

THE CHAIN LETTER

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

March/April 2016

Issue 247

PRESIDENT'S REPORT

We are already into March and now have a new committee for 2016. Welcome to John Farrelly (Vice President), Greg Atter (Rides Coordinator), Gus King (Website Coordinator). Gus will be looking at ways to progress the web site to a new platform, with a view to improve the look, feel and functionality, especially across devices such as tablets and mobile phones. A big thank you goes out to the committee members that are continuing in their role for another year; Christine, Rosalee, Steve, Roy, Doug and Hilary (who is moving to co-editor). We could not provide the diverse activities without their dedication and of course, the On Your Bike sub-committee, lead by Terry

for this year's 'Bay to Bluff Tour' on 22-30, October.

Already the year is filling up with a number of overnight /extended tours, you can read about the details in this edition of The Chain Letter. There will be plenty on offer for members with tours planned for June and July.

The first social night kicks off on Wednesday the 20 April. This should be an interesting event with a look at the Perth Bicycle Network and where things are at and where future extensions are planned. Please come along to the Loftus Centre and support what should be an interesting night.

It has been a long Summer, finally the weather seems to be turning milder. Connie and I have now got the better of the Caltrop weed in and around the Tonkin, Redcliff bridge area where we walk our dogs. I much rather remove plants with gloves on, than have to pull the spiky seed out of a bike tyre! Tonight while on my walk I could not find a single plant, this time last year it was out of control and going to seed.

Enjoy the ride; where ever it takes you.

Regards Noel

UPCOMING EVENTS

Social

Topic: Perth Bicycle Network—Where Things are at and Where Future Extensions are Planned
Wednesday, 20 April 2016

Loftus Community Centre,
Leederville - 7:00 for 7:30 pm.

The speaker is Jim Krynen, Manager Cycling Integration, PTA, WA. Jim will be speaking about the progress on current projects, planned projects, successful projects, the increase in use of bike paths over time and where he sees cycling as an overall transport strategy.

Please let Stephen know if you will be attending for catering purposes at social@ctawa.asn.au or 0420 224 911

Tours

Retirees Run—Reversed

Sunday, 8 to Wednesday, 11 May 2016

THE TORTUOUS (not torturous) TOOTLE TO TOODYAY LONG WEEKEND TOUR

Saturday, 4 to Monday, 6 June 2016

2016 ON YOUR—BIKE BAY TO BLUFF TOUR

Saturday, 22 to Sunday, 30 October 2016

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Farewell and Best Wishes to Sarah Cutts

After living in Perth for 24 years, Sarah is now leaving to return back to her home of birth, New Zealand. Sarah has been an active and supportive member of the CTA for a number of years, we will certainly miss her happy positive presence, her contribution over the years has been sincerely appreciated.

Sarah is leaving on 11 March, which still leaves time for any CTA members to catch up with her before she leaves.

Sarah's contact details are: email - sarcutts@iinet.net.au and mobile is 02108 737 205, and she hopes to see you enjoying the fantastic scenery in NZ.

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

DISCLAIMER: Opinions or comments from contributors and members do not necessarily reflect those of the Club, its committee, the

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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2015 Achievement Ride Successes

According to our records, the following people have completed Achievement Rides. For 2015. Please contact Achievement Rides Coordinator, Hilary Beck, by email achievementrides@ctawa.asn.au if any details shown seem to be wrong.

Super Achievers	Kleber Claux	Bruce Robinson & Stu Crombie
Bruce Robinson	Mike Penklis	100K - 7 Nov 15
Stu Crombie	David Stobie	Hilary Beck & Christine Liddiard
Challenge	Pierre de Kock	50K - 19 Apr 15
Christine Liddiard	Merit	David Stobie
Hilary Beck	Chris O'Brien	
Patrick Smythe	Liz Marshall	
	AR Brevets	
Achiever	300K - 7 Dec 15	

Calendar of Achievement Rides 2016

Sun 13 Mar 5000 in 4 T1

Sun 17 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 (Brevet)

Sat 15 Oct 10,000 in 8 T2 (Brevet)

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

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

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

CTAWA—Annual General Meeting

Sunday, 21 February 2016

The Cycle Touring Association WA (Inc.) held its Annual General Meeting on 21 February 2016 and was well attended by 34 members. Here are a few highlights of the proceedings.

Reports

President (Connie Van den Ende) - expressed her sincere thanks to members of the committee for their hard work and dedication during the year.

Treasurer (Christine Liddiard) - once again produced a comprehensive and well structured financial report. The club is in a good financial position and for the 2016 financial year money has been set aside to fund a new website, this is seen as a high priority.

Rides Coordinator (Stuart Crombie) - was responsible for organising the Sunday rides, he emphasised the importance of members support by offering to lead these rides. During the year Stuart has introduced some innovative rides such as the Children's Ride and Beat the Heat rides. Stuart is stepping down from this role, his hard work and efforts have been greatly appreciated by the club.

Achievement Ride Coordinator (Hilary Beck) - 2015 was a quiet year for achievement rides with 11 cyclists achieving series awards. The 200 km AR route was revised to improve cycling safety, there are now three designated Brevet rides which can be ridden on a day to suit cyclists, the dates in the calendar are arbitrary.

Social Coordinator (Steve Napier) - organised interesting and well attended social nights for the club during 2015. The July Strategy Planning evening and data analysed from the members input was very valuable for the future of the club. Steve's work in organising these functions has been greatly appreciated.

Clothing (Doug Allen) - the sales of socks and mirrors has been consistent during the year, whereas jersey sales have declined. Doug seems to think that jerseys worn by club members perhaps last longer! Well done to Doug again for being in charge of clothing.

Website (Michael Waters and Connie) - the CTA have greatly appreciated Michael's input and despite his diminishing eyesight has generously

continued to assist the committee by keeping information and data up to date on the website. Connie agreed to help out in this role by working with Michael in learning how to add information to the website. Their work and dedication to the CTA is greatly appreciated.

Editors (Rosalee McAuliffe and Stephen White) - following a resolution at the March 2015 AGM and subsequent developments, it was decided to give members the option of receiving The Chain Letter electronically or to pay an extra amount to receive a printed copy. The editors of the newsletter express their appreciation for the help and support of John Faris and Christine Liddiard in maintaining the member data base and supplying labels for the printed newsletter. Stephen White is stepping down from his role as co-editor, his input, editing knowledge and help has been greatly appreciated.



Award recipients: Christine Liddiard, Connie Van den Ende, John Farrelly and Liz Marshall

(Continued on next page)

OYB (Trevor Knox) - a very comprehensive report was submitted to the meeting. Trevor did an outstanding job as a first time new tour leader. His organisational skills in ensuring the 2015 OYB was well planned and advertised early ensured a full number of participants and attracted 31 new (non-CTA) participants. Trevor did an excellent job, organising safe tour routes and venues for over 120 people , this is not an easy task.

Awards

Achievement Ride Recipients

Merit Series—Liz Marshall, Chris O'Brien

Achiever Series—Kleber Claux, Mike Penklis, Pierre de Kock, David Stobie

Challenge Series—Christine Liddiard, Hilary Beck, Patrick Smythe

Super Achiever Series—Bruce Robinson, Stuart Crombie

2015 Newsletter Article of the Year

Awarded by Rosalee McAuliffe to Christine Liddiard for her article: 'Kangaroo Island and Tour Down Under 2015' in the May/June edition.

Christine provided a great article on her bike ride with friends touring Kangaroo Island . Following the ride they joined thousands of spectators watching the Tour Down Under in Adelaide. The group enjoyed riding around Adelaide and watching the peloton of TDU competitors flying past at various locations. Christine furnished some great photos with her article which was very interesting and well written.

2015 Ride of the Year

Single Day Ride of the Year—a tie between John Farrelly for his 'Moonlight Mountain Bike Ride' and Christine Liddiard for her 'Trains, Tracks, Highways and the River ride.

Multi Day Ride of the Year—awarded to Liz Marshall for her 'The Retirees Run' tour.

2015 Cycle Tourist of the Year—Connie Van den Ende

Connie has been a member of the CTA for more than 15 years and during this time has participated in club events, led weekend and Sunday rides and for the past 4 years been on the CTA committee. Connie is always keen to promote the CTA and during the year has organised and participated in various club promotional events.

General Business

Subscriptions

The budget for 2016 indicates a small surplus, including an allowance for expenditure on the development of a new website. It was therefore agreed to keep subscriptions at the same level as last year.

2016 OYB

The 2016 sub-committee for the OYB tour was endorsed and is as follows: Terry Bailey (Tour Leader), Ann Wilson (Administrator), Trevor Knox, Sue Piesse, Tony Humphreys and Brian McAuliffe..

Terry Bailey reported on progress with the 'Bay to Bluff Tour' set for 22-30th October 2016. Planning is on track with the brochure and invitation to join the tour due for late March 2016. The tour will then be advertised in key bike shops

and in the towns that will be visited on the tour. The OYB sub-committee will review the level of response to the invitations to join the tour before deciding whether to advertise the event more widely.

Other Business

A member asked if the CTA would put flyers in bike shops. This was discussed and it was agreed that the CTA flyer would be put up on the CTA website for members to download for use with their local bike shops or any other group or event. It was also noted that these days the primary contact medium for a sporting club such as the CTA is a good website with prominent access through a search engine such as Google.

Election of Committee Members for 2016

President	Noel Eddington
Vice President	John Farrelly
Treasurer	Christine Liddiard
Secretary	Roy Stone
Rides Coordinator	Greg Atter
AR Rides Coordinator	No nomination, however agreed that V. President could assist in this role
Editor	Rosalee McAuliffe with Hilary Beck as co-editor
Webmaster	Angus King
Social Coordinator	Steve Napier
Clothing	Doug Allen
OYB Tour Leader	Terry Bailey



Connie Van den Ende—2015 Cycle Tourist of the Year

2015 Christmas Long Table Lunch

By Steve Napier, Social Coordinator

The 2015 Long Table(s) Lunch was well attended with over 35 members and friends enjoying perfect conditions and the good company of fellow cyclists at East Fremantle's Tradewinds Hotel on the last Sunday in November.

Member Kay was able to sync a business trip to Perth all the way from Kununurra to catch up with her recent acquaintances from this years OYB.

With our club spread over 3 tables we were able to swap places with each other to mix the chat on all things bike and otherwise. The food at the Tradewinds seemed consistently enjoyable and well presented.

Thanks for your participation in this and all the CTAWA Social Nights this year and I look forward to helping plan our get togethers in 2016.



Do you think this qualifies as a cycling hazard?



Doug sent in this photo and account of his early morning ride with his brother.

By Doug Allen

The driver, that's her standing on the end of the embankment, seemed a nice young woman, but how she managed to drive across the bridge which crosses the Mitchell freeway, then land on the cycle path instead of either continuing to cross the remainder of the bridge, or negotiate the freeway on-ramp has me stumped. Talking to her I think she was as mystified as I was. The rider in the red jersey had just ridden through 5 seconds earlier and the rider in the white sleeveless top came a few seconds after the crash.

Ross and I came through about a minute later and by the time I took this photo half a dozen other riders had come through the tunnel, so that situation could have been a tad nasty.

Caution: Worn bike rims can explode

By Bruce Robinson

I have had two front rims explode when being pumped up, both just after long mountain descents. Had they exploded while I was riding, it could have been very nasty.

Most bikes have rim brakes, which rub brake pads on the rims, which are normally aluminium. This creates wear, especially as there is normally dirt and road grime on the rim, which grinds away both the pads and the rims.

On the 2013 CTA New Zealand tour, the front wheel exploded when I pumped it up the morning after we had come fast down quite a sizable descent. Luckily, we were in Nelson, with the last bike shop for some days, and they converted a BMX wheel to fit my much-used Bike Friday.



After Liz Marshall's Tour de Suisse, we got home, and I was pumping the tyres up after letting them down for the flight from Zurich. I pumped the front tyre, and then while I was pumping the rear tyre, the front rim exploded.

I mainly use the front brake these days. But, when I was riding to work, I mainly used the rear brake, and it was the rear rims which gave trouble, usually by bulging out, rather than exploding.

Many rims have rim-wear indicators, either holes, or a groove in the outside of the rim. When the small hole or the groove is no longer visible, the rim needs replacing. However, noticing something which is no longer there is not easy. Some Mavic rims have a hole which appears only when the rim is worn.



If the rim is worn concave, it is worth considering replacing the rim

I now have a road bike with hydraulic disc brakes which require much less force to brake. I have relatively weak hands, so I can stop much more reliably now. Disc brakes do not, of course cause rim wear.



Please check your bike rims regularly for rim wear, or ask the bike shop to check them for you.



Lift out Rides Calendar for March 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, uphills 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.**

Badgingarra - Broad Horizons Tour

Sunday, 6 March - Saturday, 12 March 2016

5,000 in 4 Achievement Ride

Sunday, 13 March 2016

7:30 for 8:00 am sharp start

55 km moderate, road bike, hilly

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

Contact: John 0400 361 406 or achievementrides@ctawa.asn.au

Last Nite with One-Nite- Around the City Ride

Wednesday, 16 March 2016

6:00 for a 6:15 pm start

25-30 km moderate, flattish

Meet at the Loftus Community Centre, Leederville.

Come join me for the last night ride for the season where we will ride to the Narrows Bridge and foreshore and hopefully over the new Elizabeth Quay foot & cycle bridge. From there to the Causeway and north of the city to an

eatery, then a short ride back to our starting point. Must have good working front and rear lights.

Leader: Stan

Phone: 9345 3552 or 043 9955 241

Invitation to ride with the CTAWA Ride 1: Introduction to touring Ride 2: Canning River children's short loop

Sunday, 20 March 2016

Ride 1. Introduction to longer touring style rides.

6:45 for 7:00 am start

47 km, hilly.

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

Ride 2: Canning River Children's Short Loop

8:45 for a 9:00 am start

7.5–10 km, flat.

Meet at the playground next to the cafe at Kent Street Weir in Cannington.

The ride is completely flat along the Canning River Loop. Very leisurely pace staying safely together in a group. The little wheelers will have a completely flat, off-road 10km loop from the Kent Street Weir up along the Canning River to Nicholson Road and back on the other side of the Canning River. There will be plenty of corners there to show off their skills under parents eyes. Children under 16 will need to be accompanied by a parent for safety and for comfort but apart from that they will be riding with the grown-ups. After the ride we will meet back at the cafe at Kent Street Weir for a morning tea with the riders who have been up to Kalamunda. Parents, might want to bring along a suitable après-ride snack and drink or spring a baby-cino for the junior wheelers.

Contact: Stuart 0409882931

Ferguson Valley Sustainability Tour 2016, aka (The Not So Easy Rider Tour)

Saturday, 2 April - Wednesday, 6 April 2016 2554

Leader: Doug/Phone: (08) 9447 2554

Armadale Train line and further

Sunday, 3 April 2016

8:15 for a 8:30 am start

60 km, moderate, flat

March/April 2016

Meet at Loftus Community Centre in Leederville. The ride is mainly on bike paths with some roads. This simple amble goes down the railway bike path to Armidale and then on to Byford. After refreshments, we can retrace our way back

Leader: Michael/Phone: 0412 888 114

Claremont to Cockburn

Sunday, 10 April 2016

8:15 for 8:30 am start

40 km leisurely pace

Meet at Claremont train station. Travel through some residential areas to coast bike path along ocean down through Fremantle via Coogee to Cockburn. Coffee at the Dome in Coogee on the return.

Will pass the Fremantle Train station for any riders that need to depart early or cannot complete the entire route back to Claremont train station.

Leaders: Rita and Cliff

Phone: 0423 056 595

100 km Achievement Ride

Sunday, 17 April 2016

8:00 for a 8:30 am sharp start

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

A pretty but demanding ride taking in

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

Contact: John 0400 361 406 or achievementrides@ctawa.asn.au

Sub merged in Freo

Sunday, 24 April 2016

8:00 for 8:15 am start

45 km most flat with a few short rises, moderate pace.

Meet at the South end of the Narrows Bridge..

Ride south along shared Kwinana Fwy path to Canning Bridge, then shared path to Fremantle and a TBC tour of the Ovens submarine. Coffee in Freo then return via shared path over old Freo Bridge, to coastal path and on road to rejoin shared path at Swanbourne Stn. Shared path to Claremont Stn then on suburban streets to rejoin shared path at UWA and back to the Narrows. Those who don't wish to do the return ride from Fremantle can catch a train back.

Leader: Geraldine

Phone: 048 858 4499

Train Tracks, Highways and the River

Sunday, 1 May 2016

7:45 for 8:00 am start

45 km, mostly flat at leisurely/low end of moderate pace.

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 PSP along Leach Highway and Tonkin Highway. 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 570077

Ambling with Udeni

Sunday, 8 May 2016

Check Website for details.

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.



Historical New Norcia Hotel

THE TORTUOUS (not torturous) TOOTLE TO TOODYAY LONG WEEKEND TOUR

Saturday 4 to Monday 6 June 2016

With so many great tours already offered this year, let us continue the enthusiasm and come and enjoy a long weekend at Toodyay.

We will be starting from Midland staying on back roads to Upper Swan then onto Bullsbrook. Then the enjoyable cruise through the Chittering Valley before the more challenging ride to our lunch stop in the Julimar State Forest. The cold beers offered by our hosts John and Stella at the Freemasons Hotel will be much appreciated after a long but rewarding day of riding. Depending how you are feeling, Sunday can be spent taking in the sights of this historical town or short rides on back roads, close to town, with a stop at the Pecan Hill Tea Rooms

for a morning tea or lunch. Monday will see us returning to Midland via Clackline with the essential stop at the Bakers Hill Pie Shop for morning tea and the purchase of lunch to eat on the way. The rest of the ride will pass through Wundowie, Wooroloo, Chidlow and Mundaring before the descent down the scarp through Darlington to Midland.

Because of our close association with the Freemasons Hotel, John and Stella will be giving us discounted rates that will include a continental breakfast.

Full details of the tour will be included in the June/July Chain Letter. **Tour Leader: Kleber Claux, Phone: 9354 7877**



Julimar Road on the way to Toodyay



Lunch in Julimar Forest on way to Toodyay with some familiar faces!

2016 ON YOUR BIKE—BAY TO BLUFF TOUR

Saturday 22 to Sunday 30 October 2016



Photos: views looking across Bremer Bay and the Scarlet Banksia which along with other beautiful wildflowers is found in the Stirling Range National Park

Cycling on sealed, quiet country roads to the western gateway of the Fitzgerald River National Park and then through the acclaimed Stirling Range National Park, the 28th On Your Bike Tour will explore this biodiverse area within the Great Southern region of Western Australia. This loop tour starting and finishing in the small town of Borden will allow participants to experience a wide range of scenery. From agriculture to flora and fauna unique to this southernmost area of the State's land division, to the unspoilt coastline and beautiful beaches of the fishing community of Bremer Bay and finally the majesty of the Stirling Range, with Bluff Knoll its highest peak, one of only a few places in WA to experience snowfalls. With a generally cooler climate,

this region of the State is ideal for cycle touring.

The tour starts in Borden and travels to Ongerup, Jerramungup and Bremer Bay, stopping for a rest day, then continues to Boxwood Hill and Stirling Range, stopping for a second rest day, then finally to Gnowangerup before returning to Borden.

Keep your eye out for the brochure which should be out by late March/early April.

Tour Leader: Terry

Phone: 0439 922 765

10 Great Rides in Amazing Albany



By Pam Dolley

We love cycle touring down here in Albany, as you probably know from our riders who enjoyed the recent Golden Heartlands Tour.

Your members might be interested to know about our “10 Great Rides”, launched last month by the Transport Minister Dean Nalder. This new cycling guide/map was developed by local cyclists and could be a very helpful tool any of your members thinking of somewhere different to go for a cycling focussed trip.

10 Great Rides is available in a compact pocket format, from the Albany Visitor Centre and local bike shops.

There is also a wealth of information on the <http://amazingalbany.com.au/>

[category/adventure/](#) website, including different places each night.

descriptions (and photos) of all 10 rides. You can download a PDF for each ride which has the route description, map, elevation profile and details of cafes, refreshments and other attractions. There is also a link to each ride on the [mapmyride](#) site.

The 10 Great Rides includes two short rides in and around Town. Others are between 30 – 80 kms to some of Albany’s most beautiful locations at isolated and unspoilt beaches, majestic harbours, rugged coastline, native bushland and nature reserves. They can be followed for a half or full day leisurely ride or for a faster exercise ride on Albany’s quieter, scenic roads. The rides are all on sealed roads and some can be linked together to plan a long distance touring circuit, staying in

We would be very happy to help the CTWA plan a visit to Albany. Contact Pam Dolley on 0419 954 234 (or pam@pamolley.com).

Pam is Co-ordinator for the Albany Over 50’s Cycle Group and the Project Manager of 10 Great Rides.

For Sale—The Ultimate Dutch Made Touring Bicycle

Custom Built Santos Travel Master 2.8 (Chromoly Frame) complete with Rohloff 500/14 speed Hub, Magura hydraulic rim brakes, front dynamo hub and light, new tires and seat, rear pannier rack.

Made in Amsterdam in 2011, meticulously cared for, just serviced and ready to go!

Size: Small/Medium (Standover Height = 77cm)

Asking \$2,500

Call Keith at 0408 909 026 (image of bike on the right)



Riding in Hot Weather



By Rosalee McAuliffe

(Information and tips were gleaned from various bike riding websites)

It is always a good idea to take precautions if you decide to ride in warmer weather to avoid over-heating and dehydration. Plan ahead before your ride so you can allow for enough drink, sunscreen, appropriate clothing and to know where you can stop if the heat gets too much for you.

1. Keep hydrated – in hot weather you will sweat more as your body naturally tries to cool down, meaning it is hard to gauge exactly how much fluid you are losing. The worst thing is to drink only when you are thirsty, keep sipping from the beginning of the ride to the end. Drink little and often, always make sure you have plenty of drink with you or know of places on route where you can obtain more drinks. It is also recommended that you drink before a ride. Consider freezing the water in your water bottles overnight. The ice will melt as you ride, offering you cold water along the way, fill bottle to ¾ to avoid the bottles bursting as expansion during freezing will occur.

2. Dress for the weather – lightweight materials with wicking properties will help you cool off and prevent the uncomfortable build-up of sweat. The breeze you create riding along has its own cooling effect and it's only when you stop riding that you appreciate exactly how hot it is. Use lightweight,

sweat-wicking cycle socks. Well fitting cycle knicks are also essential to avoid any rubbing as this is exacerbated by sweat and can cause uncomfortable soreness very quickly. Wear sunglasses with 100% UV filtering lenses to prevent damage to your eyes.

3. Keep an eye on the road surface

– on very hot days the tarmac can melt causing patches of slippery or sticky tar on the road. Aside from the danger of riding on an unstable surface, the tar can become stuck to your tyres, attracting grit and dirt.

4. Wear sunscreen – this is an obvious decision, make sure you cover all exposed parts of your body; arms, legs, face and in particular the back of your neck!

5. Ride in the early morning or evening. This is an obvious way to avoid the severity of the sun's rays and the hottest period of the day for your cycling trip. Riding in the early morning can have some additional benefits with quieter roads. If you are riding in the early morning or evening make sure you are equipped with good front and rear lights.

6. Riding environment – select areas where there is some reasonable vegetation, shaded areas are a much nicer place to stop to take a drink or a breather. Also riding in shady areas seems to be slightly cooler than riding in sparsely vegetated areas which feels



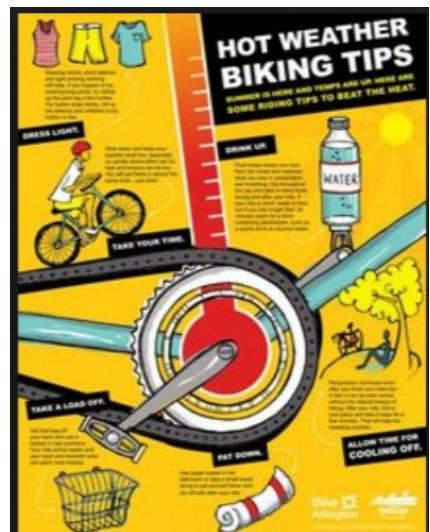
hotter and drier.

Other tips:

* During hot weather riding, you can use your water bottle to squirt water on your head through the vents in your helmet

every 15 minutes or so, which will really help cool you down. First, the water itself will be cooler than your head, and so that'll be an initial and immediate blast of temperature relief. Next, the evaporation effect will continue to help keep you cool as the water dries by carrying heat away from your body as you continue to ride. Just make sure you have access to an adequate water supply that you can replenish as necessary as you ride. You certainly don't want to whoosh away your water by squirting it all on yourself, and then leave yourself with nothing to drink

* Wrapping a water-soaked bandana



around your neck can do wonders to keep you cool.

Finally – when you get home, pay particular attention to fluid intake, also don't forget to eat as you would normally after a ride. A good suggestion is to prepare a recovery drink before your ride, put it in the fridge, ready for your return. This will provide you with a refreshing cold drink and also re-hydrate your body. A nice cold shower is also a good idea to cool off the body.

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 member(s):

Pat Arnold

Marilyn D'Angelo

Age is no barrier!

A member sent in a link to an interesting article : <http://cyclingtips.com/2016/01/a-ride-through-history-with-16-time-australian-national-champion-iris-dixon/>

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.

Awards are made for successfully completing any of the stipulated ride

Series	Rides
Merit	50 and 100 km, and 5000 in 4
Achiever	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	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

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.

Qualifying to start the Century Challenge, and 200 and 300 km achievement rides

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

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.

Using brevets

If you cannot attend an achievement ride

Century Challenge	100 km same year
200 km	Century Challenge in same year; or Challenge Series previous year
300 km	Century Challenge or 200 km same year; or Super Achiever Series previous year

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 2016, is given on p. 2 and 7–8, and on the website <www.ctawa.asn.au>.

Note: Ride Guidelines for Achievement Rides

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.

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

Photos from Sunday Rides



Photos: L-R: Mundaring Cake Run, Cruise to Currambine ride and Come for a Swim Ride (except it was too cold!)

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 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.

Membership

2016

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

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**

