

THE CHAIN LETTER

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

November/December 2014

Issue 239

PRESIDENT'S REPORT

Greetings to fellow CTA members. It has been a busy few months with people travelling and cycle touring. OYB is now over. It was a very good tour, although down on numbers compared with some previous years. Thanks to Tony and the OYB committee for running a successful tour. Trevor Knox is the 2015 OYB tour leader and plans are underway for another fantastic tour.

There were CTA members cycle touring in various parts of the world during the past few months. The Tour de Suisse is now finished — it was not a CTA tour but the participants were CTA members. Thanks to Liz and Richard for the fantastic organisation and thanks to all my riding buddies in Switzerland. The mountains in Switzerland are very high and I haven't worked so hard on my bike ever!

Summer is on the way it's a good time to be on the bike. There has been discussion at our committee meetings that members have commented the Sunday rides are either Achievement Rides or moderate to hard rides including hills. Sunday rides are led by CTA members, and we are all volunteers, so we ride the rides that CTA members lead!. If you would like a more leisurely ride or a shorter distance, please contact the Rides Coordinator about leading a ride that you like to do. If you are new to leading a ride, someone with experience will assist you on the day, no problem. We need you, every one of you.

In the past it was decided by the CTA committee to run the Achievement Ride series twice in the year, which allowed people to make up if they were unable to ride the first one in the calendar. The 300 km Achievement Ride is now

unsupported and can be done by brevet and has been taken out of the calendar. The committee will review the Achievement series at the end of this year and a decision will be made whether to continue with each ride twice a year.

There is also the possibility to run two rides on the same day, one fast one slow if there are enough members to lead. At the end of the day it is up to everyone to decide what contribution they want to offer to the CTA.

There are some good rides coming up in the next calendar. See you there.

Keep safe

Regards

Connie

UPCOMING EVENTS

Social

Christmas Long Table Lunch

Sunday, 30 November 2014

11: 30 am

Seaview Golf Club, Jarrad Street, Cottesloe

The committee have planned another long table lunch: members, friends and family are invited to come along and enjoy a light lunch and catch up with everyone before the end of the year. Neat dress is requested at the club.

Would you like a leisurely ride to Cottesloe for the lunch?

Meet at Forrest Place at 10:30 am — under the green cactus (you can't miss it) for an approximately 15 km ride to Seaview Golf Club.

Leader: Stuart — Ph. 0409 882 931

Please RSVP to Theresa by 23 November if you would like to attend the lunch.

Email social@ctawa.asn.au or ph. 0407 074 502

Tours

Sustainable Tour of 2015

22 March to 3 April 2015

The Sustainable Tour for 2015 will be going to Victoria! (See Page 8 for details).

Annual General Meeting

Sunday 8 March 2015, 10:00 am

**Loftus Community Centre
99 Loftus Street, Leederville
(see page 9)**

FEES PLEASE

Just a reminder that your 2015 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 following edition of the Chain Letter.

CTA LEADERSHIP

PRESIDENT
Connie ☎ 9378 3687 (H)
president@ctawa.asn.au

VICE PRESIDENT
Patrick ☎ 0419 241 787

SECRETARY
Roy ☎ 9448 7160 (H)

TREASURER
Christine ☎ 9457 4779 (H)
treasurer@ctawa.asn.au

RIDES COORDINATORS
Stuart ☎ 0409 882 931
rides@ctawa.asn.au

EDITORS
Rosalee ☎ 9341 5221 (H)
Stephen ☎ 0430 921 929
editor@ctawa.asn.au

WEB SITE
Mike ☎ 9309 2745 (H)
webmaster@ctawa.asn.au

CLOTHING
Doug ☎ 9447 2554 (H)
clothing@ctawa.asn.au

OYB TOUR LEADER
Tony ☎ 0408 955 908
oyb@ctawa.asn.au

ACHIEVEMENT RIDES
Hilary ☎ 0405 427 246
achievementrides@ctawa.asn.au

SOCIAL COORDINATOR
Theresa ☎ 0407 074 502
social@ctawa.asn.au

Please send all correspondence to:
PO Box 174 Wembley WA 6913
CTA Email: info@ctawa.asn.au
Website: www.ctawa.asn.au

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.

IN THIS ISSUE:

President's Report	1
Club Information & Achievement Ride Successes	2
Social night report: Now about that tour	3-5
My Personal Best—1050 km in 16 days! <i>by Leanne Robb</i>	5-6
2015 On Your Bike— Golden Heartlands Tour <i>by Trevor Knox</i>	6
Rides Calendar	7-8
Sustainable Tour of 2015—we are going to Victoria <i>by Noel Eddington</i>	8
2015 AGM information	9-10
Six months, one bike and Europe awaiting!! <i>by Jude Comfort</i>	10-11
Club Clothing	12
Achievement Ride Info	12
Membership Details	14

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.

300 km (by brevet)

20 September 2014

Colin Prior
Anthony Mateljan
Mark Ewing

Completed in a total time 12 hrs 49 mins and a moving time of 10 hr 51 mins

28 September

Stuart Crombie completed in 17.5 hrs total, 15 hrs on bike.

5000 in 4 T2

5 October 2014

Leanne Robb
Stuart Crombie

10,000 in 8 T2

18 October 2014

Peter Komysan
Don Ward

Bruce Robinson is looking for a partner for 300 km by brevet

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

Many thanks to the 2014 OYB Committee for the fantastic job you did in organising and running the 2014 OYB Tour. A write of the tour will be included in the Jan/Feb newsletter.

Now about that tour?

Social Night — Wednesday 10 September 2014

About 20 members turned up to hear Trevor Knox and John Farrelly talk about overseas bike tours that they have ridden in the last couple of years.

Trevor started off first with a very informative presentation of his bike trip through Germany in 2013. He gave excellent tips on how he planned the cycle route, bike equipment, panniers, and what he found worked best for him. Trevor used his Vivente Randonneur touring bike — a robust bike with good gearing — which he estimates has now travelled around 7,000 km!

Below are some of Trevor's tips and advice from his bike tour which he did with Hilary travelling over two months and cycling around 3,000 km.

Bicycle equipment

The dynamo in the bike's front wheel can be used for charging the battery of a tablet, phone or camera. A GPS enabled tablet can look at off-line maps and follow bike routes and, in free Wi-Fi areas, can access the internet. The dynamo also feeds constant power to operate a front and rear light.

He uses Ortlieb panniers, which are waterproof, robust and roomy. He fits his larger panniers to the slightly lower level of a Tubus Logo rear rack, which allows him to put his tent on the top section of the pannier carrier. Panniers come in varying sizes with the smaller panniers fitted on the front Tubus Duo Lowrider rack, and a handlebar bag which is useful to store more important items (passports and money). This is easily detached and can be used as a shoulder bag.

He has also modified his rear panniers with an additional plastic scratch plate to avoid wear. At each contact surface of the racks with the panniers, Trevor has wound black gaffer tape around to reduce vibration and rubbing.

He devised a security system by using steel fishing wire interweaved through his panniers and the carriers and uses a

combination lock as this requires no keys. This means panniers can stay on the bike when looking around towns.

To secure his tent or other gear on top of the rear carrier, he uses a small stretchy cargo net with plastic hooks. These nets can be bought from a motor bike shop.

Planning itinerary and flight

Trevor recommends purchasing some good bike path and map books. He used the Bikeline Cycling Guides bought from online shop Bike 24 as they had a wide range of maps and guides, these books were reasonably priced, and some were in English. However those in German were still easy to follow.

He recommends setting some milestones in relation to each days cycling. This will give a rough guide on how many km are needed to cycle each day to cover the trip. He also recommends having many rest days or pannier-free days, as this means you can explore towns and places more easily on an unencumbered bike.

He has found Emirates the best way to fly to Europe as not only will they allow 30 kg checked baggage (bike and all gear), they also fly into more destinations. His bike weighs around 14 kg.

Trevor used a large clear plastic bag to pack his bike in; these bags can be got from the UK online supplier Wiggle [and now also from the Australian Wiggle site www.wiggle.com.au/ctc-plastic-bike-bag/ – Ed]. The bags are cheap and light and can double as a ground sheet under a tent. You need to turn the handle bars around, take the pedals off, push the seat down and add extra padding (bubble wrap) around the

derailleur and other susceptible parts on the bike. Use large cable (zip) ties between wheels and pedal cranks to prevent the bike moving around.

Try to plan your arrival at your airport destination during daylight hours as this allows time to reassemble the bike, attach panniers and initially find your way (you're in a strange country) to a bike path or train station, or to your accommodation.

International airports are in big cities, so he recommends booking the first two nights and last two nights accommodation ahead of the trip. This allows for any jetlag or tiredness before embarking on your bike ride, and for packing up and bike cleaning at the end destination.

Trevor started in late May which is at the very end of the shoulder season — June, July and August are the high season during which charges for air flights and accommodation can be dearer.

Be flexible with en route planning if need be, allow for unforeseen contingencies, and remember it is a holiday! The weather and riding conditions can be changeable. However, still pack light — in Europe you can buy anything you need and didn't pack.

(Continued on p. 4)



At the confluence of the Donau and Brigach Rivers, Donaueschingen

Bike tour, accommodation and trains

Trevor and Hilary flew into Zurich and caught a train to southwestern Germany. The route followed along three main rivers the Danube, Moldau and Elbe. The original plan was to camp as much as possible during the trip. Unfortunately, due to unprecedented rain in Europe during May, very bad flooding occurred along the Danube and Elbe, and with bike paths and camp grounds along the river mainly underwater, it meant a change of plans partway into the first leg of the trip! Passau was flooded out, which meant having to take a cycling detour to Munich and from there, train travel to Salzburg and Linz in Austria before rejoining the bike path to travel through the Czech Republic. Towns like Cesky Krumlov and Prague were highlights along the Moldau. This river joins the Elbe just before Dresden, taking them back into northern Germany, with another detour off the river to Berlin and finally through Hamburg to its mouth in the North Sea. The cycle guide books and maps did have some useful accommodation options.

Local tourist bureaus and information centres in towns are helpful for finding

accommodation. *Zimmers* are self-contained accommodation (in people's homes) and are very affordable and with generous breakfasts (usually enough food for a cyclist's lunch as well), costing around 40 to 50 euros per night for two people.

A good option is to stay on the outskirts of larger towns and either take the train or ride in for exploring.

Take out YHA membership before you leave Australia. Hostelling International (HI) hostels are plentiful across Europe and make for a good alternative accommodation. They all have laundries, which are useful to do a big wash, and



Hilary negotiating flooded cycle path

offer anything from dormitory to single or double room accommodation at very reasonable rates.

The cost of living in Germany is generally cheaper than Australia. With chains of four major brand supermarkets, buying your own food is relatively cheap, and if you can stay at a place with a kitchen you can then cook your own instead of eating out all the time.

Commerce in Germany typically closes on Sundays, and this also includes Tourist Centres!

A lot of Tourist Centres have free Wi-

Fi, which are good places to check and send off emails during your trip or search the Internet for information.

Always check out the train system as you cannot take your bikes on fast trains, and sometimes steps have to be negotiated to get from the platform up inside the carriage. Mostly, though, you are able to get bikes on to trains pretty easily once on the platform (you may need to buy a ticket for your bike as well as yourself) as there are specific carriages set aside for bikes.

Summary

Cycling infrastructure in Germany is world class, with a vast network of sealed off-road paths with good directional signage making routes easy to follow and motorists are very considerate of cyclists, which makes for safer riding.

A good tip is to give your bike a good clean before you pack up for flight back to Australia, as this helps avoid quarantine issues.

Good travel insurance is mandatory.

The next presentation was by John and for anyone who is looking for a challenge this would be the bike holiday for you. Due to the type of terrain these tours were ridden on mountain bikes. He prefers to use professional tour operators, as he finds this a good way to get around and allows someone else to organise the trip with the benefit of knowing the up-front cost of the tour. For his last three tours, John has used Red Spokes Adventure Tours, a company that specialises in bicycle holidays, taking small groups to more remote and spectacular regions of the world. The tours that John has done with Red Spokes are:

India – Himalayas, rated as 9/10 (extreme), a tour not for the faint hearted, cycling with extreme altitude (around 5,600 m).

Tibet – Lhasa – Kathmandu, rated 10/10 (extreme), riding on lots of gravel roads, required a good level of fitness and mountain legs to get up to the higher

(Continued on page 6)



Our bikes on the train in Austria



altitudes (maximum was 5210 m), where it was very cold with slippery snow covered roads in some parts.

Peru and Bolivia, rated 6/10, including a visit to Machu Picchu and also travelling along the

Because John is quite tall, he prefers to take his own mountain bike on his overseas tours. He uses a soft bike bag on wheels, bought from an online NZ-based bike shop called Torpedo7, to pack and transport his bike.



beautiful, but infamous, “Road of Death.”

The accommodation on these tours is varied, mainly hotels, guest houses or in some cases tents, which were set up for the riders.

Both Trevor and John showed us some spectacular photos of their bike tours with breathtaking scenery. We certainly enjoyed their presentations and the information that they shared with us. Many thanks to the presenters and to Theresa for organising the social night.

My personal best — 1050 kilometres in 16 days! Conquering the Munda Bididi Trail



by Leanne Robb

Along with my trail buddy Mark Vile, I recently cycled the Munda Bididi Trail, a purpose-built, off-road cycling trail through the spectacular Western Australian bush.

Coast, encountering wildlife and plants not found anywhere else in the world.

We chose to start our ride from the trail head at Sculpture Park in Mundaring on Saturday 9th August 2014 and ride south to Albany. Preparation for our adventure

The Munda Bididi Trail, which translates from the Noongar Aboriginal language as bush path, stretches from Mundaring in the Perth Hills to Albany on the South Coast, encountering wildlife and plants not found anywhere else in the world. We chose to start our ride from the trail head at Sculpture Park in Mundaring on Saturday 9th August 2014 and ride south to Albany. Preparation for our adventure

for me anyway, included cycling up to 200 kilometres a week in the month leading up to the ride. Mark had not so much preparation due to his hectic university study schedule; and as a result he suffered a sore behind and was having to wear two pairs of nicks before buying a new saddle in Dwellingup on day three.

The Munda Bididi Trail has twelve purpose-built shelters which are situated a comfortable day's ride apart; the camps have roomy sleeping shelters and tent sites. We opted to stay in nine of the twelve shelters and spent six nights in towns as we cycled south to Albany, and for those who enjoy a hot shower and a comfortable bed, the Trail passes through a town at least every third day.

(Continued on page #)

We enjoyed perfect weather, as August was the warmest and driest on record at the time. A couple of rainy days had us and our bikes covered in mud, which was all part of the fun — until we had to ride through a section of trail close to Northcliffe where a farmer had led his cows to paddock down the Munda Biddi Trail and we were ankle deep in cow sh*t as well as mud. The coldest morning was on day seven in Jarrahwood, where it was 3.5°C at 7.30 am on the morning we left Nala Mia Camp Site and cycled 26 km to Nannup.

Some of the more memorable moments include: cycling into Jarrahdale from Mundaring on day one (103 km, our longest day) by the light of a near full moon, huge in the clear evening sky; the views to the coast (Mandurah) and watching the sunset from Dandalup Camp Site; star gazing whilst lying on the timber deck beside a babbling brook at Bidjar Ngoulin Camp Site. and at Yirra Kartta Camp Site star gazing from the huge granite outcrop which also provided a warm platform for a nap on a sunny afternoon; swimming in the Collie River after cycling down some challenging switchbacks in Wellington National Park; undulating single track with coastal views in William Bay National Park and swimming in Greens Pool.

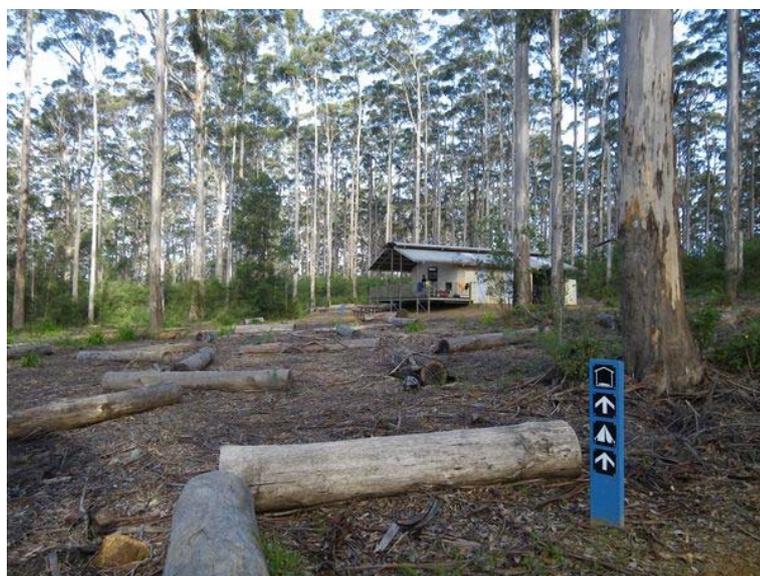
It was a fantastic adventure which provided many challenges: the dreaded

pea gravel, not as bad after winter rain but hazardous in the drier months; a broken gear cable that left Mark stuck in the hardest gear (luckily he was carrying a spare cable and was able to replace it); my rear brakes failed leaving the Tree Top Walk (but we swapped the back brake pads with the front which got me out of trouble); and native bush rats chewing holes in my panniers, taking off with a bar of soap and a tube of facial cleanser! Oh and did I mention that I tripped on a rock on day five and cycled the remaining eleven days with a fractured rib?

No need to do it hard! Each year the Munda Biddi Trail Foundation offers cyclists a fully supported End-to-End ride. All meals are provided and there is a hot shower and a comfortable bed at the end of each day's ride, and best of all you only need carry a day pack as

your luggage is transported for you. For more details or to join the 2015 Epic riders call (08) 9481 2483 or email the office admin@mundabiddi.org.au

I recently started working for the Munda Biddi Trail Foundation as the Volunteer and Events Coordinator so if you would like to know more about the Trail or would like help to plan your next adventure, be it a day ride close to Perth or an end-to-end ride, visit www.mundabiddi.org.au/trip-planning or contact me, Leanne Robb, on 9481 2483 foundation@mundabiddi.org.au.



Jinung Beigabup camp site, WN

2015 On Your Bike—Golden Heartlands Tour

Provisional dates: Saturday 12 to Sunday 20 September 2015

With bright skies and big horizons the 27th On Your Bike tour will explore the roads and towns within the central Wheatbelt region of Western Australia. Starting in Merredin, we'll chart a zig-zag course in both a northerly and southerly direction, crossing the Great Eastern Highway a number of times. Cycling on very quiet sealed back country roads you'll enjoy the undulating landscape as we pass through vast tracts of farmland sown with swaying crops of wheat and colourful yellow canola. Overnighing in Bruce Rock,

Kellerberrin, Quairading, Cunderdin, Wyalkatchem, Meckering and Northam, you will also get to see some of the historic water pumping stations built by engineer C Y O'Connor more than 100 years ago along the Golden Pipeline Heritage Trail as we enjoy the journey back to Midland.

Contact Tour Leader Trevor Knox on 0402 029 608 or email trevorknox@arach.net.au

**2015 OYB Tour Leader
Trevor Knox**



Lift out Rides Calendar page for November/December 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*

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

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.

IMPORTANT: We do what we can to ensure the ride details are correct when going to print. However sometimes unforeseen circumstances can occur after publication of newsletter. **Therefore please check the website before going on a planned ride.**

100 km Coastal Cruise

Sunday, 9 November 2014

8:15 am for 8:30 am start.

100 km, mostly flat, moderate pace.

Meet at Glendalough Station for approximately 100 km around the picturesque Swan River and along the beautiful Western Australian coastline.

Leader: Dean

Phone: 0412 980 455

Canning River Ramble

Sunday, 16 November 2014

8:15 for 8:30 am start

50km – leisurely-paced ride

Meet in the car park at the rear of Dome Café Kelmscott.

We will meander through the suburbs to find the Canning River stopping at LoQuay River Café (Riverton Bridge) for coffee & cake. We will then head to the railway line for the return journey.

Leader: Theresa

Phone: 0407074502

23 November 2014 – no CTAWA ride today.

No ride today as this is the day of the Santos Great Bike Ride For Charity in which several thousand cyclists, including several CTAWA members, will ride the river loop. The CTAWA wishes all riders, including members of the CTAWA who are participating or may

have chosen to volunteer to help with running the event, all the best for a great ride in Perth's beautiful spring weather.

Christmas Long Table Lunch



Sunday, 30 November 2014, 11:30 am

Seaview Golf Club, Jarrad Street, Cottesloe.

RSVP to Theresa by 23 November if you would like to attend.

Ph: 0407 074 502

Email: social@ctawa.asn.au or phone .

Would you like a leisurely ride to Cottesloe for the lunch?

Meet at Forrest Place at 10:30 am – under the green cactus (you can't miss it), for an approximately 15 km ride to Seaview Golf Club.

Leader: Stuart

Ph: 0409 882 931

CTAWA Children's Canning Loop

Sunday, 7 December 2014

8:45 am for 9:00 am start

Two rides of 10 km or 17 km specially designed for our younger riders. This is CTAWA's ride designed to introduce youngsters to the joys of two-wheels.

The 10 km Canning River Loop ride is completely flat, and the 17 km Mt Henry and Manning loop has one or two short,

moderate rises. Very leisurely pace staying safely together in a group.

Meet at the playground next to the LoQuay Cafe at Old Riverton Bridge, Wilson.

The little wheelers will have a completely flat, off-road 10 km loop from the LoQuay River Cafe at old Riverton Bridge up along the Canning River to Nicolson Road and back on the other side of the Canning River. Plenty of corners there to show off their skills under parents' eyes.

Slightly bigger kids will have a 17 km loop from the LoQuay River Cafe, over the Mt Henry Bridge and by Aquinas College to Hope Avenue and Clontarf back to Riverton Bridge. This loop is mainly on bike path but does include some sections of on-road bike lanes on low traffic roads in Manning. Mum and Dad will be impressed by kids' road-awareness and hill climbing up the freeway overpass bridges and the rise to Aquinas.

Children under 16 will need to be accompanied by a parent for safety and for comfort but apart from that they will be riding with the grown-ups.

After the ride we will meet back at the LoQuay River Cafe for a morning tea. Parents, might want to bring along a suitable après-ride snack and drink or spring a baby-cino for the junior

(Continued on page 8)

wheelers.

Contact: Stuart

Ph: 0409 882 931

**Don's Languid Lope-Along
Sunday, December 14 2014**

7:45 am for 8:00 am start.

45 km, flat with some moderate lumps, easy moderate pace 20-25 km/hr.

Meet at the south end of the Narrows Bridge.

We'll head out to the sea and enjoy a quiet ride along the coast via Cottesloe

and East Fremantle till we find a coffee shop and then home past the Raffles.

Leader: Don

Phone: 0418 948 955

**Gosnells Goodness
Sunday, 21 December 2014**

8:45 am for 9:00 am start

50 km, hilly, moderate pace.

Meet at Gosnells Station

This is the last chance to work up an appetite before Christmas.

We will ride up Canning Mills Road to

Kalamunda for a coffee before riding gently back to Gosnells.

Contact: Liz 0423 307 355

Phone: 0448 323 762

**Leaderless Recovery Ride
Sunday, 28 December 2014**

8:15 am for 8:30 am start

50 (or 26) km leisurely to moderate paced ride.

Meet at the Rotunda in Patterson Park, Burswood . Leader: Stuart (0409882931)

Refer to website for January rides.

**Sustainable
Tour of 2015**

**We are going to
Victoria!**

This will be a full pannier tour — total distance about 750 km.

The dates avoid the busy holiday period, and the weather should be fine — for the Victorian climate. Start and end points utilize the public transport system, thereby avoiding the urban traffic.

The tour starts on Sunday 22 March in Cowes on Phillip Island. This gives participants time to get their bikes together and either ride or take the metro rail south along Port Phillip Bay to Stony Point and catch the ferry across to Cowes (which is what I will be doing). There are opportunities to ride Rail Trails on various sections of this tour so keep that in mind when deciding which bike or tire selection you take over.

The first night after passing through Cape Paterson is at Inverloch, a coastal community on the Anderson Inlet (around 66 km for the day). The second night is at Foster where South Gippsland's rolling hills meet the waters of the Corner Inlet Marine Park and the entry to Wilsons Promontory (58 km of rolling hills). Originally a gold mining centre, it is now better known for its National Park, along with wine and food.

Yarram is deep in the dairy country of South Gippsland, and at the heart of some of its most beautiful locales (day three is around 62 km).

Day 4 passes through the refreshingly cool atmosphere of Tarra-Bulgula National Park, on our way to Rosedale (58 km). Situated on the banks of the Latrobe River in Central Gippsland, Rosedale places a premium on cafes, local produce and vintage shops.

A relaxing 55 km takes us on to Sale. Take time out to relax at the Port of Sale precinct with its selection of cafes and restaurants, or check out local artistic venues. Sale is at the



western end of the extensive lake system that we follow for the next few days.

Lochsport is at the end of what I hope will be a quiet, dead end road, and 58 km for the day. The Lakes National Park is a peaceful bushland retreat in the Gippsland Lakes, fringed by the waters of Lake Victoria and Lake Reeve. We will have a rest day here as it offers a great range of activities. From here we will travel by boat to Paynesville on Australia's largest inland network of waterways, then on to Lakes Entrance around 58 km. Lakes Entrance is renowned for amazing seafood.

On the return leg we can pick up some Rails to Trails sections on our way to the small country town of Lindenow (approximately 62 km). Mitchell National Park is a possibility on our way to Maffra (54 km), which is famous for its cheese and milk industry, on the way to Moe, a further 73 km down the road, including some more Rail Trail opportunity. The last night is planned to be at Toorong Falls (54 km). This is a stunning waterfall, in a rainforest setting.

The last day we will ride 82 km, to the end of the urban rail system. at Lillydale.

To register your interest, contact Noel

Ph. 0419 964 804

Email connie_noel@westnet.com.au

Annual General Meeting—Sunday 8 March 2015, 10:00 am Loftus Community Centre, 99 Loftus Street, Leederville

CYCLE TOURIST OF THE YEAR

Nominations are called for the 2014 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 10)

Cycle Tourists of the Year 1978—2013

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	Hilary Beck
2014	?????						

ELECTION OF COMMITTEE MEMBERS FOR 2015

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

The Department of Commerce has recommended some further, small, constitutional amendments following the changes made at the Annual General

Meeting in February 2014.

It is proposed to amend the CTA WA Constitution at the Annual General Meeting on 8 March 2015 by Special Resolution in accordance with the Department of Commerce recommendations. The Annual General Meeting will be held at the Loftus Community Centre 99 Loftus Street Leederville, commencing at 10:00 am.

The proposed motions to be put at the SGM for Special Resolution are:

1. That the CTA amend clause 20 of the constitution by changing 'charitable object' to 'charitable purposes' as follows (changes are underlined):

Clause 20 Winding up

The Association may be dissolved or wound up voluntarily if the Association is solvent and resolves by Special Resolution, of a 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 purposes, which association or charitable purposes shall be determined by the members of the Association at or before the time of dissolution or winding up.

2. That the CTA change the name of the Association by deleting 'The' at the front of the name and concluding with the abbreviation 'Inc.' as follows (changes are underlined):

The Cycle Touring Association of Western Australia (Inc.)

This notice of motion to change the constitution is proposed by Roy Stone and seconded by Connie van den Ende.

Six months, one bike and Europe awaiting!!!

By Jude Comfort

I had long wanted to revisit Europe for some extended cycle touring so I negotiated 6 months leave (without pay) from work, packed my house up, surfed the internet endlessly for trip information, serviced my bike, checked off packing lists, house lists, to buy lists, to do lists, etc. — mid-February finally arrived and I was on my Emirates flight to Rome. I had quite a bit to consider in terms of where I would cycle. I left Perth earlier than I really wanted to for a European adventure but that was the compromise with work, so I knew I needed to be as far south in Europe as possible to get some warmer weather. I also knew that under the Schengen visa arrangements I could legally only be on continental Europe for 3 months on an Aussie passport. I wanted to be self-sufficient so that meant I took a tent and

hence had 4 panniers and no great inclination to grind up too many alpine summits. I also wanted to explore new places for me. So they were the parameters.

The large amount of time I put into planning and pre-reading paid off as I had a rough idea of what I thought was doable in the time frame. I returned to Perth in late July 2014. This article is really only a brief snapshot of my time away.

My travels took me from Rome to Florence to Pisa to Livorno (by train with my bike – more city based walking sightseeing than riding). Then ferry to Corsica - a beautiful French island (but still really too cold; read snow on the highlands and many hotels not open). So back to mainland Italy,



Near Pozzallo, Sicily



Leaving Davos, Switzerland, to follow the Rhine

down to Naples and then an overnight ferry to Palermo in Sicily. This is where my cycling really began with three weeks cycling a coastal route heading clockwise to Pazzolla. From there a short ferry ride bought me to Malta for some time out exploring this interesting island state before flying Air Malta to Zurich (much easier than the Italian trains I had originally planned). From here I trained to Davos near the headwaters of the Rhine to commence the 1,300 km river ride through Switzerland, Lichtenstein, Austria, Germany, France and the Netherlands to arrive at the North Sea at Hoek van Holland. I still had about 10 days of visa time left so I headed off to central Holland around the beautiful Veluwe before to Amsterdam and a ferry crossing to Newcastle, UK.

My UK time although starting in Newcastle, was primarily spent in Scotland for some of my most memorable cycling. I was incredibly lucky with the weather with few really wet days. It was then down to Aberdeen and a short flight to Hamburg for the last month of cycling. This was spent in

Germany cycling the Elbe, Saale and the Main Rivers with a Perth friend joining me for the last 3 weeks. I reluctantly left Europe from Frankfurt for the long flight back to Perth.

I covered approximately 6,000km in nine countries over this time. There were so many highlights but just to mention a few:

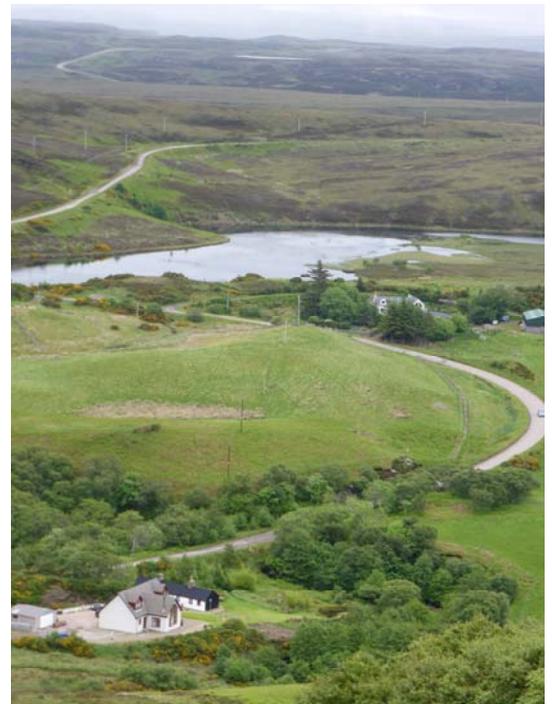
- The kindness of strangers along the whole trip. Cycle touring definitely restores your faith in people. So many wonderful experiences.
- Being a part of that larger family of cycle tourists in Europe where cycling is so much a part of life.
- Kilometres of well signposted, dedicated cycle paths especially in Germany.
- Following a river for 1,300 km full of lovely Rhine barges and lots more besides.
- The Outer Hebrides and North West Scotland for a taste of the wilds of Scotland – some big long

hills but rewarded with fantastic views and downhills.

- The long distance marked Sustrans cycle routes in the UK.
- The ease of ferry trips with a bicycle.
- The flexibility of being an independent traveller.
- Having six months of a warm bed, fabulous food every day without too many hassles.
- Having a super reliable bike – well apart from a peaty back tyre finally sorted by a patient Sicilian bike mechanic.
- The fun of staying in so many different sorts of accommodation from hostels, to Warm Showers hosts, cheap hotels, B&Bs, campgrounds, mobile homes, apartments.
- Being able to take that time out from a usually very busy life in Perth.
- How incredibly safe I felt the whole time.

I did keep a blog. So if you would like to read this or have other questions, feel free to email me

jude.comfort@gmail.com



Cycling in Northern Scotland

Why can't a bicycle stand on its own? Because it's too tired!

Housekeeping

Please shoot us an update if your contact information changes (so we can keep our database up to speed).

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.

We would like to extend a warm welcome to our new members (to end of September) :

Rajni Bhinda
Catie Bushell

CTA Clothing



CTA clothing is available as follows:

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

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 they can be purchased from 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 (10,000 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; <i>or</i> 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 2015

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 2015, is given on p. 2 and 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



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**

