

THE CHAIN LETTER

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

January/February 2016

Issue 246

PRESIDENT'S REPORT

The year is at an end, many thanks to everyone who helped the CTA with leading rides, tours and thanks to all the participants who joined us on the rides and tours.

We have our AGM next year on 21st February, and it is time to nominate for office bearers, Cycle Tourist of the Year and Ride of the Year.

This is the time to acknowledge the members who have contributed to the club and it is peoples time and contributions that make CTA what it is. If you have a desire to be part of the CTA committee, please let us know.

This newsletter is the last one posted to everyone, excepting those who

have chosen to pay the surcharge for a posted newsletter. It's the end of an era for the CTA.

Safe Cycling

Regards

Connie



Changes to publication of The Chain Letter

CTA newsletter enters a new era

Following a resolution at the 2015 AGM, and subsequent developments, The Chain Letter is moving to electronic publication only. The time-honoured look and feel of the newsletter won't change much, but from March 2016, it will be primarily released as PDF posted on the CTA website.

An email will be sent to members alerting us when the new Chain Letter is available. We trust CTA members will embrace this move, which not only will simplify compilation and distribution, but will also bring cost savings to your club.

Sincerely

CTA Editors and Committee

ANNUAL GENERAL MEETING

Sunday, 21 February 2016—11 am

Loftus Community Centre, 99 Loftus Street, Leederville

All members are urged to attend the AGM of the CTA. See pages 3–5 for more information. Come along and support our fantastic club! Tea, coffee and cake will be provided.

CTA Children's Ride — Sunday 22 November 2015

By Stuart Crombie

The Children's Ride around the Canning River from Kent Street Weir ran again in brilliant spring weather. Riders came with a baby carriage behind mum, a baby on a seat behind dad and a Tag-along behind another dad and others on their own bikes.

Several riders had been on the ride in March but were stronger, faster and (thankfully) more road aware this time around. The ride finished with beautiful chocolate mini-muffins homemade by Barb and Gus and went down especially well combined with a Canning Cafe coffee. All was done and dusted by midday before the heat came in. Well done guys.

Some proud Grandparents among the riders!



CTA LEADERSHIP

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DEADLINES: Contributions for the next issue (Mar/April) should be sent to the Editor (editor@ctawa.asn.au) no later than **6 February 2016**.

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.

Contents

President's Report	1
Achievement Ride dates 2016	2
Annual General Meeting – agenda	3, 5
Cycle Tourist of the Year	4
CTAWA Notice Board	5
Ride report: Kleber's Ruined Reputation Tour <i>by Sarah Cutts</i>	6
Rides Calendar	7, 8
Forthcoming tours:	
Badgingarra – Broad Horizons	8
Ferguson Valley Sustainability Tour 2016	9
Retirees' Run – Reversed	10
Ride report: Women's Wheelie Week <i>by Rosalee McAuliffe</i>	10, 11
Club Clothing	12
Achievement Ride Info	13
Membership Details	14

2016 On Your Bike — 22–30 October “Bay to Bluff Tour”

Planning for the 2016 OYB Tour is now well underway. This year's tour will take in some iconic parts of the Great Southern, which is the largest and most diverse region within Australia's South West. It varies from unspoilt coastline, and idyllic seaside town to sprawling agricultural lands and national parks harbouring some of the world's rarest species.

Mark this tour in your calendar, more details in the next newsletter.

Achievement Ride Dates for 2016**

Sun 28 Feb 50 km T1

Sat 13 Mar 5000 in 4 T1

Sun 14 April 100 km T1

Sat 14 May Century Challenge T1

Sat 11 June 10,000 in 8 T1

Sat 2 July 100 km T2

Sun 3 July 200 km in 2 days

Sat 30 July Century Challenge T2 (brevet)

Sun 7 August 50 km T2

Sat 20 August 200 km

Sat 17 Sep 300 km (Brevet)

Sat 1 Oct 5000 in 4 T2

Sat 15 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.

Contact Hilary if you have any queries regarding the schedule of Achievement Rides for 2016

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

Annual General Meeting—Sunday 21 February 2016, 11:00 am

Loftus Community Centre, 99 Loftus Street, Leederville

AGENDA

1. Welcome

2. Apologies

3. Minutes of the last Annual General Meeting (8 March, 2015)

4. Reports

- (1) President
- (2) Treasurer
- (3) Rides Coordinator
- (4) Achievement Rides
- (5) Social
- (6) Clothing
- (7) Website
- (8) Editor
- (9) OYB

5. Awards

- (1) *Achievement Ride Recipients*
 - i. Merit Series
 - ii. Achiever Series
 - iii. Challenge Series
 - iv. Super Achiever Series
- (2) *Newsletter Article of the Year*
- (3) *Ride of the Year*
 - i. Single Day Ride of the Year
 - ii. Multi Day Ride of the Year
- (4) *Cycle Tourist of the Year*

6. Election of Office Bearers for 2016

7. General Business

- (1) Subscriptions
- (2) Appointment of Auditor
- (3) CTA Address
- (4) Other

Achievement Rides Series

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

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

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

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

Newsletter Article of the Year

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

Ride of the Year – Single day and multi-day

This is an opportunity for you to nominate your favourite ride, weekend away or tour. Choose the ride you enjoyed the most – nice weather, great atmosphere, interesting destination, good food, great company, achievement or fun? Two awards are given for Ride of the Year – one for a single day ride and the other for a multi day ride (weekend or tour). A list of all rides provided during the 2014 calendar year will be available at the AGM for members to vote for both categories. This award is an opportunity for you to show your appreciation to a ride organiser, and allow the club to recognise and reward their effort. Note that the On Your Bike Tour cannot be nominated.

Cycle Tourist of the Year

Nominations are called for the 2015 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 for Cycle Tourist of the Year criteria provided on p. 4 of this Chain Letter, along with a list of past recipients.*

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.

The closing date for 2015 Cycle Tourist of the Year award is 14 February 2016.

Election of Committee Members for 2016

Nominations for President, Vice President, Secretary, Treasurer and six (6) committee members for the positions of Rides Coordinator, Achievement Rides Coordinator, Social Coordinator, Editor, Webmaster, and Clothing Coordinator can be received up to and on the day of the AGM. All nominations shall have a proposer and a seconder, and shall be announced at the AGM. Nominees, proposers and seconders must all be voting members of the CTA. A summary of the roles and responsibilities for each of these positions is given below.

President:

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

Vice President:

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

Secretary:

Attends meetings and takes minutes of the meeting. Retains records of CTA committee meetings and sends meeting reminders at least one week prior to meeting. Attends to any outgoing correspondence as required. Prepares documents for the AGM and ensures notice of meeting is sent to all members at least one month prior to the meeting.

(Continued on page 5)



CYCLE TOURIST OF THE YEAR



Nominations are called for the 2015 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.

Cycle Tourists of the Year 1978–2014

1978	Nicole Harrison	1988	Martin Bunny	1998	Tom Wall	2008	Allan Duff & Deb Palacios
1979	Wayne Lally	1989	Kleber Claux	1999	Desama Bailey	2009	Jeremy Savage
1980	Neil Porteous	1990	Arie Lemson	2000	Ann Wilson	2010	Sarah Cutts
1981	Mark Bettell	1991	Brett Rutherford	2001	Simon Koek	2011	John Faris
1982	Dale Neill	1992	Simon Koek	2002	Marion Affleck & Terry Bailey	2012	Teresa Liddiard
1983	John Martin	1993	Mark Nilan	2003	Tony Humphreys	2013	Hilary Beck
1984	Ian Hore	1994	Stan Wiechecki	2004	Kleber Claux	2014	Liz Marshall
1985	Bob Stockman	1995	Peter Lundy	2005	Karen Date	2015	???
1986	Ron Bowyer	1996	Ross Cussons	2006	Noel Eddington		
1987	John Sherwood	1997	Janet Devrill	2007	Colin Prior		

(Continued from p.3)

Treasurer:

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

Rides Coordinator:

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

Achievement Rides Coordinator:

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

Editor:

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

Webmaster:

Maintains the CTA website.

Social Coordinator:

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

Clothing Coordinator:

Ensures that adequate supplies of CTA clothing are held on hand, and are distributed to buyers in a timely manner. Maintains adequate records of sales and money. Ensures all stock is securely stored and reports to the CTA committee (monthly) and at the AGM on stock and sales during the year.

Committee positions are open for 2016, please send Expressions of Interest to Connie at : president@ctawa.asn.au or phone (08) 9378 3687

CTAWA Notice Board

For sale—bike parts

I have a few 9 and 10-speed Shimano rear gear cassettes/clusters which are either brand new or in very good 2nd hand condition, but they're mostly 12–25 gear ratios, surplus to requirements.

Road cassettes:

- > one 2nd hand 9 speed cluster x 12–23 teeth 105 cluster – **free**
- > two brand new 9 speed x 12–23 teeth Ultegra clusters – **\$ 10 each**
- > one 2nd hand 10 speed cluster x 12–25 teeth Ultegra cluster – **free**
- > two brand new, 10 speed x 12–25 teeth Ultegra clusters – **\$ 10 each**

Drop handlebar:

- > one 2nd hand Easton AE50 aluminium drop road handlebars, 44cm width – **free**

Saddles:

- > one brand new Selle Italia Shiver black saddle – **\$ 20**
- > one brand new Selle Italia women's black "Lady" gel flow saddle – **\$ 20**
- > one brand new Specialized black "Indie 143" saddle – **\$10**
- > one brand new Mans Giant CRX saddle – **free**

Contact: Mark Stupart or email on: mstupart@iinet.net.au

Stolen bikes—can you help?

SPECIALIZED AWOL

Medium size steel frame, complete with Topeak rear pack rack, **Schwalbe Marathon** plus tyres, **Shimano Sora** rear derailer, FSA cranks, Avid BB7 disc brakes, Shimano flip SPD pedals and most obviously a **Brooks Leather saddle**.



Note: No bags, front rack or mud guards were on the bike when stolen from West Perth area

If you have ANY INFORMATION or have seen this bike around **PLEASE CALL** or message me and I will appear like Batman to steal it back.

Contact: Warren, 0438 507 711

FEES PLEASE:

Just a reminder that your 2016 membership fees are now due. Please note, new membership fees apply following an increase approved by members at the AGM in March 2015. You have until the end of January to pay and receive the \$5 discount (for adult membership only). After this date full price applies.

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, or be notified of the following edition of the Chain Letter.

Serpentine Falls Tour—5-6 March 2016

‘Kleber’s Ruined Reputation Tour’

By Sarah Cutts

‘It never rains on my tours’ was the word from Kleber, so the more gullible of us packed lightly for the 58 km ride from Wellard Station to Serpentine. Those more experienced had not only brought wet weather gear, they had also booked chalets at the caravan park.

All started well with the keen cyclists meeting at the station. CTA’s notorious ability to sniff out a coffee shop was shown immediately. Brave Matthew was riding with cleats for the first time, and suffered the inevitable fall – don’t worry Matthew, we all did it when starting out with cleats! We then went on to Rockingham, with morning tea at the Dome at 10 km supposedly followed by tea at the Pengoo cafe at 17 km. however,

the scaffolding was up and the cafe was shut for the first time in 15 years. Before anyone fainted from hunger from the gruelling 7 km since our last break, the local talent had provided us with an alternative, and we ate on the beautiful foreshore.

We then headed directly into the ominous black clouds ahead, and soon the jackets were out and pannier covers on.

It was every man for himself as the rain started to pour, and the gorgeous beach front views were ignored.

After a brief stop at the Serpentine Road House for supplies, we arrived at the Caravan Park, which had lovely soft grass for the tents with lots of cute bunny rabbits and Splendid Wrens. Luckily the

rain stopped enough to let us put up our tents, although I realised it had been a bit too long since my last camping trip. Thanks, Mike, for the lend of the tent pegs! Then it was down to the pub, where Christine revealed hidden talents as a pool shark.

Sunday was showery but we managed to get a clear spot to leave in, although the rains soon set in as we did the 30 km back to the Dome and yet more coffee.

Thanks to Kleber for organising yet another great trip, as well as to Christine, Tony and anyone else who was involved in the organisation. The concept of a short overnight trip, where you had the option of accommodation was brilliant. And I would rather be riding in the rain than 42 degrees!



Where did that blue sky come from!

Lift out Rides Calendar for January/February 2016

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.**

Wednesday Morning – Beat the Heat

Wednesday, 6 January 2016

7:15 am for 7:30 am start

50 km, moderate, hilly.

Meet at the Narrows Bridge southern car park along the river. For those who are still on holidays, or retired, or work for themselves and can get away, a one-off new ride to start the year and work off some of that festive cheer. We will be riding around the river to Freo and back and it will be a slow/moderate and when allowable a fast pace. This is for the stronger riders to open up a bit but don't worry, we will wait when there is a turn off. A ride for all levels and if successful we will consider for next year.

Leader: Stan

Phone: 9345 3552 or 043 9955 241

Come For a Swim Ride

Sunday, 10 January 2016

8:00 am for 8:15 am start

35 km, touring pace, mainly flat

Meet at the south end of the Narrows Bridge, near the toilet block.

The last "Come For a Swim Ride" at Swanbourne was very disappointing, because no one turned up. So I have decided to choose Cottesloe this time instead. We will be following the North side of the Swan River through Crawley and Dalkeith then West to

Cottesloe Beach. We will spend as much time as people want to enjoy the surf and morning tea/lunch. Heading back along PSP railway line path via West Perth and then onto the Narrows Bridge. Don't forget your bathers.

Leader: Kleber

Phone: 9354 7877

Cruise to Currambine (I have a map!)

Sunday, 17 January 2016

8:15 am for 8:30 am start

45 or 86 km, rolling, leisurely to moderate pace. Meet at Loftus Centre, Leederville. The Mitchell Freeway bicycle shared use path was one of the original off-road facilities in Perth. Come with us on this ride to see how it has changed and design has improved as it has rolled out to Currambine and ultimately by the on-road cycle lane to Butler (the morning south-easterly will help). After coffee at Chippies it is 4km to the train at Clarkson to return you to Leederville or you can ride back as preparation for the 50km Achievement Ride in February.

Leader: Stuart,

Phone: 0409 882 931

Fush & Chups Nite

Wednesday, 20 January 2016

6:00 pm for 6:15 pm start

25-30 km, moderate, not too hilly.

Meet at the Loftus Community Centre, Leederville. A short ride to somewhere around Kings Park where we will purchase fish & chips then ride to Kings

Park to sit on the grass overlooking the city lights. I have arranged transportation for the fish and chips. Tourers bring a picnic blanket if you can. **Must have good working front and rear lights.**

Leader: Stan

Phone: 9345 3552 or 043 9955 241

Rail to River

Sunday, 24 January 2016

7:45 am for 8:00 am start

45 km approx, leisurely-moderate ride

Meet at Narrows Bridge, south side near toilet block. Riding out via Windan Bridge to the PSP path along the railway line towards Guildford and then turning off towards the Swan River, following the river around back to the Narrows Bridge. Morning tea will be at Tranby House.

Leaders: Rosalee and Brian

Phone: 0409 468 797

Narrows Leisurely Ride

Sunday, 31st January 2016

8:00 am for 8:15 am start

41 km, leisurely ride

Meet at the underside of the Narrows Bridge. The ride follows the Swan river south and around Shelley returning via Waterford, Como to the fore shore, head north around the Windan bridge, returning to the start point.

Leader: Pat/

Phone: 0419 241 787

What Duck is That?

Wednesday, 3 February 2016

6:00 pm for 6:15 pm start

25-30 km, moderate, flat

Meet at the Loftus Community Centre, Leederville. A ride to around some of my favourite lakes then to an eatery for dinner. Afterwards, before heading back we will ride to a board walk where we will go for a walk with torches to spot any wild life, so bring a torch. Being a 'twitter', I'll bring my binoculars and bird books. **Must have good working front and rear lights.**

Leader: Stan

Phone: 9345 3552 or 043 9955 241

Mundaring Cake Run (Take 2)

Sunday, 7 February 2016

7:30 am for 7:45 am start

74 km, medium pace, hilly

Meet at Cannington train station. This time I will try to be part of the ride. Don't let the temperature stop you coming along. If it is too hot, we will shorten the ride. Please email me if you would like a gpx file of the ride .

Leader: Liz

Ph: (08) 9293 0398 or 0423 207 258

Email: elsbethmarshall@gmail.com

1 km from the river – UP

Sunday, 14 February, 2016

7:30 am start

75 km, moderate pace, hilly

Meet at the Loftus Centre, Leederville. Impress your friends by telling them you rode your bike for a kilometre (UP!) this weekend. Details to be announced.

Leader : David Phone: 0408 866 787

Pizza Near the Park

Wednesday, 17 February 2016

6:00 for 6:15 depart (evening ride)

20 km, some moderate hills, leisurely–moderate pace

Meet at the Loftus Centre in Leederville. We'll travel on separated bike paths, quiet back streets and parks of Como and East Victoria Park to a little known gem in Kensington for pizza, or go next door for a kebab. Then it is downhill back to the river and return to the Loftus Centre.

Leader: Stuart Contact: 0409 882 931

Rise and Shine Farmers' Market Meander

Saturday, 20 February 2016

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://farmersmarketonmanning.com.au/> where we will enjoy a truly delightful, vibrant farmers market. Beware, you might not leave empty-handed.

Contact: Lucia Phone: 0417 189 385

50 km Achievement Ride – Bullsbrook Route

Sunday, 28 February 2016

7:30 am for an 8:00 am sharp start

50 km, moderate pace

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

Contact: Hilary 0405 427 246

Email: achievementrides@ctawa.asn.au

Check out the “Beat the Heat” rides for January and February on Page 9

Badgingarra – Broad Horizons Tour

Sunday 6 to Saturday 12 March 2016

Leader: David van Zyl

Phone: 0439 390 989

Email: darby_wiki@bigpond.com

We will arrange transport of the baggage (tent, sleeping bag, clothing etc.). This will allow you to ride without a load due to some of the distances. We will ask for volunteers to take a turn in driving the transport van towing the trailer.

Day 1: Sunday 6 March

Leave from Butler station, cycle via Two Rocks to Gingin (74 km). Stay at the Gingin Tourist Park. You can camp at \$15.00 per person, or stay in accommodation. There is a camp kitchen, and meals, including breakfast, are also available at the roadhouse.

Day 2: Monday 7 March

Gingin to Moora, via Mogumber (105 km). Stay at Moora Caravan Park. Camping is \$10.00 per person or choose and arrange your own accommodation. There is a camp kitchen or you can eat in town where there are two hotels, a motel, cafe and club.

Day 3: Tuesday 8 March

Moora to Badgingarra (61 km). Stay at the Badgingarra Tourist Park, camping only, \$10.00 per person. Facilities are basic, but food is available at the Roadhouse or hotel.

Day 4: Wednesday 9 March

Badgingarra to Cervantes (67 km, and we drop nearly 200 m). Stay at the Pinnacles Holiday Park, camping and accommodation available; camp fee is \$12.00 per person. There is a camp kitchen, and meals also available at the café or the Country Club.

Day 5: Thursday 10 March—rest day at Cervantes

Day 6: Friday 11 March

Cervantes to Lancelin (86 km). Stay at the Northend Caravan Park. This is next to the hotel where meals are available.

Day 7: Saturday 12 March—return to Butler TS

Registration forms will be sent out to people who have already expressed an interest in the tour. **Please contact David if you are interested in joining this tour.**

Ferguson Valley Sustainability Tour 2016 aka (The Not So) Easy Rider Tour—Saturday 2 to Tuesday 5 April 2016

Leader: Doug Allen

Phone: (08) 9447 2554

Email: yodallen44@yahoo.com.au

Latest Update:

Named by Doug 'The Easy Rider Tour' because of all the points of interest you will be stopping at and moderate distances, it is nevertheless located in a valley – the Ferguson Valley. Of course, valleys are so called because they are surrounded by...you guessed it, hills! But the concept of a leisurely ride is still there, and you won't have to load up your panniers as the stay will be based at the Wellington Forest Cottages. Each day you will venture out to new sights and there will be hills, so Roy thinks it should be more appropriately called 'The Not So Easy Rider Tour'. Come along and make your own judgment on the matter!

Suitable for touring bikes or mountain bikes, road bikes will be catered for by use of the CTA trailer if you wish to avoid the 3.3 km gravel section we will traverse on some of the days.

The Wellington cabins where we are staying in the Ferguson Valley National Park now have a restaurant. This restaurant

normally only operates on Saturday evening. However, we are pleased to say that it will open for us for both Saturday lunch and Saturday evening.

There are limited places available so if you would like to experience part of the Munda Biddi track (sealed sections), Wellington Dam and National Park, Gnomesville, local cafes, picturesque scenery, Honeymoon Pool, wine and beer tasting, see a pottery demonstration and learn about the history of Dardanup, then make sure you book **ASAP to secure your place on this wonderful tour.**



New restaurant near Wellington cabins

Retirees Run—Reversed! Sunday 8 to Wednesday 11 May 2016

Leader: Liz Marshall

Phone: 9293 0398 or 0423 207 258

Email: elsbethmarshall@gmail.com

This time we go around anti clockwise, so we can see the trees from the other side.

We will be starting on Sunday in Midland, which enables us to start early.

Will be staying at three accommodations: Toodyay(Freemason Hotel), New Norcia Hotel and at the Windmill Farm Stay in Bindoon . The cost will be \$170 per person. This includes three accommodations, three breakfasts and dinner in Bindoon.

Distances are 87, 91, 69 and 82 km.

We can take 28 participants, so, if you are thinking of joining,

send me an e-mail and I will send you the payment details, so you can secure your booking.

PS: There will be about 8 km on a gravel road on the first day.



Pictured: The historical New Norcia Hotel—great place for an overnight stay!

Beat the Heat—Leaderless Rides!

For anyone who wants an early morning ride. Meet at the playground in Charles Paterson Park at Burswood at **06:15 for a 6:30 departure**, hilly, moderate pace, about 50 km. The ride focuses on a significant hill climb as a way of maintaining fitness over the hot summer months. The route will vary depending on who turns up but the classic climbs of Welshpool Road, Kalamunda Road and Coulston/Ryrie Roads will feature

frequently. Coffee is likely at the top.

Contact: Stuart

Phone: 0409 882 931

Dates:

Sunday – 3, 10, 17, 24, 31 January 2016

Sunday – 7 & 14 February 2016

Women's Wheelie Week—Six Days of Riding Bliss

Saturday, 25 October—Saturday, 31 October 2015

By Rosalee McAuliffe

It was on this year's OYB when Joy from Albany mentioned that the Albany girls were planning a pannier ride, which sounded like fun. A few likely candidates were invited to be included in the ride, unfortunately other commitments prevented their participation. We ended up with five girls, Joy, Di and Deb from Albany, and Sue and Rosalee from Perth.

Bikes were all prepared – as best as any woman can! Panniers packed – as light as we could! No room for any luxury items, although Sue did manage to sneak in her hair dryer much to everyone's amazement, her pannier must have had extra space! The Albany girls all had front and rear panniers, however the Perth girls thought they could cope with just rear panniers!

We all met on Sunday at the Collie Caravan Park, in time to set up our tents and have a look around Collie. The owner of the caravan park was fantastic, he allowed us to leave our vehicles at Collie for the week while we were riding. The camp kitchen and general amenities were excellent.

So, things that we liked, disliked and needed!

Important items:

- We got away with only limited bike repair tools, although Di did have some spare spokes and a fantastic pump.
- A first aid kit is mandatory on any bike tour. We needed to use our kits when Sue decided to have a close encounter with a gravel road on a downhill run. Skin off everywhere. Fortunately no long term injury and her bike was okay. We decided that she is made of very strong stuff!
- Cooking gear is handy if you want a nice hot cuppa on the road. Deb and Joy used their camp cooker. I think this is why they had front panniers!
- Light stools are good for a comfortable seat on the side of the road.

- A tent that does not leak, this can really spoil your adventure! We had a huge downpour at Harvey, fortunately no major damage to our tents, only one minor leak.
- Perhaps an easy to operate bike GPS, however paper maps do suffice and Tourist Information centres for local knowledge.
- Go with people who can change a tyre! Fortunately all the girls were pretty competent (except Rosalee), and we did get away with no flatties.
- Confidence to ride in any conditions, camp and always find somewhere to get a feed. Most towns have a reasonable supermarket or shop.
- Fly nets are handy when on and off the bike in summer.

Day 1 – Collie to Donnybrook (63 km)

Apart from Sue's nasty bingle on the slippery Mungalup gravel road, we found the ride through the quiet forest areas very pleasant. Our first stop was to have a look at Minninup Pool which is just a few km out of Collie. This pool is part of the Collie River and a popular swimming and fishing spot for the locals. We were astonished to see a nasty car crash just after coming back on the main road after Minninup Pool. Cars can be so dangerous! We enjoyed riding through the forest on the single lane, unsealed, Big Tree Road and stopped to look at a local attraction called King Tree, a jarrah tree which is the tallest in the Wellington National Park, between 300–500 years old. The stop at Gnomesville

was very interesting. It is well worth having a look at, thousands of gnomes in various forms, stretching over nearly a km, all in interesting set ups, even some placed there from overseas visitors.

The Donnybrook Caravan Park had no camp kitchen, however did have clean ablutions, laundry and good undercover area with BBQ, sink and powerpoints. Also nice lawn area for our tents. However, don't plan to eat out on a Monday night in Donnybrook, we could not find a suitable place to dine at. They do have a good IGA with lots of choices for meals.

Day 2 – Donnybrook to Binningup (74 km)

Once again Joy managed to find some reasonably quiet roads for the majority of the ride to Binningup. A lot of the area we rode through has irrigated pastures for dairying and cattle production, consequently nice and green. Our first stop was Boyanup. This is only a small town, however is the home of the rustic looking 'Bull and Bush' Tavern an award winning restaurant with accommodation. Very popular with locals, and classed as the best in the region. Unfortunately, we had arrived too early in the morning to have a look inside.

Our next stop was Dardanup, just the place to stop for a morning coffee, the



Sue, Deb, Di and Joy at Minninup Pool, Collie

locals and staff at the only café were very friendly. The rest of our ride passed through Burekup, another small town on the South West Highway. We took the Wellesley Road for several km and passed over the Forrest Highway to Binningup.

Binningup's camp site was fairly average, the camp kitchen although undercover was a bit run down. The owner gave us a good rate to stay overnight so we were reasonably satisfied, the showers were nice and hot. At this small seaside town there is only one shop to buy basic supplies, so we decided on take-a-way fish and chips for dinner. Thankfully we didn't have any tick problems that Stuart C warned us about (was he serious!).

Day 3 – Binningup to Waroona (63 km)

We ventured onto the busy Forrest Highway and then turned off inland at Myalup Road. Riding again through some more irrigated areas on nice quiet roads with only a little bit of gravel to travel on. Yarloop was the main town we passed through on the way to Waroona. The main attraction was a nicely restored timber building with wide front verandah. This building and surrounds has been set up as a tourist attraction, showing the history of the timber and milling industry that operated over a number of earlier years in the area.

We arrived in Waroona, on a fairly warm day. We were all looking forward to

getting set up at the campsite and then seeking a nice place for coffee or cold beer. Unfortunately the Waroona Caravan park was a complete let down, totally unsuitable for camping or perhaps even having an overnight stay in a van! We can however highly recommend the Draysbrook Hotel Motel, great swimming pool, soft bed and nice comfortable rooms. This was certainly a great substitute for the Waroona Caravan Park. We were also fortunate enough to score a fantastically cheap meal on special for only \$15 each, what a bargain. Another bonus was the Pinjarra Bakery in Waroona, good place for coffee and cake and the local Waroona Pub for a nice cold beer.

Day 4 – Waroona to Harvey (45 km)

We virtually retraced some of our steps from the previous days ride, however bypassed Yarloop. Nice flat riding with pleasant weather and scenery, cycling into Harvey by some impressive orchards and nice gardens. The Harvey Caravan Park was really good, great camp kitchen, nice green grass for our tents and good ablutions.

Day 5 – Harvey

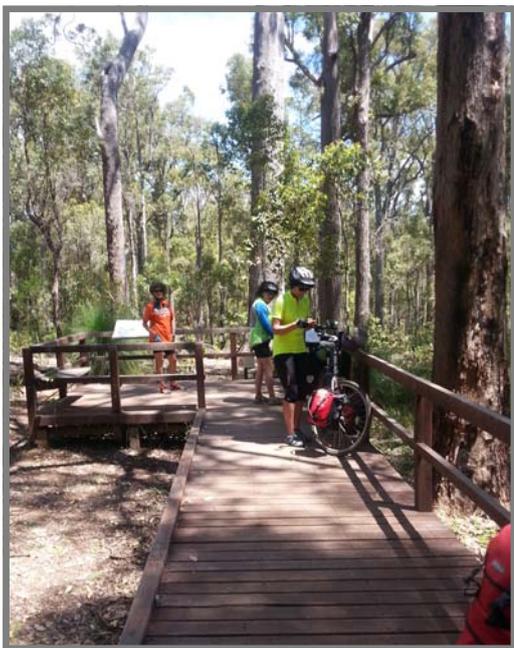
We all agreed that Harvey is well worth having a look around for a day or two. A local cyclist told us about a good café called the Lemongrass, we can highly recommend this café if you are passing through Harvey. We enjoyed strolling

around the heritage gardens surrounding the restored James Stirling building situated behind the Harvey Visitor Centre on the South West Highway. We rode our bikes out to the Harvey Dam, amazing construction which has been enlarged in recent years. At the dam there is an Amphitheatre surrounded by a beautiful garden and picnic area. We also rode out to the Harvey Cheese Factory and Shop where they sell gourmet cheeses and other delights.

Day 6 – Harvey to Collie (50 km, final day)

We had a short distance to ride on the South West Highway, turning off just after Wokalup onto Mornington Road and then heading up the Darling Scarp towards Collie. Some of the hill climb was quite long and challenging, however we all survived, with the bonus of having a very scenic forest area surrounding us as we pushed up the hills. The Mornington Road is now completely sealed which makes riding a lot easier. Back to Collie to pack up and say our goodbyes and look forward to another 'Womens, Wheelie Week' in the future.

So we all succeeded and survived our six days of tourist riding, taking in all the views and attractions of the areas that we travelled through. Joy did a fantastic job planning the route and finding quiet roads to ride on – well done and without a recci, great tour leader!



Left: Di, Joy and Deb with King Tree in the background in the Wellington NP.

Right: Lined up outside our camp for the night! Fly nets mandatory as a fashion statement. (Draysbrook Hotel Motel)

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:

Sharam Tabai
Cheng Ng
Tony Chew

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.

Pictured: Trangia (camp stove) and rear panniers.

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.



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 or 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 2016

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

Stolen Bikes—Can You Help?



Trek 2200 WSD Ladies Road bike 2002 model 43 cm (650c wheels)

Red; Aluminium frame with carbon fibre forks, seat post and handlebars; Shimano 105 drive train with triple chain ring (52, 42, 30) and Ultegra gearing; Bontrager 650c wheels; double sided Shimano SPD pedals; one bottle cage; fitted with Carridice Bagman wire rack (not shown in photo) attached to saddle; no aerobars (these have been removed but are shown in photo with different handlebars). S/N WL1689982.

This bike is very unique due to the tiny frame and small wheel size. It was imported for me and is likely to be the only one like it in Australia. I am devastated to have lost it and would be delighted if you have any information that can assist me to get it back.



Kona Kula Lisa Women's hardtail mountain bike 2009 model 41 cm

White frame with blue writing; disc brakes; Shimano components; ladies saddle; knobbly tyres; Shimano double sided pedals (different to photo); leather hand grips (these are unique and not shown in the photo); one bottle cage (not shown in photo). S/L F909K4102. My two bikes were stolen from East Fremantle on 12/11/15. **Please call Kate on 0435 390 509**

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).

	Membership
	2016
Renewal Adult membership	\$50.00
(If paid by 31 Jan	\$45.00
New Adult membership	\$45.00
Concession:	
(Full-time Students/Pensioners	\$33.00
Dependents under 18	No charge
Printed newsletter—additional:	\$10.00

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**

