heaven-sent
You always put up and took down the tent!

Colin and Kleber are a cantankerous pair,
Push each other buttons, with buttons to spare
Kleber was quick to blame Colin, missed a turn on day 2.
But happy to accept the TP he offered in the loo.

Most On Your Bikers come just to ride.
There might be a few who watch birds on the side.
But Peter's been geotracking all along the route (root)
Following coordinates to find hidden loot.

I've caught the committee in too many lies,
1.5 km to dinner? Maybe as the crow flies.
The profile said downhill, so why am I wrecked?
And a bridge on a hilltop? Not last time I checked.

Lost in the paddock were Jenny, Barb and Susan
"What pink tape? Where? We were talkin' and cruisin'."
Ian to the rescue, in a ute, all was rosy
But FOUR in the front seat? Must have been cozy!

In Moodiarrup Sharon got no sleep at all
Too much traffic, where she chose to sprawl.
"My tent was impersonating a used car lot balloon man,
So into the ladies' loo I took my last stand."

On day 2 I threw in the towel at 50
My control of the bike was getting quite shifty
I couldn't have gone on, that I will say

And Dave found my brakes had been rubbing all day.

I think Dixie needs to be a lot bigger
"Why is that?", you ask, as I snigger
"Well, Mark said he'd draft behind her more often,
And she'd hold down the tent so it wouldn't go loftin'."

Juliette's tent didn't survive the night.
A pole snapped, though it put up a good fight.
In the morning she put it all in the bin.
With sister Paulette she'll be bunked in.

I surmise Tony Tourmaster pissed off the gods.
One bad day on tour, yes, but what are the odds?
The headwinds, the storms, the blackouts and THEN,
Your 11 ton truck on a bridge rated for ten.

Sue Robinson I hear, had a close call.
In her path, cross the road, a tree did fall.
I saw digital proof, it looked pretty large.
Passersby had a chainsaw, and they took charge.

Why is it men can't discard old clothes,
"It's just getting comfortable", is what they propose.
Comfortable is one thing, but ventilated another.
"C'mon Hooky, face it, new shoes brother."

You'll get porridge today, and porridge forever.
I heard your order Graham, but scrambled eggs? Never!
Even a blackout couldn't threaten that time hallowed tradition.
"Buy a generator", said the committee—"hot cereal's the mission".

Gus, despite the tent pole, you're OK by me.
Took the winds for me and Barb all of day 3.
Some of those side gusts were quite terrifying.
I swear Barb's wheels left the ground, she was flyin'!

Doogs is suffering from sleep deprivation.
He has sleep apnea you know, a machine his salvation.
It allows him to sleep, his weariness slake,
But with no juice to run it, he stays awake.



OYB 2013— strong winds caused this tree to fall across the road, but riders and Dave worked to clear the debris

By day 4 your upper body was seriously neglected.
“Got to fix that” the committee directed.
The organisers had your best interests at heart,
When they said “over the bridge, your luggage you’ll cart.”

Kleber and Simon, veterans with voices,
Were singing at breakfast, all about choices.
When faced with headwinds, blackouts and strife,
(sing this) “Always look on the bright side of life”

After morning tea Dave went the wrong way.
“I’m going to Bridgetown via Kojonup, hey!”
Norm tried to chase, but he couldn’t be caught.
‘til a farmer told him “That way’s your lot!”

Colin whispered to Noel “Take me to Wagin.
We can ride to Dumbleyung with a tailwind ragin”
I don’t think bike failure was part of the plan,
He really can go through them, that’s my man.

Rest day ahead, Dave and Maria were eager.
In the mechanic’s van the radio played Bob Seger.
As the cyclists struggled up a big climb,
“Who’ll stop the rain?” they sang one more time.

Devo boycotted the slumber party in the big shed.
Set his tent up in a chook pen instead.
Up against the tent, his bike is pinned.
How are you ever planning to get in?

Just when you thought it couldn’t get worse.
They’re dropping like flies, we need a nurse!
Cliff and Teresa have done achilles’ I’m tolt.
And Colin’s still looking for some obscure bolt.

Praises to the caterer, Leith was singing.
I’m sure somewhere your wife’s ears are ringing.
“If my wife were here she could pick up some hints.”
If she reads this I’m betting you’ll wince.

With a heavy heart and genuine sorrow,
Colin and I are leaving tomorrow.
We hope that your rest day is all that and more.
May the wind change direction, and may Freo score.

If I had stayed until the end,
More clever verses I would have penned.
If you weren’t mentioned in this rhyme,
Keep coming back, there’s always next time.

Some tours we remember for blue skies and wildflowers.
Some we remember for electrified showers.
The Blackwood Meander will be etched in our brains,
As proof of our ability to overcome pain.

Added AFTER dinner and the next day:

After dinner a ukulele Robert did strum.
CJ & Simon harmonised, the rest of us hummed.



OYB 2013— Sue enjoying the wildflowers and lunch

Or sang the words, as best we were able,
While Tony licked chocolate off of the table.

“It was frightening”, said Des, at our morning talk.
“My muscles cramped so I couldn’t even walk.”
Then a lively discussion on remedies natural,
With Keith and Sue’s accounts of experiences actual.

Bev and Cheryl enjoyed Bridgetown’s shopping scene.
Discussing the merits of brands of jeans.
Deb swears by those called ‘Not Your Daughter’s’
Bev needs Jag’s smaller size, ‘cause her bod is hotter.



OYB 2013 wash day at Nannup

Lift out Rides Calendar page for November/December 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.

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

Email: kleberc@bigpond.com

Forrestfield Loop

Sunday, 10 November 2013

8.00 am for 8:15 am start

45 km, moderate, some hills

Meet at Claughton Reserve, Bayswater

We will be riding over the foothills of Forrestfield including Magnetic Hill. Coffee will be in Guildford at the end.

Leader: Connie

Ph: 0407 640 012

Evening Ride: Places & People

Wednesday, November 13 2013

5:45 pm for 6:00 pm start

25kms, leisurely

Meet at East Perth Railway Station (East Parade)

Come along on a pleasant evening ride exploring places from my past. We will also have a stop for dinner towards the end. Lights are essential.

Leader: Noel

Ph: 0419 964 808

Gravity doesn't Suck!

Sunday, November 17 2013

8:00 am for 8:15 am start

110 km, moderate to fast pace, mostly flat

Meet at Clarkson Railway Station for 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

Ph: 0418 907 381

Email: davidphilip@yaho.com

Tranby Tootle

Sunday, November 24 2013

8:00 am for 8:15 am start

45 km, cycle paths and quiet roads; leisurely, flat ride

Meet at car park area on the western side of the Narrows Bridge underpass (car park near ski boat area).

We will follow the South Perth foreshore around Burswood, over Windan Bridge, and then follow the Midland railway line up to Bassendean railway station, cross Guildford Road winding down along West Road to Sandy Beach Reserve and then follow the bike path alongside the river.

We will stop at Tranby House for morning tea and then continue on the bike path back via Windan Bridge, past Burswood to the Narrows.

Contact: Rosalee

Ph: 0409468797

bpmcauliffe@gmail.com

North of the River Pedal

Sunday, December 1 2013

8:15 am for a 8:30 am green light for go start!

45-50 km, moderate, mostly flattish

Meet at Warwick Train Station (trains arrive from both directions about then). Sightseeing the northern burbs with coffee etc at around the halfway mark.

Leader: Doug

Ph: 9249 9921 or 0415 376 669

CTA Social Event—Christmas Long Table

Sunday, 8 December 2013

12:30pm

The committee are planning a repeat of last year's successful long table lunch.

This years venue is the Tradewinds Hotel, 59 Canning Highway East Fremantle.

For catering and booking requirements, please reply to

Theresa - social@ctawa.asn.au.



Round the River

Sunday, December 15, 2013

8:00 am for a 8:15 am start

50kms, moderate

Meet at the UWA Car Park (corner Mounts Bay Road and Hackett Drive)

This is still one of the most picturesque rides even though most cyclists would have done it at some stage. Starting from the UWA car park the route will cover

The Avenue, past Mosman Park Bowling club, across Stirling Highway Bridge, Preston Point Road, Burke Drive, Tomkins Park and back along the Kwinana Freeway Cycle Path stopping at the Old Brewery Lawns for Coffee (limited cakes but full menu available). And with a bit of planning we hope to make it a ride with some interesting variations en route.

Leader: Robert

Ph: 6380 4902

New Year Eve Ride

Tuesday, December 31 2013

10:00 pm

Bring nibblies and meet us in Kings Park at 10pm (on the grass in front of the cafe)

Join Colin and Deb for their traditional NYE Ride - a great way to wake up New Years Day *without* a hangover, and feeling GREAT because you brought in the NY On Your Bike! See how many Christmas lights you can rig onto your bike or yourself - we want to be visible in a big way. We'll socialise until about

11pm, and then start riding - through Kings Park and along the river - on the bike paths as much as possible to avoid any traffic. We'll stop at midnight for a quick toast, and with a bit of luck, watch some fireworks.

Leaders: Colin - 0433 512 833 & Deb - 0421 697 453

Pedal South

Sunday, January 5, 2014

7:15am for a 7:30 am start

40—45 km, leisurely, flat

Meet at the Raffles Hotel, Applecross

For a leisurely early morning pedal along the Kwinana Freeway, Roe Highway and the Canning River, with a coffee stop near the Riverton Bridge before returning to the Raffles via Curtin Uni and Como.

Leader: Christine

Ph: 0400 570 007

**CTA - 40th Anniversary Full Pannier Tour
Albany to Perth
Saturday 19 April to Sunday 4 May 2014**

Please find the 40th Anniversary Full Pannier Tour 2014 brochure included in this issue of the Chain Letter. It contains details of the itinerary, costs, registration form and relevant information.

It was good to see so many members take advantage of the October and November pannier weekends to get a taste for pannier touring. Some new members now intend to participate in the 40th Anniversary Tour as a result. There will be a 'Shake Down' tour for those participating in the 40th Anniversary Tour on the Labour Day long weekend, Saturday 1 March to Monday 3 March 2014.

The CTA will be organizing a 40th Anniversary BBQ ride on Sunday 6th

April 2014. Members who are participating in the 40th Anniversary Tour should make the effort to attend, as we will be handing out the tour information kits and shirts.

PLEASE NOTE: Participants in the 40th Anniversary Tour **will need to confirm their tour shirt size before Friday 3 January 2014**, so that the supplier can deliver before the tour starting date. If you are intending to come on the tour, and to ensure that your 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:

9.00am to 5.00pm 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 the Useful Info and Size Charts tabs to select either the unisex or ladies size chart. Please contact me with your shirt size so that I can place the order for you.

PLEASE NOTE: The 40th Anniversary Full Pannier Tour 2014 is open to CTA members only.

Tour Organiser: Kleber Claux

Ph: 9354 7877

Email: kleberc@bigpond.com

Rockingham Pannier Weekend - 12-13 October 2013

By Rosalee McAuliffe

We all met at the Wellard Train station on Saturday at around 9:00 am where Kleber gave the group brief instructions before we headed off with our heavily laden bikes to the Rockingham Caravan park. Much to our delight the camping ground was nicely grassed and very comfortable for an overnight camping spot.

After setting up our tents and now starting to feel nice and relaxed, we pedalled off on our now streamlined bikes, winding through the streets of Rockingham with Kleber leading the way to Mersey Point, the ferry departure point for our excursion to Penguin Island. We had an opportunity for morning tea and to buy lunch before boarding the ferry. Once on the island we were able to watch the small fairy penguins being fed at the Discovery Centre, also to hear about different aspects of their habitat, breeding and general life cycle. We had a short wander around the boardwalk on Pelican Island before boarding the glass bottom boat to explore other parts of the marine park. It was interesting to see the Australian Sea Lions lazing in the sheltered side of Seal Island, large rookeries of pelicans and lots of other bird life.

We then left the glass bottom boat and lined up with a long line of people on the Pelican Island wharf to board the ferry back to the mainland. Our group along with what seemed to be a lot of people boarded the ferry. The skipper put the engine on full throttle hoping to lift over the shallow sand bank, but alas the ferry didn't want to move. He then ordered us to all move forward – perhaps this would help lift off the sand bar, and still no luck. The only solution was to reverse back to the wharf, where half the passengers alighted, the lighter load enabled the ferry to move over the sand bar and make its way to the mainland before coming back to pick us up. The



Lance, Patricia and Hilary at Penguin Is, waiting to catch the ferry back to the mainland

skipper appreciated our patience and interestingly enough said this was the first time this problem had happened – are we all weighing more these days?

Kleber once again took the lead, stopping on the way back to camp for provisions at IGA, liquor shop and a last coffee for everyone at the Dome. At the camping spot, we planned our evening meal, either cooking on our Trangias or opting to get a Chinese meal at the caravan park shop. Gus and Barb decided not to do the Penguin Island excursion, and instead enjoyed checking out some beach marine life at Point Peron and biking around Lake Richmond, which was teeming with birdlife. Mark and Teresa, riding their new folding touring bikes, caught up with Barb and Gus for a ride back to the camp. We were very envious of Teresa and Mark's accommodation in their new camper set up.

In the evening it was great to catch up with everyone, talk about our experiences on the recent OYB tour and generally socialise. The next morning, Jude and Bill met us for the Sunday ride only. Kleber led the group along the coastline

with beautiful views of Mangles, Shoalwater and Safety Bays before heading inland and back onto Kwinana Freeway PSP, stopping at the Thomas Road service station for lunch. Most of the group decided to catch the train back from the nearby Kwinana train station. Many thanks to Kleber for organising and leading such an enjoyable and relaxing pannier tour, with the aim of helping and inspiring us to do more of these types of rides.



Leafy green camping spot at Rockingham Caravan Park

Social Night—'Tech Talk'—16 October 2013

On 16th October, some 30 people (including 5 potential new members) attended the last social night for the year. All had come to learn about cycling in the digital era – to hear discussion of the technical methods, gadgets and accessories available for use in planning, following and tracking cycling routes.

Roy introduced the presenters and the topics to be covered during the evening, then moved onto a presentation about GPS (the Global Positioning System) – what it is, including a brief history, how it works, and that it is one of several navigational systems available. To use GPS, a device which has GPS receiving capability is required. However, for GPS co-ordinates to be meaningful, electronic maps are also required.

A comparison was made between electronic maps (which offer a range of geographical areas and a range of scales) and paper maps (which are one location or area with one scale). This was followed by the analogy that you wouldn't carry 1,000 paper books, as it is much easier to have just one Kindle with all the books stored electronically.

Different types of mapping systems were explained – bitmap (used by Google maps) and vector (used by Apple). Then some of the map sources available on the web were mentioned. One interesting fact about satellite mapping systems, is that they do not work when you are underground (but then, not many people are likely to cycle underground!) or in CBD areas with many high rise building in close proximity. It was also noted, that the quality of maps can vary in some countries – usually good in western countries, but not so good in some 3rd world countries. And a handy hint – don't rely on cell coverage, as not only can the coverage be limited (particularly in rural areas), but it can also get expensive.

Next, Gus talked about route planning. There are now many websites that allow you to plan a route, using a car, cycling or

walking. With these applications, you input (or select) a start position and a finish position and then the site will choose the most direct route. This can be changed by using 'waypoints' to force an alternative route. These routes are theoretical, as they are based on the roads and tracks known in the mapping software. An alternative to creating your own route, is to search the web for actual tracks that people have recorded. Generally, an elevation profile and cue sheet (directions) are available for both theoretical routes and actual tracks. Some websites are open source (free), whereas there are others that may charge a small fee to perform certain actions, for example, downloading other people's tracks.

Keith then gave an overview of a dedicated GPS device. Keith finds this most useful when touring overseas where you may not be familiar with the area. When a GPS device is purchased in Australia, it generally comes with topographical maps of Australia, and if travelling overseas, maps for the countries you are visiting, would be an additional purchase. The GPS device needs to be connected to a PC to download and upload maps, however once loaded, routes can be created on the device without a PC.

It was then back to Gus to discuss the advantages and disadvantages of smartphones and tablets. These devices have the advantage of having multiple uses, although not all have GPS. However, there are now several applications for these devices that you can download and store maps.

Michael then spoke about the ride map library the CTA is establishing. Members will be able to send in ride routes and tracks for uploading to the CTA website. These maps could be of future rides coming up, which members could either print off or import into a portable GPS



Presenters: Keith, Michael, Gus & Roy

device application. To manage the map library, it is envisaged a new committee position will be required.

The discussion then moved onto personal approaches and applications. Gus discussed his use of Android smartphone and tablets, Roy talked about using an Apple smartphone and Keith about his Garmin handheld GPS device.

The final topic for the evening covered an overview of the hardware available to support the various devices. This included bicycle mounting equipment, power supplies (rechargeable battery packs, battery packs connected to a hub dynamo, solar panels), and cables and connectors.

Throughout the evening, the audience was keen and attentive, asking many questions – the general feeling seemed to be that the night could have gone on for much longer. Thank you to all the presenters for their well planned and professional delivery of a very relevant topic. For those who were unable to attend, a copy of the comprehensive handout provided can be downloaded from the CTA's website: www.ctawa.asn.au in the blurb about the Tech Talk social night.

Many thanks to Christine Liddiard for compiling these notes from the Social Night, also Stephen White for his contribution towards the night.

Notice Board

Members are requested to keep a lookout for my **Thorn Raven** Tourer Stolen from outside the Nannup Community centre on the night of 27th September - Green frame, black bell, mudguards and tubular steel racks front and rear. Straight bars with cowhorn ends. Conspicuous black anodised Rohloff hub gear serial No. 036562 and a Pletschger aluminium centre stand. 26 inch wheels with 1.6 inch Schwalbe Marathon tyres. Contact: David Taylor, phone (08) 9771 8487, or e/mail him@davidtaylor.id.au

Sue Robinson's **green 20-inch Bike Friday folding bike** was stolen at the same time. There is a manufacturer's

nameplate engraved "Sue Robinson" on the left side of the frame above the pedals. It has a rear-rack and a Deuter rack-top bag. The Hamoc bike seat is an unusual shape, and the bike has a Cane Creek "Thudbuster" shock-absorbing seatpost and Schwalbe Marathon tyres. Contact: Bruce Robinson, phone (08) 9384-7409 / 0427 398 708 , or e/mail Bruce.Robinson@Westnet.com.au

There is a \$200 reward for the recovery of either bike.

Photos of the bikes can be viewed on: CTA website and : <http://www.over55cycling.org.au/files/stolenbikes.html>

For Sale

Two x Schwalbe Marathon GreenGuard tyres

I have for sale the following brand new (never fitted) Schwalbe tyres suitable for touring bike rims with a bead seat diameter of 590mm.

Two (2) x Schwalbe Marathon GreenGuard tyres 26" x 1. 3/8" (ISO sizing 37 – 590) wire bead, black with reflective side wall.

http://www.schwalbe.com/gbl/en/produkte/tour_city/produkt/?ID_Prodktgruppe=36&ID_Prodkt=136

I'm asking \$50 for the pair.

Contact: Trevor Knox,

Phone: 9345 1048, 040 202 9608 or email—trevorknox@arach.net.au

TANDEM 9 speed 26" with SS couples - CO-MOTION

Excellent condition, well loved, includes many extras -

2 x travel safe suit cases and SS spanner
ARIA third brake, XTR rear derailleur
SPD pedals XT / VELOCITY aeroheat rims

2 computers / Grip shift

White Industries hubs - sealed

Continental tyres (Cane Creek Thudbuster for Stoker comfort)

1 x set of spare wheels and spare tyres

\$5450 ono Contact: Lance Whiteford ,
phone 0409 905 995

Bike Trailer (K9 Carrier)

Flat floor suitable for dogs, including attachment for harness, or to carry other items. \$250.00, contact: Teresa or Mark



president@ctawa.asn.au or 0478 633 281

BIKES FOR SALE

2010 Cannondale Synapse Carbon Feminine 6 Triple



Paid \$3,000.00.
sell for \$1,000. ONO

2009 Cannondale T2000 Touring Women's Bike



Paid \$3,000.00.
sell for \$1,000

2007 Custom Steel Hillbrick Frame, All Ultegra Gear



Paid \$4000.00 will sell \$1,200.00 ono

Contact: **Elizabeth Stroud**

Ph: +61 8 9592 9332

Mobile: +61 (0)419 954 664

Email:

elizabeth@discoverylearning.com.au

Interesting Cycling Publications

The Cycle Tourist e-book' by Gary Corbett

Members maybe interested in this light, easy to read e-book written by Gary Corbett a retired Australian journalist. The e-book is published on Amazon and gives an in-depth look at different ways of cycle touring, covering many countries around the world, including Australia.

More information can be found on Amazon at <http://www.amazon.com/dp/B00FA61XBY>

'Where to Ride in Perth' by Brent Meyer

Brent has now authored the second edition of *Where to Ride* in Perth. The book outlines a variety of routes around Perth for all types of riders, providing details on distance, directions, landmarks, coffee and toilet breaks. The book can be sourced through book shops, bike shops and on-line.

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.

We would like to extend a warm welcome to our new members:

Lyn Willett

Graham Marshall

Kathy Hawser

John Donnelly

Paulette Tolonen

Yvonne & Chris Muller

Dave Wall

Sue McBurnie

Doogs (Robby) McDougall

Mike Palmer

Vanessa Pietrasik



CTA Clothing

The CTA is holding the following stock:

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

Short Sleeve Unisex (full zip):

Short Sleeve Womens (short zip):

Long Sleeve Unisex (short zip) :

Long Sleeve Womens (short zip):

Long Sleeve Unisex (full zip):

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

Orange/blue socks with CTA logo — \$10 a pair



Take-a-Look Mirrors—no longer stocked by the CTA as these can be purchased through bike shops

Safe-Zone Mirror

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.

Contact : Doug 9447 2554 (H) or email clothing@ctawa.asn.au for any enquiries or orders.



You wish to hire equipment. We have Rear Panniers, a small Rack Bag and a Trangia (camp stove). By hiring, you can sample cycling touring without investing in lots of equipment. And if you do decide to invest, you'll have a better idea of what you want for yourself. Cost is \$5 per 2 weeks, \$10 per month, plus a bond.



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 2014

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 2014, is given on p. 7–8. and on the website <www.ctawa.asn.au>.

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**



OYB—stop at Asplin Bridge on the Blackwood River near Boyup Brook (photo courtesy Bruce Robinson)

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 (If paid by 31 Jan)	\$40.00 \$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

