

THE CHAIN LETTER

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

March/April 2015

Issue 241

PRESIDENT'S REPORT

Another year is upon us and I would like to reflect on the achievements of the club and consider the future for the club.

The CTA is a bicycle touring club and it provides excellent cycling tours lead by it's members. It is a niche part of cycling, not too many cyclists choose to take a holiday or spend a weekend on their bikes, especially to load a bike up with their luggage. It does teach one to travel light, keep active and fit and there is a feeling of freedom and accomplishment.

The CTA also provides Sunday rides,

thanks to it's members and rides coordinator. They may be fast or slow, up hills or flat, long or not so long rides, and are well attended.

However, it is concerning the CTA is gentrifying: it's members are getting older and the younger cyclists are finding their challenges elsewhere.

Is it because we have missed the boat and are not providing what they want? I see many cyclists out on weekends in their pelotons and club jerseys. I know they belong to a cycling community and there

are hundreds of them on weekend mornings. They start early between 6 - 7 am, they ride in groups and are instructed how to ride in a peloton and how to support the weaker rider.

How can we as a club attract the younger cyclist and introduce them to the joys of cycle touring? Write with your ideas to me at president@ctawa.asn.au or send a letter to the Chain Letter editor.

Regards

Connie

UPCOMING EVENTS

Social

Types of Tours!

Wednesday, 15 April 2015

Loftus Community Centre at 7:00 pm for 7:30 pm start

This is the first social gathering for the year, a time for members to come along and catch up with fellow riders. The topic for the night will hopefully give members an idea of different types of tours—supported or unsupported tours that the club offers during the year. Members and friends are welcome to come along. **To ensure we have enough seating and refreshments, please reply to: social@ctawa.asn.au**

Tours

The Retiree's Run

Monday, 4 May to Thursday, 7 May 2015

Leader: Liz

Phone: 9 293 0398.

(see more details on page 6)

2015 On Your Bike — Golden Heartlands Tour

Saturday 12 to Sunday 20 September 2015

Contact Tour Leader Trevor Knox on 0402 029 608 or email

trevorknox@arach.net.au. Further details are on the CTAWA website.

In memory of Chris Muller

CTAWA would like to express sincere sympathy to Yvonne and family at the sad passing of Chris on 17 February 2015, a fellow member of CTAWA. Chris was a very keen cyclist and strong advocate for safe cycling in WA.



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Requires a hub dynamo.

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www.pedalpower.com.au

Correction: Sustainable Tour of 2015

In the Nov/Dec 2014 issue of the Chain Letter (page 8), the contact phone number for the Tour

Leader (Noel) was incorrect, it should have been **0419 964 808**.

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DEADLINES: Contributions for the next issue (May/June) should be sent to the Editor (editor@ctawa.asn.au) no later than **6 April 2015**.

DISCLAIMER: Opinions or comments from contributors and members do not necessarily reflect those of the Club, its committee, the Editors, or its membership as a whole.

THE CHAIN LETTER

The Chain Letter is published by the Cycle Touring Association of WA (Inc.) every two months.

We welcome articles and photos on:

- Rides you have done, in WA or elsewhere in Australia or the world
- Articles on bicycles, cycling gear, maintenance or safety
- News of members—whether related to rides or not
- Health, physiology, exercise programs or anything else related to the rider
- Riding tips or techniques
- Cycling trivia or quizzes
- Letters to the Editor...

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

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Achievement Rides Successes

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

| | | |
|-------------------------|--------------------|--------------------|
| 50 km | Hilary Beck | Shannelle McKellar |
| 15 February 2015 | Michael Penklis | Maureen Gill |
| Stu Crombie | Liz Marshall | Michael Waters |
| Kleber Claux | Christopher Rowley | David Van Zyl |

Calendar of Achievement Rides 2015**

| | |
|---------------------------------|--|
| Sat 14 Mar 5000 in 4 T1 | Sat 19 Sep 300 km |
| Sun 19 April 100 km T1 | Sat 3 Oct 5000 in 4 T2 |
| Sat 16 May Century Challenge T1 | Sat 17 Oct 10,000 in 8 T2 |
| Sat 13 June 10,000 in 8 T1 | See achievement ride descriptions p. 13 of this newsletter, or go to the CTA website <www.ctawa.asn.au> for more details. |
| Sat 4 July 100 km T2 | ** Please also check website, as dates and details may change. |
| Sun 5 July 200 km in 2 days | |
| Sat 22 August 200 km | |

2015 Membership Renewal – Chain Letter

If you have not already renewed your 2015 membership, please do so as soon as possible in order to continue receiving the bi-monthly newsletter.

Cycling slows the ageing process!

The cardiovascular benefits of cycling are pretty evident: we feel fitter, breathe more easily climbing the stairs, and recover more quickly after exertion. But have you wondered whether your regular commute or your longer weekend rides might be doing more than just making you fitter? Recently a CTA member sent in an article written by Steve Connor, Science Editor at The Independent, who described research carried out by scientists who studied the health benefits of cycling in older people. It seems there are fewer signs of ageing in active older cyclists compared to non-cyclists.

Scientists analysed the physiological functions of 84 men and 41 women, all regular cyclists aged between 55 and 79. The challenge for the scientists was to determine the effects of cycling on the 'normal' ageing process of an 'ideal' person. A sedentary lifestyle impacts negatively on health at any age, and on longevity. Similarly, smoking, heavy drinking, and high blood pressure or other chronic health issues may mask the underlying biological process of ageing. To avoid those influences, they chose a group of people who were rated extremely fit for their age. The volunteers had to be able to cycle 100 km (62 miles) in six and half hours for men and 60 km in less than 5.5 hours for women.

These extra-fit elder cyclists were monitored in a laboratory for two days with a battery of tests to measure their cardiovascular, respiratory, neuromuscular, metabolic, endocrine and cognitive functions — in addition to

bone strength and general health and well-being.

The result was that the cyclists as a group showed few of the typical signs of ageing that would normally be observed among people of their age, and some of our usual conceptions about ageing may need to be revised, according to Steve Harridge of King's College London, the senior author of the study published in the *Journal of Physiology*.

"In general, we didn't find the ageing we would expect to see in this age profile. We found some factors were correlated with ageing, but not strongly correlated, and some that were not correlated at all," Dr Harridge said.

Dr Steve Harridge pointed out that it is generally assumed that inactivity has become unavoidable, especially in older people, and also that our physiological condition naturally declines continuously as we age. However, our present-day western lifestyles are not typical of people for most of our history and prehistory. The outstanding result of this study, therefore, is that physical activity, particularly cycling, measurably reduces the signs of ageing; that is, it is not inevitable that we become more and more decrepit in our advancing years.

However, Dr Harridge also noted that this is not the same as saying that keeping up the cycling will reverse ageing. Furthermore, even if physical activity of this kind reduces the signs of ageing, it remains an open question whether it actually increases longevity.

Regardless of the qualifications, when

friends start to compliment you on how good you look for your age, you can — at least in part — chalk it up to your passion for pedaling.

To read the original article, go to <http://www.independent.co.uk/sport/cycling/the-secret-of-eternal-youth-skintight-lycra-and-a-bicycle-9959058.html>

Does this man look 49?

And if that's not enough for you, a cycle courier in London cycles 80–100 miles every day, dodging some of the busiest traffic in the world.

Check out Steve Hamilton's daily ride at www.bbc.com/news/magazine-22589385. Does that man look 49 to you?

Bhutanese king sets the pace

In case you need another inspiration to keep you on the saddle, the king of Bhutan could be just the figure to follow — if you can keep up.

Jigme Singye Wangchuck, Bhutan's fourth Druk Gyalpo, or Dragon King, is an avid cyclist and has become a much-watched-for attraction on the hills of this mountainous nation.

Read more at the New York Times online travel magazine:

Bhutan: A Higher State of Being
<http://tmagazine.blogs.nytimes.com/2014/10/30/bhutan-bicycle-gross-national-happiness/?r=0>.

*Staying with the 'extreme theme', the Chain letter is pleased to have received this letter from **David Lewis**.*

Dear members,

Just thought I would let you know if you don't already about the ongoing cycling record that is trying to be beaten by ultra cyclist Steven Abraham. The record for the most miles cycled in one year is presently held by Tommy Godwin in 1939.

Tommy Godwin cycled 75,065 miles in one year, an average of 205 miles in one day! Abraham is trying to top that record. He commenced on January 1st this year and so currently he is nearly two months into his trip and at the time of writing has already completed over 9000 miles. If you would like to hear a podcast of an

interview with him before he started his trip it can be found at: Thebikeshow.net and to get the latest updates on his progress along with a tracker it can be found at: oneyearthmetrial.org.uk.

Watch out for this little pest!

Caltrop (*Tribulus terrestris*) is a summer-growing weed found widely throughout Western Australia. It is most common in areas of frequent spring and after summer rain.

Under the Local Government Act 1995 it is a prescribed pest plant in a number of southwest and cereal growing shires of the State.

However it is not a declared plant, and there is no requirement to report it to the Department of Agriculture and Food.

Caltrop has seeds that remain dormant in the soil for probably four to five years. They germinate after summer rain. Plants grow rapidly, flowering and forming new burrs within three to five weeks. (Source: [Department of Agriculture and Food, Caltrop: what you should know](#))

Caltrop seems to be more effective in puncturing bicycle tyres than broken glass (although broken glass is still a serious hazard to cyclists and more widespread than Caltrop at present). There are two reasons for this. Firstly, the woody thorns are very hard and sharp, and can penetrate “puncture



Image of a Caltrop burr and tyre.

proof” tyres. Secondly, unlike glass, Caltrop thorns carried onto a path cannot be easily seen while cycling, and therefore cannot be avoided. It is better to lift your bike over grassy areas if you are worried about burrs puncturing your tyres.



Reference: Dutch Cycling Embassy (image sourced from the Department of Transport – Netherlands 2014 Influentials Study Report presentation)

Search for ‘benefits of a bicycle’ to see more images like this.

Lift out Rides Calendar page for March/April 2015

Ride Guidelines

All riders are responsible for showing up with a well-maintained bike. You must wear a helmet, and we recommend you bring a spare tube, puncture repair kit, tyre levers, pump and, if your bike is not fitted with quick release hubs, a spanner that fits your axle nuts. Most importantly, bring water!

Rides are described using the guidelines below. *If you are unsure of your*

suitability for a ride, or if you feel it may be too long for you, don't be put off. Please contact the leader before the day to discuss your suitability, or to see if you can do part of the route.

Terrain refers to the hilliness of the ride, and can be 'Mostly Flat', 'Rolling', 'Some Hills' or 'Hilly'.

Mountain bike rides (on tracks or unsealed roads) are described as 'MTB'.

Pace refers to the average speed on the

flat without breaks. Downhills may be faster, uphill slower. For rides with 'Hilly' terrain, consider choosing a pace one grade below your usual comfort level.

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

Contact: info@ctawa.asn.au

LIABILITY DISCLAIMER: While every effort is made by CTA ride leaders to ensure the safety of all participants on our rides, individual cyclists (whether they are members or not) are **not** covered by the club for injuries if an accident occurs. We recommend that you obtain personal accident insurance before taking part.

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.**

No Ride – Annual General Meeting

Sunday, 8 March 2015 - 11:00am - 2:00pm

With light lunch/refreshments, Loftus Community Centre, 99 Loftus Street, Leederville.

5,000 in 4 Achievement Ride

Saturday, 14 March 2015

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 Gilwell Ave and Page Rd across Albany Hwy from Kelmscott Train Station for registration and map/ride description. Please note it is best to park at Kelmscott Station due to parking restrictions at Gilwell. The course promises 5,000' of uphill and down dales around the Armadale & Roleystone area. Time limit is 4 hours.

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

Invitation to ride with the CTAWA Ride 1: Introduction to Touring Ride 2: Canning River Children's Short Loop

Sunday, March 15 2015

In association with Bike Week the Cycle Touring Association of Western Australia invites non-members to join us for a ride on Sunday 15 March.

Ride 1. Introduction to longer touring style rides

6:45 am for 7:00 am start, meet at Kent Street Weir, Manning.

The CTAWA welcomes non-members who would like to join us on a typical club ride; a 47 km ride which will include riding in a gentle peloton on a mix of bike paths, quiet back streets and main roads before a moderately demanding, slow climb up Crystal Brook Road to Canning Road (success is getting there, not in beating a time!). After a break in Kalamunda we will return via the Zig Zag to Kent Street Weir. Time will be about three hours. Visitors will be given ride maps and will be accompanied by club riders for support.

Ride 2: Canning River children's short loop

8:45 am for 9:00 am start, meet at the playground next to the cafe at Kent Street Weir in Manning.

A 10 km ride specially designed for younger riders. The ride is completely flat along the Canning River Loop. Very leisurely pace staying safely together in a group.

The little wheelers will have a completely flat, off-road 10km loop from the Kent Street Weir up along the Canning River to Nicolson Road and back on the other side of the Canning River. There will be plenty of corners there to show off their skills under parents eyes.

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 cafe at Kent Street Weir for a morning tea with the riders who have been up to Kalamunda. Parents, might want to bring along a suitable ride snack and drink or perhaps a baby-cino for the junior wheelers.

Contact: Stuart /Phone: 0409 882 931

Sustainable Tour of 2015 – We are going to Victoria!

Sunday, 22 March 2015 - Friday, 3 April 2015

The Bibra Loop

Sunday, 22 March 2015

7:45 am for 8:00 am start at the Raffles Applecross.

50 km, moderate, mostly flat

Meet under the suspended tree at the Raffles. We will go on a southern loop that includes known and little known wetlands, surprising birdlife, bush, industrial sites, Hulbert Street, Freo, the river and a very short boneshaker. The ride is on cycle ways and some quiet roads. We pass many cafés, but we do stop at one about two-thirds along the way. Return is to the Raffles.

Leader: Viv

Phone: 0476 730 066 or vivread@inet.net.au

Lakes and sea

Sunday, 29 March 2015

7:45 am for 8:00 am start

45 km approx, moderate pace, rolling

Meet at Greenwood Station.

From Greenwood to Lake Joondalup - Ocean Reef Marina - Morning tea at Hillarys Marina - end of ride at Hillarys or back to Greenwood Station after morning tea. Mostly on cycle paths.

Leader: Mike

Phone: 0402 286 753

Murdoch Station to South Beach

Sunday, 5 April, 2015

7:30 am for 7:45 am start

35 km, approx, moderate pace, some easy hills.

Meet at Murdoch TransPerth Station.

We will ride to South Beach at Fremantle at a leisurely pace and have a coffee at the South Beach Cafe before retracing the route back to Murdoch Station.

Leader: Miranda

Phone: 0468 932 269

Munda Biddi introduction to mountain biking

Sunday, 12 April 2015—8:00 am start

45 km off road, hilly, loose gravel and technical mountain biking.

Meet at the Jarrahdale store to ride north on the Munda Biddi to a hut for lunch then return to Jarrahdale. Note that you will need to bring lunch and plenty of water as there are no services during the ride.

Leader: John F. /Phone: 0400361406

Rise and Shine Farmers' Market Meander

Saturday, 18 April 2015

7:00 am for 7:15 am start

25 km leisurely pace

Meet at Burswood Outdoor Movies car park.

Rise early, fit your panniers to your bike and join us for a farmers' market hike.

We will meander through the suburbs of Vic Park and Kensington towards the

[http://](http://farmersmarketonmanning.com.au/)

farmersmarketonmanning.com.au/

where we will enjoy a truly delightful, vibrant farmers market. Beware, you might not leave empty-handed.

Leader: Lucia

Phone: 0417 189 385

100 km Achievement Ride

Sunday, 19 April 2015

8:00 am for 8:30 am sharp start

100 km moderate,

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

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

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

Around the River

Sunday, 26 April 2015

7:45 am for 8:00 am sharp start

45 km approx, leisurely ride

Meet on the south side of the Narrows

Bridge (toilet side). Will cycle around river via Crawley, Mosman Park towards Fremantle, returning on the other side of the river via Bicton and Attadale, stopping on the way for a morning tea break.

Leaders: Brian and Rosalee

Phone: 0409 468 797

Bridges and Tunnels

Sunday, 3 May 2015

8:00 am for 8:15 am start

50 km, moderate, mostly flat

Meet at Charles Paterson Park, Burswood. See how many bridges and tunnels we can find on the Perth Bicycle Network. I'm sure I can work in a coffee shop on the way.

Leader: Noel

Phone: 0419 964 808

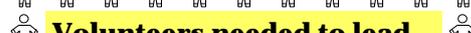
The Retiree's Run

Monday, 4 May 2015 to Thursday, 7 May 2015

Leader: Liz

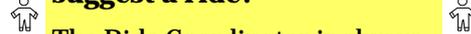
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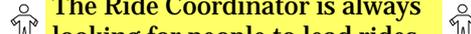


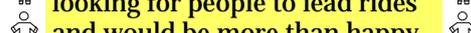


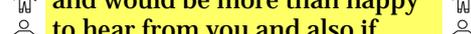


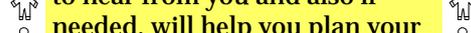


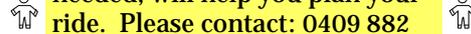


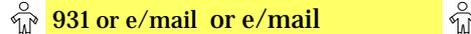




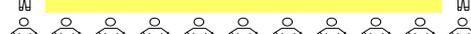


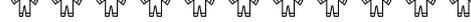












Volunteers needed to lead rides or perhaps you could suggest a ride?

The Ride Coordinator is always looking for people to lead rides and would be more than happy to hear from you and also if needed, will help you plan your ride. Please contact: 0409 882 931 or e/mail or e/mail rides@ctawa.asn.au

Retirees Run

Monday 4 May 2015 to Thursday 7 May 2015

Meet at Midland Train Station for approximately 9:30 am start (will depend on train schedules).

Four days of cycling during the week while the others have to go to work, how does that sound? We will stay overnight in Bindoon, New Norcia and Toodyay,

and on day four cycle back to Midland.

The daily distances are: 78, 69, 95 and 92 km.

Costs: 3 nights accommodation including breakfasts will be around \$150 per head (depending on numbers), plus 3 dinners

around \$90 per head.

I have pre-booked for 16 people, so if you like to join us, please e-mail me on elsbethmarshall@gmail.com, or give me a call on (08) 9293 0398.

SORRY TOUR NOW FULL!

First Six Months On The Bike

By Teresa Liddiard

Six broken brake pads (for our disk brakes), 3 punctures, 1 broken spoke, 1 broken helmet (run over by a car), 1 broken bike and a cracked sternum, but we are still cycling.

Spain was a delight and a great place to start cycling in the cooler temperatures of February. Heading for the mountains (did you know Spain is the most mountainous of the European countries? I didn't – before), we avoided most of the busy roads, discovering Spain is a true cyclists paradise. The roads are good, the people friendly, and the cost low. Every day we saw cyclists out riding, all of them giving us a friendly wave and hello.

The highlight in Spain was the discovery of Menu-del-Dia (menu of the day), a three-course meal available for lunch or dinner, at very reasonable prices. The servings were so good for lunch we generally shared a meal as otherwise it was too difficult to start cycling after. This provided us with a great way to sample the variety of cuisines in the different regions. At a cost of Euro 1.50 for a bottle of very nice Spanish wine, we also enjoyed the odd drop of good wine during our 2 months here.



Mark cycling in Andalucía, Spain

France is a great place to cycle (so we have been told). Unfortunately for the 3 weeks we spent here in May, travelling from the south-west corner, through the

Bordeaux region up to Nantes, then to Saint-Malo and along the Normandy coast to Dieppe, it rained constantly except for 2 days. The cycle paths however were good, and I'm sure if the weather had improved we would have had a much better experience. Highlights during this trip were visiting Saint-Malo, a very beautiful walled medieval city, and Saint-Mont Michel along the Normandy coast.

Arriving in England in Newhaven, we almost knelt down and kissed the ground. At last we were back in an English speaking country. Travelling with minimal knowledge of the French language, and having difficulty speaking even the most basic of phrases, it was a relief to be able to easily speak with people again. If only we were multi-lingual.

Our purpose for visiting the UK was driven by the need to exit Schengen Europe for 3 months. With a visa allowance of only 90 days out of 180 in European countries forming part of the Schengen zone, we chose England as our first non-Schengen country to visit. The cycle network in England is much better than we expected. Sustrans have invested a considerable amount of time and effort into creating interesting cycle routes, which provided for wonderful days of cycling. Heading west along the south coast of England we fell in love with the views and hills of Devon and Cornwall.

Our initial plan to cycle from Lands End, in Cornwall, to John O'Groats, in



Cycle path in Aquitaine, France

Scotland, ended suddenly when my new Tern folding bike collapsed underneath me. While the Tern was a great bike, I never really bonded with it, and then one day it decided to split (literally). Mark's bike has fortunately remained strong and is still going well.

Needing to recover from my injuries (a cracked sternum) plus waiting for a replacement frame, we hired a car and finished our trip to John O'Groats on 4 wheels instead of 2. Not quite the same, and many times we saw cycle routes which we would have loved to cycle, but at least we saw a lot more of the country.

I wasn't confident to continue on the replacement Tern frame so am now riding a second hand Thorn Raven Tour we purchased in England, the fixed Tern now in storage waiting to be sold. After the required 3 months in the UK we took the ferry to Dunkirk in France then cycled to Belgium.

Belgium is amazing. The cycling is fantastic, with cycle paths galore, and they have some pretty awesome beers and chocolate as well. Cyclists are given priority at roundabouts by cars, and everyone seems to own a bike. Cycling is a way of life here, not a form of sport, with young and old out every day on their bikes. Telling the Belgians how wonderful cycling in Belgium is, we always received the same response "It's even better in the Netherlands."

(Continued on page 8)

Germany saw us fulfil a long-standing dream, as we cycled along the Rhein (Rhine) River from Bonn to Basel in Switzerland. The first section of this cycle route was like riding on a cycle highway, with wide paths dedicated to cyclists. No longer were we the exception, as cycle tourists loaded with panniers were out in force cycling along this section of the Rhine.

Reaching Switzerland we again needed to switch languages, and this time currency. Continuing to follow the Rhine we crossed between Germany and Switzerland all the way to Schaffhausen.

The most useful things for touring, there are too many to mention them all here, have been the discovery of a website called Warm Showers, a community for touring cyclists which provides contact with fellow cycle tourists in their home towns, plus the use of Pocket Earth, an app on my iPhone, which

provides us with a listing of all of the approved cycle networks in Europe.

We are now making plans to travel to Turkey for Christmas. Take care and we wish you happy and safe cycling.

(Many thanks to Teresa for sending in this article, Teresa is travelling with her husband Mark and is the past president of the CTAWA. They hope to travel with their bikes for 2 years, and sent this article to the Chain Letter in October 2014).



Teresa with the two bikes , crossing the border from France to Belgium



Mark in front of the Speyer cathedral, Germany

Vale: Kim Alcorn

By Kleber Claux

It is with great sadness that I have to advise the passing of Kim Alcorn.

Kim showed early signs of Alzheimer's disease about three years ago, and needed to move into the Bethanie Nursing Home in Eaton, as the disease progressed.

After a hip operation at Christmas, his health deteriorated rapidly and unfortunately he passed away on Tuesday 20th January 2015.

Kim will be remembered as a very strong competitive rider who participated with the Collie Cycling Club, Collie being his home town for many years.

It was on the On Your Bike tours during the 1990's and early 2000's, that we had the pleasure of this big, gentle and thoughtful man who was always prepared to help when asked. He with his mate Peter Curnow were the first to volunteer as luggage truck loaders, and heaven help anyone that tried to muscle in on their territory.

Kim regularly left his OYB route instructions in his luggage and had to rely on following Peter during the day. If they became separated during the ride, Kim would invariably get lost and would eventually arrive in camp with a lot more kms travelled. This was probably why he was so strong a rider.



It was a privilege to have ridden with you Kim, REST IN PEACE.

Photo — Kim pictured with Cherie (now deceased) and Jane Nield

Cycling Safety News!

By Rosalee McAuliffe

In the last issue of the Chain Letter meeting notes were provided on the "Cycling Stakeholder Safety Workshop" which was held on 27 November 2014 and organised by the peak cycling group WestCycle.

Things look like they are progressing on bike safety! The government announced on 3 February 2015 that the auditor-general's office will undertake an audit to determine whether suitable support and infrastructure was in place to encourage cycling. The audit would look at whether enough was being done to promote cycling as a safe, convenient and viable mode of transport.

Clint Shaw, the CEO of WestCycle said that he hoped the audit would help bring WA up to speed with other states and really welcomed the audit news. He said we need to create a safe and sustainable

bike network that will encourage and get more people out on bikes and make it safer for everyone.

Positive news!

The State Government has ruled out changing the law to force drivers to leave a minimum one-metre gap when passing a cyclist. However, Premier Colin Barnett said that he still planned to meet with stakeholders to discuss cycling issues. He also flagged that some road rules and infrastructure provided for cyclists may need to change. The auditor-general's findings will be tabled in State Parliament – we are all waiting with bated breath!

Meanwhile.....

Ride like you're everyone who's using the road

This means riding like you're the cyclist, the motorist in front of you, the motorist behind you, the pedestrian waiting at the

green lights — everyone. Don't assume anything when it comes to human behaviour. That pedestrian might accidentally drop the lead to their dog, who could then suddenly run into your path. That car in front of you might have someone in the passenger seat who is about to jump out and dash over to pick up some take away, but not look before they open the door. The more familiar you are with your bike and your route, the more you can concentrate on all the variables outside of your control that are around you.

Ride defensively all the time and always plan an escape route – anticipate!



CYCLING VEST FROM CINI AUSTRALIA

Jennie Connaughton <jconnaughton@ciniaustralia.org> (Director, CINI Australia) emailed CTAWA in late December to say that they would be holding a fundraising event: Cycle for Change tour in Tasmania this year in February.

As part of this fundraising event, CINI Australia are selling high

visibility cycling vests printed with 1-m on the back for \$20 + \$2 postage, she was wondering if any of our members would be interested in buying one of these vests.

If you are interested you can contact Jennie directly on the above email address.

26 Years and still OYB!

The On Your Bike (OYB) tour is the club's premier annual event and has been well supported by the membership over the past 26 years – and yes, two members have completed all 26 OYBs!

Congratulations to Kleber Claux and Sharon Veleff who have done all 26 tours! Both members are strong riders and show no signs of slowing down. See you both on the 27th tour this year! In addition, Kleber has led and organised numerous tours and has been an outstanding supporter of CTAWA throughout his involvement with the club.

The 2015 On Your Bike – Golden Heartlands Tour from Saturday 12 to Sunday 20 September 2015 will explore quiet sealed back country roads and the undulating landscape between 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 as we enjoy cycling the journey back to Midland.



Sharon is on her 26th OYB tour: standing outside her newly erected tent on the 2014 tour at the Darkan Sports Ground.

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:

Christine Castalanelli
Patrick Webster
Mark Pooley
Joy Bolton
Jennifer Wilksch
Bronwyn Murdoch
John Urbaniak

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 organised 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 or 200 km or 300 km or 10,000 in 8 or 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; 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 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>.

Have you done a personal best? We would love you to let us know if you have done a personal best in 2015, this is apart from participating in one of the Achievement Rides. If you can email your name and the distance in km, and any other details, that would be great!

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



Riding bikes is heavy work! Christine is helping Kleber shift this tree branch off the path on the ride that was led by Kleber on 3 January. A group of 20 riders enjoyed the start of the New Year with a ride starting at Murdoch Station, via Canning River and Shelley Bridge.

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**

