

THE CHAIN LETTER

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

September/October 2015

Issue 244

PRESIDENT'S REPORT

Greetings to all. The worst of winter is almost behind us and we can look forward to some great riding in the spring.

The Golden Heartlands Tour will be held next month and it is fully subscribed. I am so looking forward to spending some days on my bike. The wheatbelt is very beautiful at this time of year with rolling green hills with blue skies. Thanks to Trevor and the OYB committee for their hard work to plan and organise this.

However there is some angst for me that

occurs in preparing for a bike tour. What to take? A hairdryer and 4 litre cask of wine? What to wear? Will I be fit enough? Have I trained enough? Will there be hills and head winds?

However cycling means freedom to travel, to go to places I would not visit and experience the outdoors. Cycling brings people together and friendships are made due to this common bond.

Have you been watching the Tour de France, Giro d'Italia and currently the Vuelta of Spain? Not only is it great to

see the scenery of these countries and wish I was there, but also to watch how professional cyclists ride together, help each other if they fall or lag behind. I like to see how the previous grand tour winners have the role of domestique to fetch water for the team, to give up their bike if the leader has an accident or bike mishap. Watching the professional riders teaches me that cycling is a group thing.

So see you On Your Bike next month. Enjoy and keep healthy.

Regards, Connie

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* **Other Events*** *
* **If you are going to these events ,** *
* **we encourage members to wear** *
* **a CTA jersey to promote our club!** *

UPCOMING EVENTS

Social

Where do you want to go?

Wednesday, 21 October 2015

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

We will be "talking tours" where a list of all tours over the past 5 years are considered. And to hear from you about where you'd like to cycle on multi day trips.

Please let Steve know if you will be attending for seating and catering purposes. Ph: 0420 224 911 Or Email:

social@ctawa.asn.au

Christmas Long Table Lunch

Sunday, 29 November 2015

Tradewinds, Fremantle.

Join ride to venue. (more details in next Newsletter)

Tours

2015 On Your Bike—Golden Heartlands Tour
Sat 12 to Sun 20 Sept 2015

Weekend Tour—Serpentine Falls

5-6 December 2015

(see page 9 for further details)

Easy Rider Tour—Autumn 2016

2 April to 5 April 2016

(see page 9 for further details)

You will be able to download the Registration form shortly on the website.



Other Events*

Ride2Work Day

Wednesday, 14 October 2015

This event is Australia's biggest celebration of bike riding and the perfect opportunity to have a go at riding to work. Check the website for further details. <https://www.bwa.org.au/riding-to-work/391/>

Have a Go Day a Live Lighter Event—SRCWA

Wednesday, 11 November 2015

At Burswood Park, Great Eastern Highway from 8.30 am and 3 pm.

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The Chain Letter

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

We welcome articles and photos on:

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

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

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Achievement Ride Successes

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

200 km in 2 days (100 km)

Sat 4 July 2015

Stuart Crombie
 Pierre de Kock

200 km in 2 days—Day 2

Sat 5 July 2015

Pierre de Kock
 Michael Penklis
 Kleber Claux

Christine Liddiard
 Chris O'Brien

50 km T2

Sun 9 August 2015

Christine Liddiard
 Kleber Claux
 Don Ward
 Bruce Robinson
 Chris O'Brien
 Patrick Smythe
 Yvonne Sargeant

200 km

Sat 22 August 2015

Hilary Beck (222 km)*
 Christine Liddiard
 Colin Price (204 km)*
 Patrick Smythe*
 David Stobie (250 km)*
 Bruce Robinson
 Brian McAuliffe

*** Congratulations on some Personal Bests for the day.**

Calendar of Achievement Rides 2015**

- Sat 19 Sep 300 km
- Sat 3 Oct 5000 in 4 T2
- Sat 3 Oct Century Challenge T2
- Sat 17 Oct 10,000 in 8 T2

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

** Please also check website, as dates and details may change.

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

Strategic Planning Workshop

15 July 2015

By Steve Napier

Your club's last Social night on 15 July was conceived at a pre-brainstorming session (aka the previous committee meeting) where the attraction to what could seem a rather dry evening was discussed.

Hmmm dry "I know, says Hon Pres - why not a Wine and Cheese night?" So with all round agreement your Social Coordinator was set the task of catering for who knows and how many, on a budget of \$50!

After a quick trip to the local Bottleshop he realised that we'd only be enjoying a sniff and sip of wine and a couple of slithers of cheese each, so the budget was extended to embrace a choice of ~\$10 wines and cheeses that had at least seen a couple of months of aging.

OK - so after everyone has relaxed into the evening what are we going to Strategise? Googling "club development" brings up terms such as SWOT (Strengths, Weaknesses, Opportunities, Threats) and SMART (...its to do with goals) in the areas of "how to revive your club". So this was the start of giving those present some direction to their thoughts

and a summary of the above was provided for all. As we wanted to think wide and deep to see if anything radical night arise from a collection of alcohol stimulated think tanks, every table was covered with butcher's paper and pens a plenty so that each person could scribble down any idea while it was fresh in their mind. A table leader was appointed to collate the joint input and soon the room was buzzing with chatter and debate over the issues offered and indeed many others. After around 40 minutes everyone was given a survey form to complete so that we could extract some clear viewpoints - in case the brainstorming hadn't worked!

After all had completed their surveys Rosalee suggested that each table leader could summarise their group's key points and so we had good feedback across all 4 tables.

Steve was then tasked with collating the plethora of information we'd gathered. The survey was easy as the choices were simply Yes or No, however the remaining info was more challenging.

So where to from here? At our last committee meeting we discussed the

feedback received from the Strategy evening and this is now the basis for future planning, rides, tours and club publicity.

Read the summary of all we received as listed by President Connie and see if there's anything you can add or on which you wish to comment (on page 4). More importantly maybe you could help our club by bringing your skills and ability to club events and operation. Remember we are all volunteers who make the CTA what it is.

At our next Social evening on Wednesday 21 October, we will be "talking tours" where a list of all tours over the past 5 years are considered. We'd want to hear from you about where you'd like to cycle on multi day trips.

Tell us where, how long, what time of year, type of accommodation, what issues might be encountered and anything you see involved in planning a cycling tour. Do a bit of research on your preferred tour and perhaps you could offer a short address to the group.

(Continued on page 4)



Butchers paper, pens, people and wine makes a good combination for getting us thinking!



Summary—Strategic Planning Workshop

15 July 2015

Summary of feedback and comment from members at CTA Strategic Planning night compiled by Connie.

TOURS AND WEEKENDS

- * Bimonthly 2 day rides
- * Interstate tours
- * Tours abroad
- * Encourage new tour leaders
- * Have predictable dates i.e. first weekend of the month
- * Have all levels of touring to encourage the novice
- * Touring bike set up (on website)
- * Spoke tours are good
- * Social aspect very good
- * Tours to include non riding partners
- * Extend role of V.President to assist with tour planning and leaders
- * Couples weekends
- * Use country pubs and chalets to lighten the load
- * Schedule OYB in autumn
- * Suggestions for tours:
 - Gunbarrel Highway
 - Bungle Bungles

See 'Survey Question Results' below.

RIDES

- * One ride different distance and ability
- * Cajole members into attending
- * Early or late starts?
- * Are achievement rides necessary?
- * Don't drop people on a ride

* Bike clinics pre-rides:

- Techniques
 - Braking
 - Group riding
 - Skills
- * Support weaker riders
 - * Be clear on speed during the rides
 - * Tail end experienced and supportive
 - * Take pressure off the ride leaders
 - * Twice yearly beginners ride
 - * More than one ride on weekend
 - * Have a set of rides, ride leader can choose from list
 - * Different colours for ride grading

EVENTS

- * Check Norwood cycling club website
- * Participate in Ride to Work Breakfast
- * Bike clinics
- * Family rides with BBQ
- * Womens only events
- * Criterion and group rides

RIDE LEADERS

- * Article in newsletter 'How to lead a ride'
- * Mentor ride leaders
- * Local knowledge helpful
- * Encourage every member to be a ride leader
- * Raffle ticket for all ride leaders, draw prize at AGM

RECRUITMENT

- * Business cards to all members
- * Flyers/brochures to bike shops, gyms, community centres
- * Printable flyers on website

SAFETY

- * Rear vision mirrors mandatory
- * Support vehicle to have lights on
- * Flashing rear lights on when riding
- * High vis clothing
- * Good tyres
- * Policy for accidents

REASONS TO JOIN CTA

- * Achievement rides
- * Fitness
- * Social interaction
- * Cycle touring

MARKETING

- * QR code on business cards to link to website
- * Market up coming tours
- * Affiliate with other bike clubs

SPONSORSHIP

- * From a gym/bike shop?
- * Strategic alliances with bike shops

Survey Question Results

	Half day	Full day	Evening	Over-night	2 night	Greater than 2 nights	Mountain bike	Inter-state	Over-seas	Supported	Un-supported
Yes	16	11	12	21	18	19	13	18	19	18	11
Support by %	62%	42%	46%	81%	69%	73%	50%	69%	73%	69%	42%

Our Bicycle Tour in SE China

By Bruce Robinson

Following a very successful tour in Yunnan (SW China) in 2010, I signed up when Don Buchanan suggested another tour in July. In rural China almost no-one speaks English, so an organised tour is essential. World Expeditions, who also organised our Yunnan tour, were the Perth contact. There were nine cyclists, four from the Over 55s, Don's daughter and her friend, a Canadian couple, and a NZ expat teaching in China. Tar, our guide, mentor, translator and banquet organiser was great. He rode with us most of the time, providing assistance, local info, hints etc. There was a minibus to ferry us around, and a small blue truck which took our luggage and bikes where needed, and followed at the back in case of trouble. Nearly every truck was blue, so it was a bit hard to tell which was ours until we could read the number on the back.

We flew direct to Guangzhou, formerly Canton, on the Pearl River, and met in the flash central hotel. We had a day to

acclimatise and wander around. The street of a thousand mobile phone shops was a highlight. In the city there were frequent phone shops, but here there were many hundreds of metres of solid phone shops, cheek by jowl (or perhaps earpiece to big-screen or whatever). I had earlier bought a local SIM card for my Oz phone, in case I needed it.

Our cycling trip was about nine days and some 540 km, after which we did the tourist thing flying to Xi'an to see the terracotta warriors, then on to Beijing by train to see the Forbidden City and a less crowded but hilly section of the Great Wall. Peter the Canadian had been on a bike tour thirty years ago, and I had seen the Forbidden City a decade ago. I noticed many more people there now than on my previous visit, and Peter probably saw a completely different country.

Our ride left the big city (14 million people) and went to some smaller country towns (only 3-4 million), so we spent quite a lot of time in the van

getting away from the traffic before getting out into the countryside. The van would stop and our bikes would be unloaded. They were good modern mountain bikes. There was a rack-top bag and a simple map-holder which velcroed to the handlebars to hold the day's instructions. Mine went very well, but others had some minor if annoying problems with gears etc. The truck driver was also the mechanic, but he was no more skilled than we were. I took pedals, lights and my Garmin GPS, and a seat which I chose to install after a couple of days, as the standard seat was a bit wide at the front for me.

We set off along good quiet country roads past duck farms, paddy fields and small villages and little roadside shops and businesses. The weather was hot and humid, circa 35 degrees, but up to 42 degrees on the Garmin in the sun with the heat reflected from the road, so riding up hills was noticeable, but OK.

(Continued on page 6)



A long climb to the top , but the view was worth it— the tour group, with Moon Hill in the background

I did try to remember more of Noel Coward's words:

"Mad dogs and Englishmen go out in the midday sun,

The Japanese don't care to, the Chinese wouldn't dare to,

Hindus and Argentines sleep firmly from twelve to one,

But Englishmen detest-a siesta..

At twelve noon the natives swoon and no further work is done,

But mad dogs and Englishmen go out in the midday sun"

The van would stop every ten km or so, so we could have a rest and refill our waterbottles. (We were provided bottled water everywhere, even in hotels, and there was tea made from boiled water too). I took to buying 1 litre bottles of iced tea as I was thirsty, and it was very welcome. Tar, our guide, took us to small and often modest restaurants for the midday meal on the road and ordered the food. A big array of colourful and very tasty dishes would arrive. Jen, the vegetarian, required tofu and vegetables, and did not allow spoons or chopsticks which had been used on the meat dishes to sully the tofu. The meals were always magnificent. The evening meals in restaurants near our hotel were more sumptuous, but just as inviting. Three of us wandered out in Xi'an and came upon a street-kitchen with food and small charcoal fires. We were unable to understand what the rules were, but were provided a great meal with a beer



Don surrounded by police, he was handing out little Koalas each with an Australian flag and a minty!

each for 82 yuan total (about Au\$20). Don wanted a proper ice-cream, so at the Dairy Queen shop near our hotel, we paid 20% more than our meal and beers for just three ice-creams. Lots of locals seemed happy to pay much more than WA prices for an American ice-cream, but I was not (as it was my shout).

Our bike trip took us north and west of Guangzhou to the tower-karst region towards Guilin. The picturesque isolated very steep-sided hills are left after the erosion of most of the limestone layers. We even had a boat tour on a river which ran right through one such hill. We climbed up to a viewing platform in the cave, looking way down to the little boats on the river below and way up to the gaping hole in the hill above us.

The roads we rode on were generally good and the traffic slow and cautious (in comparison to WA standards). There were lots of motor scooters, often with umbrellas above, tear-shaped so they covered the pillion passenger on the back. Bikes also had parasols fixed to the

handlebars. There were lots of trucks of different sizes, but generally slow. I passed one of the small single-cylinder diesel tractor/truck vehicles carrying a full load of bricks slowly up the hill, but it was faster downhill than I was. We passed lots of houses (2-3 storeys) being built in the villages, and saw a few relatively new buildings which were empty, as people were moving from the villages to the cities. Sometimes we would see over the hills a cluster of enormous apartment tower-blocks, often still being constructed, as we skirted the big towns.

Perhaps the first trip is always the best, but compared to our Yunnan trip, this one was closer to big cities and much less rural than my first. Yunnan has probably also changed in the last five years, but Guangzhou province and Guangxi are much more developed and more highly populated. I can certainly recommend a bike tour in China like ours.

You can see more of Bruce's SE China photos at the link below to Picasa at: <http://tinyurl.com/BWR-China>



Great way to keep cool on the road

Lift out Rides Calendar for September/October 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/hr
Leisurely	15 – 20 km/hr
Moderate	20 – 25 km/hr
Brisk	25 – 30 km/hr
Strenuous	30 – 35 km/hr
Super Strenuous	35 km/hr 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.**

Leisurely recovery ride

Sunday, 6 September 2015

7:45 am for 8:00 am start

50 km, leisurely/moderate and hilly.

Meet at Claughton Reserve. We will ride through Helena Valley to Kalamunda and back down a different way back.
Leader: Connie

Phone: 0407 640 012

2015 On Your Bike

Golden Heartlands Tour

Sat, 12 Sept to Sun, 20 Sept 2015

300 km Achievement Ride

Saturday, 19 September 2015 (All day)

300 km, very hard.

This ride will be run as a BREVET. Please refer to newsletter for more details.

This is the club's most challenging ride, having to complete 300 km in 20 hours (average 15km/h) and is required to complete the Super Achiever Series. Riders need to have front and rear lights in good working order.

Participants **MUST BOOK** at least one week prior to the ride to arrange details, and to prove their ability to ride long distances before being accepted to start.

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

Classic Cafe Cruise

Sunday, 20 September 2015

7:55 am for 8:15 am start

60 km, moderate, flat terrain.

Meet at the Esplanade Train Station street level. We will go west around the river mostly on Perth's bicycle network and some roads to an "artistic" Fremantle cafe for a few added calories.

This is one for those who could not make the OYB Tour this year.

Leader: Chris

Phone: 0434 720 620

Swanning Around the Valley

Sunday, 27 September 2015

8:15 am for 8:30 am sharp start

50 km, moderate.

Meet at Bayswater Train Station. We will meander through the Valley stopping for a coffee toward the end, so if people want to go straight off after, they can.

Leader: Noel

Phone: 0419 964 808 (M)

Century Challenge Achievement Ride - Take 2

Saturday, 3 October 2015

7:30 am start.

160 km, hard.

This ride will be run as a BREVET. Time

limit is 10 hours 40 minutes.

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

5000 in 4 Achievement Ride - Take 2

Saturday, 3 October, 2015

8:00 am start

55 km, moderate.

This ride will be run as a BREVET. Time limit is 4 hours.

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

Northern Meander

Sunday, 4 October 2015

8:00 am for 8:15 am sharp start

35 km, moderate.

Meet at the Greenwood Railway Station.

We will meander north and east via Lake Goollelal, Yellagonga Park and check out some interesting parts of Joondalup before heading to the coast at Burns Beach. We will then cruise south along the coast taking in the sparkling waters of the Indian Ocean before stopping at Hillarys Boat Harbour for a well deserved cuppa and cake before heading back a short distance to Greenwood Railway Station.

Leader: Roy, phone: 0410 008 793 or roy_stone_au@yahoo.com.au

Train Tracks, Highways and the River

Sunday, 11 October 2015

8:00 am for 8:15 am start

45 km, mostly flat, leisurely to low end moderate

Meet at the south end of the Narrows Bridge to ride along the River in South Perth and to the Armadale Railway line. Then a few quiet roads in Kewdale before going on the new PSP along Leach Highway and Tonkin Highway (I've been advised it will be opened by the date of this ride!). We will then make our way along the Midland Railway line for a coffee break in Subi, then follow the Fremantle Railway line before deviating to the River and back to the Narrows Bridge.

Leader: Christine

Phone: 0400 570 077

10000 in 8 Achievement Ride Take 2

Saturday, 17 October 2015

8:00 am start

100 km, hard, road bike:hilly.

This ride will be run as a BREVET. Time limit is 8 hours.

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

Yellagonga Loop

Sunday, 18 October 2015

8:30 am for 9:00 am start

30 km very leisurely, flat.

Meet at Edgewater Station .

Slow ride around the lakes and the disappearing rural blocks of Wanneroo. We will have a break, probably in Wanneroo before we encounter a small hill on the way back to the station.

I will try not to lose anyone.

Leader: David 0439 390 989

Vivente World Randonneur Ride

Sunday, 25 October 2015

9:15 am for 9:30 am start

40 km, flat, leisurely

Meet at Guildford Train Station in the James Street forecourt.

The popularity of Sydney based, Vivente World Randonneur touring bikes www.viventebikes.com has been steadily increasing amongst members of the CTA. In recognition of this fact, I'm calling anyone with a Vivente to join in a mass presentation of these bikes on a Sunday morning social ride. To witness this spectacle, all other riders with different makes and models are more than welcome to participate in this event.

We will ride through Midland to the start of the Swan Valley Trail. We will amble northwards along quiet back roads parallel to Great Northern Highway, before turning down West Swan Road

and stopping for a coffee prior to returning to the Guildford Train Station.

Leader: Trevor

Phone: 040 202 9608 or trevorknox@arach.net.au

Nautical Search

Sunday, 1 November 2015

8:15 am for 8:30 am start

60 km, BRISK, Road bike

8.15 for 8.30am start

Meet at Raffles Hotel

The ride is mainly on roads, searching out lakes, rivers, and the ocean, both North and South of the Swan River. Coffee stop at Freo.

Leader: Nev

Phone: 0421 491 252 / 9448 5764

Sunday, 8 November—please check website for ride details.

Note: Ride Guidelines for AR

All riders are responsible for showing up with a well-maintained bike, and adequate food and water as these rides are unsupported.

You must wear a helmet, and bring with you two spare tubes, puncture repair kit, tyre levers, pump and, if your bike is not fitted with quick release hubs, a spanner that fits your axle nuts.

Reports From CTA Rides!

CTAWA Time Trial— Sunday, 7 June 2015

Just a short note on the time trial that was held on 7 June 2015 by David VZ

After meeting at Edgewater station we set off for the course on Ziatas road in Wanneroo. Before leaving the 10 participants were asked to estimate how long it would take them to ride 30 km on an out and back course. The idea being that the person who completes the course

closest to their nominated time would be the winner. The nominated times were recorded by Viki and Reg, who assisted me with the time keeping. The starting order was established and the riders were sent off at 30 seconds intervals. I was at the 15 km mark where the riders turned and headed back to the start where the times were recorded.

Two riders Stuart and Trevor tied, both being 90 seconds off their nominated times.

At the other end Mark's nominated time was somewhat ambitious he was more than 20 minutes slower. For the record Kleber was the fastest rider.

On the way back we stopped for coffee at the Dome in Banksia Grove before heading back to the station.

From the comments over coffee it appears that those who took part enjoyed the ride.

(Continued on page 14)

CTA Tour—5-6 December 2015 Serpentine Falls

THE MACQUARIE DICTIONARY "REVOLUTION" - NOUN, "A COMPLETE OR MARKED CHANGE IN SOMETHING"

After the very positive and constructive Strategic Planning Workshop held at the social evening on Wednesday 15th July, I approached Stuart, our esteemed rides coordinator, and offered to organise a one night weekend tour on **Sat/Sun 5/6th of December**. He accepted my offer, and I am inviting you to join me, and be part of the TOURING REVOLUTION. LETS PUT THE **"T"** BACK INTO THE CTA.

The frequency of one night weekend tours, and if full pannier or towel and

undies, I would imagine be determined by the committee, depending on the response of the members to the concept. It would be great if you, the members, could participate in, and perhaps organise, one night weekend tours on a more regular basis.

The advantage of one night weekend tours is that you can choose a quieter, non holiday period, with more accommodation being available. Also, it gives an opportunity for new members to develop and build on their touring equipment and skills.

The tour on the 5/6th December will be overnight at the Serpentine Falls caravan park and mostly on quiet back roads.

Full details will be in the Nov/Dec Chain Letter.

Tour Leader: Kleber



Beautiful Serpentine Falls!

CTA Tour—Easy Rider Tour Autumn 2016—2-5 April 2016

This is one for you to put in your cycling calendar for 2016!

- * If you have never done a tour with the CTA this one is for you.
- * If you would like a cycle tour on quiet secondary roads through jarrah forests in autumn this one is for you.
- * If you would like a cycle tour where there is plenty of time to stop for a bite to eat at a bakery or sample a wine at a vineyard this one is for you.
- * If you would like a "spoke" cycle tour where you are based at the same

location each night in fully self contained cottages (the Wellington Forest Cottages) and each day the tour goes out in a different direction this one is for you.

- * If you would like a cycle tour where you don't need panniers this one is for you.
- * If you would like a cycle tour where the distance ridden each day is moderate this one is for you.
- * If you are a seasoned tourer who likes to travel long distances loaded up

with panniers you are very welcome of course, just leave your panniers at home and take time to smell the roses on this tour.

What you need to do.

1. Get out your diary and mark the 2 April to 5 April 2016 as Easy Rider Tour.
2. Entry forms/ cost will be in the next Chain Letter. Entry is restricted to a maximum of 40 riders, so lodge your application early to avoid disappointment.



Wellington Forest Cottages and surrounding forest

When Cycling is a Pain in the Butt!

This article was in the May/June 2010 edition of the newsletter, many thanks to the author for allowing us to reprint in this edition. OYB participants may find the information very useful!

At enormous expense, CTA has acquired the services of the world renowned cycling medicine expert, Dr Crankschaft, who has kindly taken time out from her duties at the Tour de Otahuhu to help us. (N.B. This article had to be substantially revised and the illustrations removed after the printer informed us a sealed section was not possible).

Dear Dr Crankschaft,

I used to love my cycling, but now my undercarriage is playing up. Every time I get on the saddle, I'm in agony and often feel quite limp afterwards. Sometimes painful lumps appear and I even had to leave a recent OYB because of them. The only songs playing on my Ipod are "Ring of Fire" and "Love Hurts". Please help.

Yours, SB

Dear SB,

Well, you're not Robinson Crusoe there. Saddle related pain is one of the commonest cycling problems, and many people feel it is just something they have to suffer. But not so!

As in real estate, it's all about position,

position, position. Try adjusting for height, fore and aft and tilt. With height, you want it to be high enough so your legs have only a slight bend at the lowest point. If it is too high, you're hips can rock from side to side, causing chafing. Ask someone riding behind you if they can see your hips rocking. Tilting the nose down a little can help with discomfort in the front region, but be careful not to put too much weight on your wrists, or put yourself at risk of sliding forwards. Start flat – a spirit level can be very helpful.

There are a lot of fancy saddles out there, but before trying a new one, make sure you spend time adjusting your current one, as often that will be all that is needed. Some saddles come without a nose, but these can be dangerous, as it is easy to fall forwards if you stop suddenly. Other people swear by cut outs (the saddles with bits missing in the middle) but these can just transfer the pressure to other areas.

If, like Dr Crankschaft, you have a large, soft bottom (*Editor-I don't believe it!*), you may feel a large, soft saddle is your best option. However, all that extra padding can increase chafing, as the chamois is unable to slide on the saddle and the width can irritate the skin. Remember, it is the bones you are trying to support.



Cycling can be a pain in the butt!

website also has an excellent article on bike fit.

The lumps you mention sound like saddle sores, which are infections under the skin from surface abrasions. These are certainly painful, and have led to the toughest Tour de France riders to pull out. The old cure was riding with a steak in your cycle shorts- watch out for a queue at the Cunderdin butchers!

To prevent these, check your position and saddle. Invest in good bike shorts, and change them as soon as you finish the ride. Wash before and after the ride – plain soap and water is fine and there is no advantage in antibacterial cleansers.

Stand up often, and move around on the saddle to improve the circulation and prevent pressure points. Using chamois cream will keep the skin lubricated and help prevent microtears. Incidentally, underwear shouldn't be worn under the chamois – not only do you get a VPL (visible panty line for the men out there) but you lose the benefit of friction reduction).

As always, start training early to accustom your tail end to the saddle.

If you do end up with a sore, you need to stop riding until it heals, as you run the risk of developing a cyst, which could require surgery. If you absolutely must continue to ride, be doubly careful about the preventative measures above, and consider trying a different saddle / shorts to change the pressure areas. You could try a topical antiseptic, such as Tea Tree Oil. Antibiotic creams are unlikely to work, and usually just spread resistance. Corn pads from the chemist have been used to take the pressure off. If matters don't settle down rapidly, you will need to get some antibiotics.

A good article on preventing saddle problems is bikesportmichigan.com/features/saddlecomfort/shtml

If all else fails, maybe it's time for a recumbent!

Yours, Dr Crankschaft

A friendly bike shop may let you try saddles before buying, or you could try someone else's discards. The saddle they hated may be perfect for you. Try reading limlangley.net/crank/bicycleseats.html for some good advice. This

Two photos—same place, can you spot the difference?

From Keith McBurnie

As you probably know, Liz and Richard are now busy cycling in Switzerland and Northern Italy. I few days ago they were cycling in the Engadin valley in Switzerland and sent back a few photos. I had a quick look at them and realized that one area of their photos was very familiar looking. So, I hunted through my photos of last years trip that Sue and I did on our own in the same valley and lo and behold, Liz took almost exactly the same photo of Richard that I had taken of Sue the year before. I sent mine back to Liz and she forwarded me some more of the same spot. We just thought that it was quite uncanny that that had happened and Liz suggested that I forward them to you for the newsletter.

Editor: Thanks to Keith and Liz for sending through the photos of the Engadin valley looks like a beautiful place to cycle in.

Top right: Sue McBurnie cycling through the Engadin valley in Switzerland in 2014



Bottom right: Richard Marshall cycling through the Engadin valley in Switzerland in 2015



New 200 km AR ride-22.8.15

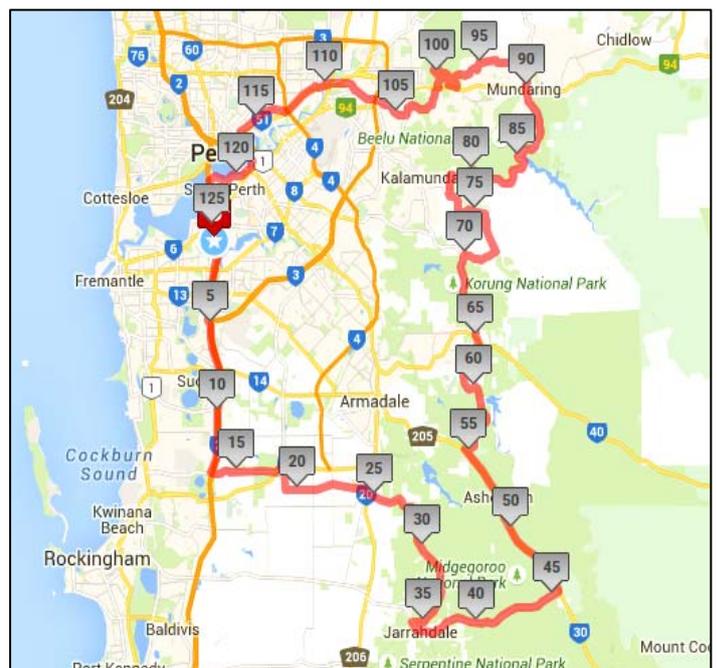
By Hilary Beck, AR Coordinator

A new safer route with quiet roads and plenty of beautiful scenery saw a keen number of CTA cyclists take to their bikes. We had good weather following a week of rain, even some sunshine in the middle of the day. This ride is very challenging not only in distance but in profile. It was run as an unsupported 200 km for the first time, which meant that the AR Coordinator was able to participate with the group.

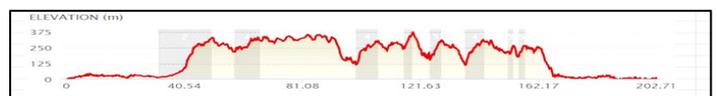
The route is a revised version of a previous Audax ride and begins and ends on bike path for safety in the dark and when tired. Riders were able to stop for refreshment breaks at stores in Jarrahdale, Pickering Brook and Parkerville. There are also options available for leaving the ride at a few places, if needed, to take a train.

Many thanks to Bruce Robinson and Brian McAuliffe for doing the ground work, and to Bruce and Colin Prior for their superb mapping skills. The new ride is a collaboration of many hands including Kleber, Noel, and Stuart.

Check out the ride map and profile on the right.



The markers are waypoints, not kms!



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

Robyn Cilli	Wendy McIntyre
Yvonne Sargeant	Silvia Klemenz
Colin Price	Gemma Blagrove
Jacinta Foster	Tony Moore
Yvonne Parsons	Mike Lewis
Helen James	Mark Billington
Di McHenry	Bob Hingston
Bevan Buirchell	Jeremy Knowles
Glenda Marshall	Jo Wilson
Mick Wotton	Roger Lawes
Kay Bailey	Fiona Evans
Ross Roworth	Sandra Patullo
Lynette Newman	Peter Patullo
Kevin Gannaway	

CTA Clothing



CTA clothing is available as follows:

CTA jerseys:

Short Sleeve Unisex (full zip): \$85

Short Sleeve Womens (short zip): \$85

Long Sleeve Unisex (short zip) : \$95

Long Sleeve Womens (short zip): \$95

Long Sleeve Unisex (full zip): \$95

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 – NEW POLICY

Vehicle support will **no longer be provided for Achievement Rides**. Cyclists must ensure they bring along sufficient food and water. All longer achievement rides pass through towns where supplies may be replenished.

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

Bike Bits For Sale

Black Wolf Mantis I person tent, Black Wolf sleeping bag, Thermorest sleeping mat, panniers: large rear, small front
Trangier stove . All offers considered. Email : John Wood , woodj@mbox.com.au

Glimpses of the Canning River—Sunday, 26 July 2015 (by Rosalee)

A good number of riders turned up for a leisurely to moderate flat ride around parts of the Canning River. As I discovered things don't always go to plan! After stopping for a group catch up and then calling out "On Your Bike" does not necessarily mean that everyone is going to follow the leader! Fortunately we did regroup again at Kent Street Weir and hadn't appeared to have lost any riders. When Bruce R. says that its only 30 steps to climb up—never believe him! Photos: Kleber doing his weight lifting exercise up the steps near Salters Point and group photo near Lo Quay Café with Canning River in the background.



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**

