

THE CHAIN LETTER

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

January/February 2014

Issue 234

PRESIDENT'S REPORT

With the 40th Anniversary tour being held this year, I thought I would reflect on the past 40 years of the club. The CTA was originally formed by a group of semi-retired road riders with the intention of cycle touring. Initially, I am told, the CTA focused more on towel and undies weekend touring, which has now grown over the years and seen members cycling throughout Australia and overseas — both on supported tours and fully independently.

In 1988 the CTA committee arranged the Bicentennial tour, 2 weeks from Albany to Perth. This was the origin of OYB and the following year in 1989 the first OYB was held, lead by Ron Bowyer. This year's upcoming OYB tour will be the

26th organised by the club. The introduction of the achievement ride series and the continuation of weekend rides has seen the club move from strength to strength.

When I took on the role of President in December 2011 I was interested to hear what members wanted from the club. Feedback indicated people were mostly interested in cycling, with a particular interest in cycle touring, which became my focus for the past 2 years. It has been a pleasure to see people stepping forward to help us achieve the number of interesting and varied tours over the last couple of years.

At the AGM on Sunday 16 February, I

will be stepping down from the position of President. As some of you will already know Mark and I are leaving in February (with bicycles) for 2 years of travel overseas. Thank you to everyone who has helped me during my 2 terms as President and I would like to take this opportunity to wish the incoming President and committee all the best for 2014.

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

*Regards
Teresa*

UPCOMING EVENTS

Tours

Pre-40th Anniversary

"Shakedown Full Pannier Tour"

Sat 1 March to Mon 3 March 2014

Labour Day long weekend—see page 8 for details

40th Anniversary Tour

Sat 19 April to Sun 4 May 2014. Tour now full—see page 10

Social

Sat 22 Feb—Progressive Dinner

See page 8 for details

Wed 12 Mar—'Nutrition for Cycling'

Further information will be in the next newsletter and on the website

**Annual General Meeting—Sunday 16 February 2014,
12:00 noon**

**Loftus Community Centre
99 Loftus Street, Leederville**

Tea/coffee and nibbles will be available before the meeting for those who arrive prior to 12 noon, and a light lunch will be supplied following the meeting.



Tranby Tootle ride—Sunday, 24 November. About 20 riders enjoyed a morning tea stop at Tranby House on the Swan River.

CTA LEADERSHIP

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Teresa president@ctawa.asn.au

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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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Congratulations—2013 Achievement Ride Awards

According to our records, the following people have succeeded in the 2013 Achievement Rides. Please contact Achievement Rides Coordinator, Hilary Beck by email achievementrides@ctawa.asn.au if any details shown seem to be wrong.

Merit Series	Teresa Liddiard	Don Ward
Ann Wilson	Christopher Rowley	Super Achiever
Achiever Series	Sandy Carlton	Bruce Robinson
Kleber Claux	Challenge Series	Stuart Crombie
Mark Corbett	Christine Liddiard	
Peter Komysan	Liz Marshall	

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 10,000 in 8 T1	Sat 18 Oct 10,000 in 8 T2
Sat 28 June 100 km T2	
Sun 29 June 200 km in 2 days	
Sat 26 July Century Challenge T2	

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 (March/April) should be sent to the Editor (editor@ctawa.asn.au) no later than **6 February 2014**.

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, 12:00 noon

Loftus Community Centre, 99 Loftus Street, Leederville

AGENDA

1. **Welcome**
2. **Apologies**
3. **Minutes of the last Annual General Meeting (10th March 2013)**
4. **Reports**
 - (1) President
 - (2) Treasurer
 - (3) Rides Coordinator
 - (4) Achievement Rides
 - (5) Social
 - (6) Clothing
 - (7) Website
 - (8) Editor
 - (9) OYB
5. **Awards**
 - (1) *Achievement Ride Recipients*
 - i. Merit Series
 - ii. Achiever Series
 - iii. Challenge Series
 - iv. Super Achiever Series
 - (2) *Newsletter Article of the Year*
 - (3) *Ride of the Year*
 - i. Single Day Ride of the Year
 - ii. Multi Day Ride of the Year
 - (4) *Cycle Tourist of the Year*
6. **Election of Office Bearers for 2014**
7. **Change to CTA Constitution – Special Resolution**
8. **General Business**
 - (1) Subscriptions
 - (2) Appointment of Auditor
 - (3) CTA Address
 - (4) Other

Achievement Rides Series

Merit Series – 50 and 100 km, and 5000 in 4.

Achiever Series – 50 and 100 km, and 5000 in 4 *plus* any one of: Century Challenge *or* 200 km *or* 300 km *or* 10,000 in 8 *or* 200 km in two consecutive days.

Challenge Series – 50, 100, Century Challenge and 200 km, and 10,000 in 8.

Super Achiever Series – 50, 100, 200 and 300 km, and 10,000 in 8.

Newsletter Article of the Year

This award is chosen by the Editor of the Chain Letter and recognises the best article submitted during the year.

Ride of the Year – Single day and multi-day

This is an opportunity for you to nominate your favourite ride, weekend away or tour. Choose the ride you enjoyed the most – nice weather, great atmosphere, interesting destination, good food, great company, achievement or fun? Two awards are given for Ride of the Year – one for a single day ride and the other for a multi day ride (weekend or tour). A list of all rides provided during the 2013 calendar year will be available at the AGM for members to vote for both categories. This award is an opportunity for you to show your appreciation to a ride organiser, and allow the club to recognise and reward their effort. Note that the On Your Bike Tour can not be nominated.

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. Refer to last Chain Letter for Cycle Tourist of the Year criteria.

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.

Nominations are still open for Cycle Tourist of the Year.

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, and 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 is given below.

President:

Provides direction and leadership for the club and committee members. Has a vision of why the club exists and where it should be going. Communicates this vision to others.

Vice President:

Stands in for the CTA President in the President's absence. Assists the President and other committee members when needed. Helps to coordinate the committee and club functions. Acts as the club safety officer.

Secretary:

Attends meetings and takes minutes of the meeting. Retains records of CTA committee meetings and sends meeting reminders at least one week prior to meeting. Attends to any outgoing correspondence as required. Prepares

Annual General Meeting (continued)

documents for the AGM and ensures notice of meeting is sent to all members at least one month prior to the meeting.

Treasurer:

Keeps the financial books/electronic files up to date for the CTA, including a proper record of all payments and monies received and the current cash at bank. Processes membership subscriptions and reports on the current membership numbers and new members monthly.

Rides Coordinator:

Prepares the CTA Rides Calendar for the year, including updating the rides list and calendar on the CTA website and prepares rides information for the bi-monthly newsletter. Organises ride leaders for all rides.

Achievement Rides Coordinator:

Works with the Rides Coordinator to schedule all achievement rides throughout the year, including updating the CTA website. Arranges support for the achievement rides and maintains the list of all riders who meet criteria for the various AR series. Arranges badges and awards for the AGM.

Social Coordinator:

Organises the social events held by the CTA. The main events are the regular Social Nights held for members and the Annual General Meeting.

Webmaster:

Maintains the CTA website.

Editor:

Produces the CTA's bi-monthly newsletter "The Chain Letter". Corresponds with contributors to The Chain Letter and helps to set formatting standards for CTA publications. Formats the main events calendar and includes this in the January/February newsletter.

Clothing Coordinator:

Ensures that adequate supplies of CTA clothing are held on hand, and are distributed to buyers in a timely manner. Maintains adequate records of sales and money. Ensures all stock is securely

stored and reports to the CTA committee (monthly) and at the AGM on stock and sales during the year.

Notice of change to constitution — Special Resolution

Due to changes in the Associations Incorporations Act 1987 since the original CTA WA constitution was adopted, the Department of Commerce has recommended some further constitutional amendments following the changes made at the Annual General Meeting in March 2013.

It is proposed to amend the CTA WA Constitution at the 2014 Annual General Meeting by Special Resolution in accordance with the Department of Commerce recommendations.

Proposed motions to be put to the AGM for Special Resolution are:

1. That the CTA adds a new clause 9.3 to the constitution:

9.3 Special Resolution

A Special Resolution may be moved either at a Special General Meeting or at an Annual General Meeting, however the Secretary must give to all members not less than 14 days notice of the meeting at which a Special Resolution is to be proposed. The notice must also include the resolution to be proposed and the intention to propose the resolution as a Special Resolution. All Special Resolutions are required to be passed by a majority of three-fourths (3/4) of the members present and who are eligible to vote at that meeting.

2. That the CTA delete and replace Clause 12.1 with:

12.1 No change can be made to the constitution except by Special Resolution at an Annual General Meeting or a Special General Meeting convened for that purpose.

3. That the CTA delete and replace Clause 20 with:

20 Winding up.

The Association may be dissolved or wound up voluntarily if the Association is solvent and resolves by Special Resolution, at an Annual General

Meeting or at a Special General Meeting called for such purpose, that it be wound up voluntarily. If upon the dissolution or winding up of the Association there remain, after the satisfaction of all its debts and liabilities, any property whatsoever, the same shall not be paid to, transferred or distributed amongst members or former members of the Association. The surplus property must be given or transferred to some other association incorporated under the Associations Incorporation Act 1987 having objects similar wholly, or in part, to the objects of the Association, or it shall be paid to or transferred to some charitable object, which association or object shall be determined by the members of the Association at or before the time of dissolution or winding up.

Explanation of the reasons for the proposed changes to the constitution:

The first motion adds a new clause 9.3 that spells out in Section 9 (Meetings) how special resolutions are made, including the need for a three-fourths majority vote. Special resolutions are required to make changes to the constitution and voluntarily wind up an association. The current constitution only mentions special resolutions in relation to changes in the constitution in clause 12.1

The second motion amends clause 12.1 to make it explicit that a change to the constitution can only be made by a special resolution and removes the reference to the three-fourths majority for passing a special resolution as this is now covered by new clause 9.3.

The third motion amends clause 20 (Winding up) to make it explicit that a special resolution is required to wind up the association and that surplus property can only be transferred to another association incorporated under the Act or a charity. The previous reference to determining distribution of surplus property by a Judge of the District Court if the Association doesn't do so has been removed as the Act clearly sets out how this would be done.

Nomination for 2013 Cycle Tourist of the Year

We have received one nomination for Cycle Tourist of the Year—**Kleber Claux**

Kleber Claux is nominated for his unrelenting efforts over the past year to organise the 40th Anniversary Tour being held in April 2014. He has also been key in organising a number of

weekends away for the club, including tours to Dwellingup and Rockingham, and the Avon Ascent, plus additional weekend tours planned for 2014. Kleber is a constant source of encouragement, he continues to be an enthusiastic supporter of tours and Sunday rides led by other CTA members, and is often the first to volunteer to be tail-end Charlie or

to help riders in other ways on these rides. His positive approach in life generally as well as towards cycle touring has added energy and vitality to the CTA and has contributed significantly to the positive vibe of the club. Kleber has definitely been putting the T for Touring back into the CTA.

Toodyay Towel and Undies Weekend 2–3 November 2013

by *Miranda Stanton*

Eighteen intrepid cyclists left with their steeds and panniers on Saturday 2 November at 9:15 am for the Avon Ascent with the route leaders words of wisdom resonating in our ears: Just take it at your own pace, no one will be left behind.

Master Class Kleber led one group and the less-fast group was led by Colin Prior (self-named the Irresponsible One). We headed towards Bullsbrook and, while waiting for the second group to catch up, Gwyn and Rosalee sampled some exquisite mulberries on the roadside.

At Bullsbrook we had morning tea and were joined by David, and our band of nineteen then continued on towards Toodyay, through the Chittering Valley. The route was very scenic with the last of the citrus fruit of the season putting on a display for us. Small undulating hills were punctuated by wildlife. Ducks, an emu and a snake or two were sighted.

Julimar Road was a long one with an easterly wind and hundreds of flies to contend with. Master Class Kleber told us that routes are simply longer — not harder!!!

Mark, Gwyn's husband, unfortunately couldn't join us on his bike. Driving his trusty Subaru he was able to support cyclists who opted to lighten their load. To our delight, Mark was our saviour providing the riders with red cordial, bananas, banana cake and extra water at our well-earned lunch stop on Julimar Road.

From there it was a continuation of the easterly wind, flies, hills and more hills, until we reached Toodyay Freemasons Hotel.

A fantastic country welcome was extended to us by our hosts John and Stella, and a well-earned drink was the order of the day. Our evening meal was a delicious roast lamb with all the trimmings as well as a scrumptious apple pie. Baked eggplant was also on the menu for non-meat eaters.

Toodyay had a country dance and bush poet evening. Gwyn and Miranda and company joined in a few dances. An early bed time anticipating an early rise the next morning was in order for most, although a few bottles of red and white were enjoyed by the more robust cyclists who elected to stay up later that evening.

A bountiful continental breakfast with fresh strawberries and yoghurt and porridge for the ride home was well consumed the next morning. Thanks go to John and Stella for a great stay.

Departing Toodyay it was a steady rise out for 7 km and then onto the Clackline. Here the 'Dirty Ones', a small group of four led by Kleber, went on the bush route. The 'Clean Ones' continued onto Baker's Hill and enjoyed a fantastic morning tea at Baker's Hill Bakery before again stopping at Wooroloo for a rest. A tiny bit of rain threatened, but didn't eventuate.

Mundaring Bakery was our lunch stop. Here the two groups joined together only to separate again, the 'Dirty Ones' going on a bush route to Midland. The other group had a little bit of excitement going down the Mundaring Forrest trail with a few thrills and spills, before getting back on the bitumen, where Liz and Richard peeled off.

We all met up again for a final farewell at the Midland Train station. Diehards Christine, Hilary and Kleber cycled onward to Willetton, while others of us caught the train back to our homes, feeling fantastic and thankful that we could enjoy the company of our cycling buddies and a weekend away. Many thanks to Group Leaders, Tail End Charlies, and our hosts John and Stella, and a special thank you to Mark for being our go-to person for just about everything, and our saviour at our lunch stop on the first day.



Christine and Gwyn, happy to see sign to Toodyay!

Touring South Australia's Southeast

By Christine Liddiard

After a few days with relatives in Adelaide, it was on a cool morning and with mixed emotions of trepidation and excitement that I waved good-bye to start my adventure — pannier touring from Adelaide to Mt Gambier.

Day 1 – Adelaide to Victor Harbor (85 km)

Leaving from the coastal suburb of Glenelg, I pedalled south along quiet suburban streets following the Glenelg–Marino bikeway. Before long, I'd adjusted to the extra weight of full panniers and with the kilometres passing by, I was on a wide shoulder on Main South Road when another cyclist, out for a morning ride, came along and rode with me, and we chatted for some 20 minutes before he turned off on his way. At Christies Beach, I turned right to ride along the coast to Port Noarlunga, where I stopped for a morning break and snack.

Back on my bike and soon heading south along Old Coach Road through small towns, I passed a sign claiming Maslin Beach to be 'Australia's first official unclad beach'! A late morning rest stop under a tree out the front of the 'Historic Victory Hotel' and I was ready for my

climb up and over the Adelaide Hills. The road was long with a reasonably gentle slope that proved quite manageable, and I made it to the Myponga bakery for a well-deserved lunch break. As I was about to leave, a local (formerly from England) stopped and commented that they don't see many cycle tourists up there (he had previously cycle toured in Portugal).

Soon after leaving Myponga, I turned onto Hindmarsh Tiers Road, which was a great road to cycle, with very little traffic, gentle rolling hills and a good downhill about 8 km out of Victor Harbor. After a visit to the visitor's information centre, I had chosen a caravan park, my tent was soon up, and after showering, I could reflect on my first day's travels.

Day 2 – Victor Harbor to Goolwa (22 km)

After a long first day, the plan for a much shorter day allowed me the morning to explore Victor Harbor. Following a ride on the Horse Drawn Tramway across the causeway to Granite Island, I had a morning coffee and then walked around the island before walking back across the causeway. After lunch, I road to Goolwa via the Encounter Bikeway — a coastal bike route that starts west of Victor

Harbor and ends on the shores of Lake Alexandrina, to the east of Goolwa (a distance of some 31 km). This bikeway mainly follows the coast using quiet streets or shared paths through nature reserves, and is a very pleasant ride.

After setting up camp for the night and buying fish and chips, I rode over the bridge to Hindmarsh Island to have dinner overlooking the marina as the sun set.

Day 3 – Goolwa to Murray Bridge (84 km)

An early morning start for what was one of my longest rides in a day, I headed out from Goolwa towards Strathalbyn. However, I decided to turn off after about 9 km to Currency Creek, taking quieter roads (and avoiding hills!) through Milang, bypassing Langhorne Creek, and finally taking Brinkley Road into Murray Bridge. Although Murray Bridge wasn't on the direct route to Mt Gambier, I opted to pass through this town as it was where my grandmother grew up. Murray Bridge also has the oldest bridge over the Murray River, built between 1873 and 1879.

Day 4 – Murray Bridge to Meningie (78 km)

Back to heading south and the southerly headwinds greeted me almost from the start. My first stop was after only 17 km, where I had a break and a snack sitting next to a giant praying mantis letter box! Bypassing Jervois, which included a slight change in direction, I had a bit of relief from the headwinds for about 8 km until I reached Wellington (around 10:45 am). After buying lunch and refilling water bottles, I took the car ferry across the Murray River. Then it was onto the Princes Highway to head south to Meningie.

The road was flat with a reasonable (but often bumpy) shoulder, and there wasn't a lot of traffic. But the vista was mostly treeless, such that if I did see a tree with some shade, I took the opportunity for a break. The downside of having a break was that as the day progressed, the headwinds just got stronger... little did I know at the time, that OYB 2013 turned out to



Christine with the horse at Victor Harbour

(Continued on page 9)

Lift out Rides Calendar page for January/February 2014

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 suit-*

ability 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

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.

Moonlight Madness **Saturday, January 18 2014**

5:45 pm for 6:00 pm start

50 km, moderate, mountain bike only, hilly

Meet at Midland train station

The annual mountain bike ride will start at Midland Railway Station, going up the Heritage Trail and careering back down. There is no cafe stop, so bring food, water and earth searing lights!

Leader: Sarah

Phone: 9443 8095

Email: sarcutts@inet.net.au

Aussie Aussie Aussie, Oi Oi Oi **Sunday, January 26 2014**

8:00 am for 8:15 am start

Approx 45 km, moderate

Meet at the Loftus Street Community Centre

Join one of CTA's most Aussie Okker Blokes for a True Blue Australia Day ride to Fremantle via Rebold Park, City Beach and Swanbourne (along the bike path, not in the sand dunes!). As coffee is not a traditional Australian treat, we will be stopping for ice cream along the way (some people might still find the coffee beans!).

Leader Stu

Phone: 0409 882 931

Take Me to the Skies Above **Sunday, February 2 2014**

8:00 am for 8:15 am start

50–70 km (depending on weather), moderate, flat

Meet at Thornlie Railway Station

Get the year off to a flying start with Rob as we cycle to the Jandakot Airport observation area, then the new observation area at Perth Airport, followed by coffee at Guildford, then returning to Thornlie

Leader: Rob

Phone: 0411 048 183

50 km Achievement Ride Take 1 **Sunday, February 9 2014**

7:30 am for 8:00 am start

50 km moderate

Meet at the corner of Chittering Road and Great Northern Highway in Bullsbrook for registration and map/ride description. The time limit of 3 hours 20 mins (average 15 km/h) should ensure that everyone has a chance of completing the distance.

Contact: Hilary (Ph: 0405 427 246) or Christine (Ph: 0400 570 077)

Email: achievementrides@ctawa.asn.au

Annual General Meeting **Sunday, February 16 2014 12:00 noon**

It is time to start thinking about nominations and recognition of members

for the AGM. Nominations for Cycle Tourist of the Year are called for, and if you are interested in joining the CTA committee for 2014, now is the time to also give this some consideration.

Venue:

Loftus Community Centre
99 Loftus Street, Leederville

Progressive Dinner

Saturday, 22 February 2014

We'll start this evening ride at Cloughton Reserve, Bayswater, at 5.30 pm for entrée. The ride will take us around the river to main course and then the other way around the river for dessert. Bookings are essential as catering has been limited to 20 people.

Contact: Connie

Phone: 0407 640 012

Double Trouble **Sunday, February 23 2014**

8:15 am for 8:30 am start

35–40 km or 60 km

Meet at Fremantle Railway Station

Your choice, Dawdle with Deb (leisurely) or Chase with Colin (brisk), start and end together (perfect for couples/families with different riding styles/goals). Current plan for Deb's group is to head south through Coogee and loop back up around Bibra Lake. Colin's group will also head south towards Kwinana and, with a bit of luck, find a tailwind on the

way back via the Freeway bike path. Coffee/snacks at E-shed market at the END of the ride.

Phone Colin: 0433 512 833

Phone Deb: 0421 697 453

Phone home: 9418 1571

**Pre-40th Anniversary
"Shakedown Full Pannier Tour"**

**Saturday, 1 March to Monday 3
March 2014 (Labour Day long
weekend)**

9:00 am for 9:15 am start

Meet at Mandurah Train Station

166 km over three days at a touring pace. Come and join the intending 40th Anniversary Albany to Perth tourists on their "trial tour". A mix of flat and hilly terrain, mostly on quiet back roads with plenty of rest stops. We will meet at the Mandurah railway station with overnight stays at Waroona and Dwellingup and return to Mandurah railway station. See details in article below.

Leader: Stan

Phone: 9345 3552

Email: stannds@netspace.net.au

**5000 in 4 Achievement Ride
Sunday, March 9 2014**

7:30 am for 8:00 am sharp start

55 km moderate, road bike, hilly

Meet in the car park on the left cnr of Gillwell Ave and Page Rd across Albany Hwy from Kelmscott Train Station for registration and map/ride description.

The course promises 5000 feet of uphill and down dales around the Armadale & Roleystone area. Time limit is 4 hours.

Contact: Hilary

Ph: 0405 427 246

Email: achievementrides@ctawa.asn.au

**Pre-CTA 40th Anniversary "Shakedown Full Pannier Tour"
Saturday 1 March to Monday 3 March 2014
(Labour Day long weekend)**

This full pannier tour is intended to help those members who are participating in the Albany to Perth tour, to develop their touring fitness and skills and sort out any bike/rider problems before the "Big One". Naturally, the tour is open to any member who wishes to participate and is not necessarily going on the Albany to Perth tour. Approximate cost \$5/night to be collected on tour.

Saturday, 1 March – 73 km

We will meet at the Mandurah railway station at 9.00 am for 9.15 am departure. We set off through the city of Mandurah, over the Dawesville Cut Bridge and to a morning tea stop at "The Leprechaun General Store & Café" on the Harvey Estuary. Buying our lunches from the café, we continue riding our trusty steeds south along the beautiful quiet roads beside the Harvey Estuary. There's no need to ride fast here, as it's very scenic. Eventually we have a roadside stop somewhere for lunch. Then onto

Waroona along very quiet, flat (and I do mean flat), country farmland roads. We will be setting up our tents at the Waroona Showgrounds (oval), which has a small kitchen with cooking facilities, showers, toilets, etc. You can try your hand at cooking on your portable cookers obtaining provisions from the local store or dine out at the local pub or buy goodies from the Pinjarra Bakery (yes you read right, there is one in Waroona as well).

Sunday, 2 March – 36 km

Thirty-six km is not much, is it? But it's oh so hilly! Well, you need the training. After picking up morning tea from the bakery we head east and 'up' along the beautiful forest roads of the Darling Scarp. Up and down we go, eventually heading north to Dwellingup where again we will camp on their local oval with similar facilities as Waroona. Again you can try your hand at cooking on your portable cookers obtaining provisions

from the local store, or dine out at the local pub or café/restaurants.

Monday, 3 March – 57 km

We can spoil ourselves with a cooked breakfast in town (it's only 100 metres, if that) or brekky in our tent city. Leaving town with a little hill riding at first, we head northwest, downhill, and onto the flats to Pinjarra where we will have morning tea and/or lunch (dunno yet). We're back onto quiet, flat, country farmland roads to Mandurah, where we guide our trusty steeds to the Mandurah railway station, and from there we are training it back to Perth.

Leader: Stan

Phone: 9345 3552

Email: stannds@netspace.net.au

CTA Rides Map Database

The CTA committee are still interested in receiving electronic maps of your rides, if you participate in a CTA ride and are willing to help, we would appreciate your map, please send in GPX format to: webmaster@ctawa.asn.au



Milestones on the road to Mt Gambier

(Continued from page 6)

be a training ride! Getting closer to Meningie I realized that I was low on water and, erring on the side of caution, called into the only farmhouse I had seen since Wellington and had my water bottles filled. It was only another 8 km to Meningie, but it was one of the toughest rides I had ever done. I was so glad to get into Meningie — where a local came to ride with me for a while and directed me to the caravan park. The caravan park was on the edge of Lake Albert and one of the best I stayed at.

Day 5 – Meningie to Salt Creek (61 km)

Left early, but the headwinds were there from the start. The road follows the Coorong, a long body of water that stretches for about 140 km along the coast. After a rest stop at a parking bay that offered a 'photo opportunity' of the Coorong, at a table with seats under a man-made shelter, I continued to Policeman Point. Lunch was a toasted sandwich at the pub (the only remaining establishment there), and then it was on to Salt Creek, where I arrived about 1:30 pm. I used the afternoon to rest and do some walks in the area, seeing quite a lot of bird life on the lakes.

Day 6 – Salt Creek to Kingston SE (87 km)

After the head winds of the last two days and knowing that this was going to be a

long ride, I was keen to get away early. I was on the road before 7:30 am and had two surprises: one was that the winds were only light, and the second was that there were trees along the side of the road that offered shade — both of which made it a very pleasant ride.

I had read about Chinaman's Well and spoken to the guy at Salt Creek about having a look. Encouraged by the better riding conditions and although about 1 km off the main road, the road and track were accessible by bike and I went to have a look. The well was built in the mid-1800s by the Chinese who arrived in South Australia and then walked to the Victoria gold fields. The well became an important water source for travellers in the area for many years. Although I was a bit hesitant about this side trip, wondering what the wind would do, luck was on my side this day, and the winds remained light for the rest of the ride into Kingston SE. The downside was that it became much hotter, with the temperature rising to over 30 degrees (previously it had been low to mid-20s).

Stopping at the 'Big' lobster on entering Kingston SE, I learnt that it is some 3 times bigger than intended, as the manufacturer thought the measurements were in metres, whereas they were actually in feet! The caravan park was

across the road from the ocean and I enjoyed a stunning sunset over the water with many other people. A couple from Canberra said that it was the first time that they had seen the sun set over the ocean for 30 years (the last time was when they were on holiday in Bali).

Day 7 – Kingston SE to Robe (46 km)

Rode out of Kingston SE on a bike path that went along the coast for about 5 km, then a couple of turns and I was onto the Southern Ports Highway with more headwinds. I was so grateful to have had at least one day's break from the headwinds, and so glad that today's distance was much shorter!

Robe, as with several of the towns along the SE coast of SA, were originally port towns, however with the move to road transport, these towns are now holiday destinations that rely more on fishing and tourism. Robe, with four caravan parks, is one of the bigger towns. Later in the afternoon, I took the bike paths to see the Robe obelisk — basically a tall pyramid-shaped object that has been painted in red and white stripes to be visible by passing ships.

Day 8 – Robe to Beachport (51 km)

Another shorter ride with those ever-persistent headwinds, this was also the first day that I had any rain. The rain started after about 25 km and continued the rest of the way to Beachport. I made a short side trip about 12 km north of Beachport to see the Woakmine Cutting. This is referred to as 'Australia's biggest one-man engineering feat', made by the local landowner in the late 1950s to drain swampland for pasture use. The result is a 'cutting' 1 km long, 3 metres wide at the bottom and 28.3 metres deep at its deepest point. Beachport also has several walking trails and at 772 metres, the second longest jetty in South Australia.

Day 9 – Beachport to Millicent (36 km)

Up early and the rain had stopped and the wind wasn't so bad, so before leaving Beachport, I did the short ride to see the Pool of Siloam, a salt lake that is 7 times saltier than the sea and is said to provide relief to sufferers of arthritis and rheumatism. Closer to Millicent, I stopped at a monument about the 'drains' in the region. Over the previous

few days, I had crossed several bridges that referred to 'drains' (instead of rivers). It wasn't until I stopped here that I found out that the region has no natural rivers to drain the land, hence a series of drains were built to drain water to make the land arable and suitable for pasture.

While at this stop, a motorist with a trailer stopped and I discovered he was supporting nine cyclists, including a paraplegic on a recumbent, riding from Adelaide to Mt Gambier to raise funds for a Melbourne charity, and they were doing it in just four days, with daily rides

of approx 150 km, 143 km, 90 km and 85 km.

Just out of Millicent, I had a quick look at Lake McIntyre, which has lots of bird life. As I was leaving the lake, it started to rain, but only lightly. On entering Millicent, a couple of the 'supported' riders caught up with me, and we chatted for a while before they headed off in search of a coffee shop! I later found out they nicknamed me '4 bags' due to having 4 pannier bags (whereas they were no bags!).

I arrived in Millicent early, by 11:00 am,

and spent a pleasant afternoon wondering around. Two more pleasant surprises in the afternoon: Teresa and Mark arrived in Millicent — they had been one day behind me since catching a bus to Meningie, and had opted for a cabin instead of their tent for the night — and a couple of Dutch girls were in the camping area for the night. They had mostly ridden from Adelaide, but had caught a bus from Salt Creek to Beachport.

Day 10 – Millicent to Mt Gambier (53 km):

My final full-pannier riding day, and it rained most of the day! A stop at the small town of Tantanoola with the hope of seeing the 'Tantanoola Tiger' — actually an Abyssinian wolf that roamed the district over 100 years ago and was shot, stuffed and is now in the Tantanoola hotel — but the pub was shut. I arrived in Mt Gambier about 12:30 pm and collected my registration papers to ride the Great Ocean Road with Bicycle Victoria, and that tour is a whole other story!

Ten days and just over 700 km (when sightseeing trips are included), seeing a part of Australia about which I knew very little. Would I recommend it to others? Absolutely! However, with one suggestion... if you are considering doing it in November, then maybe the reverse itinerary would be the way to go, so that those relentless southerly winds help you along!



Pausing at Chinaman's Well to absorb some of the region's history

BIKE QUOTES

* My biggest fear is that when I die my wife will sell my bicycles for what I told her they cost.

* You can't buy happiness but you can buy a bike and that's pretty close.



Group ready to leave on the 'North of the River Pedal' ride on Sun 1 Dec

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

STOP PRESS: THE TOUR IS FULL

The response from the membership to the Tour Brochure was so good that we reached our maximum limit after only three weeks.

The number of new and seasoned pannier tourists that registered for the tour is very encouraging, and it will make for one hell of a tour.

For those that may have missed out getting on the tour, a waiting list has been established to allow for any cancellations to be filled. Contact the Tour Organiser if you wish to be placed on this list.

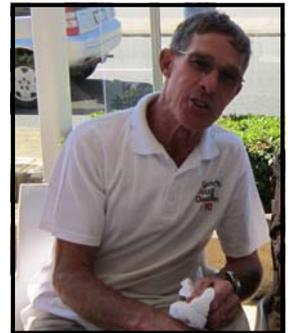
Details for the "Shakedown Tour" are included in this issue of the Chain Letter, and those members who are participating in the 40th Anniversary Tour should take advantage of the shakedown tour to help with their preparation.

For those members who are unable to come on the 40th Anniversary Tour, there are a couple of options that will allow

you to join in with the 40th Anniversary Tourists towards the end of the tour. The first option is the Saturday/Sunday 3–4 May 2014 two-day pannier tour to Mandurah and back, to celebrate the last night of the 40th Anniversary Tour, returning on the second day to the tour finish in Perth. The second option is the Sunday 4 May one-day ride to meet the 40th Anniversary Tourists for lunch, with everyone riding back together to the finish in Perth.

Details of these two options will be published in the March/April Chain Letter.

Tour Organiser: Kleber Claux
Phone: 9354 7877
Email: kleberc@bigpond.com



Tour Organiser Kleber Claux

CTA Social Corner

The final CTA social event of the year was held on Sunday, 8 December. Over 30 members gathered at the Tradewinds Hotel in East Fremantle for a long table lunch. Members enjoyed

catching up with each other. This was a great way to finish up a very successful 2013 CTA cycling year!



CTA Christmas Long Table Lunch at the Tradewinds, Fremantle—Sunday 8 December 2014

HOUSEKEEPING

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.

Free to good home!

Bicycle carrier suitable for a hatchback car. Can possibly carry 3 bikes, unfortunately no instructions.

Contact: Angus (Gus) King

Ph: 0401 176 323

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

John White

Vicki White

Jose Narvaez

Lyle Burgess

Eileen Orchard

CTA CLOTHING



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. If you are cycling overseas where 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 Chal-	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 100.1 FM, Saturdays 7.40 – 8.00 am and SBS 2 (TV), Sundays 6:00 – 6:30 pm



Lunch stop on Julimar Road for riders en route to Toodyay on the Avon Ascent “Towel and undies” weekend led by Kleber —see page 5 for the write up on the trip.

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, 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**

