

# THE CHAIN LETTER

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

May/June 2016

Issue 248

## PRESIDENT'S REPORT

The Social Night on the 20 April saw Jim Krynen give a very entertaining talk on his involvement in cycling over the last 4 decades. He gave a very interesting insight into the negotiations that go on between government departments. He also reinforced the real social benefit of cycling; consider what would happen if we had a 'Drive to work day' rather than a 'Ride to work day' His presentation is available on our web site, as there was a technical hitch on the night none of us have seen it!!

The club held a very successful Sustainable Tour at Wellington Mills on 2-6 April. There were interesting rides held on each of the 4 days. Ferguson Valley has some hidden gems with

morning tea at a property you would not normally have looked at twice. I picked up a book (as did many others) which I can't put down. Well done to Doug for organising this. *Any takers for next year?*

There are still many more tours coming up, with the Retirees Run Reversed in the coming weeks, although I think it is fully booked. The Tortuous Tootle to Toodyay and Christmas in July to be announced shortly. The brochures for the On Your Bike Tour will be out shortly, keep an eye on your mail box or on the website if not a member.

The early rains in April saw some more caltrop weeds pop up, Connie and I think we have nailed our little patch for this year. We would encourage members to

adopt a patch near a bike path and try to eradicate this nasty puncture causing weed.

The international cycling calendar is picking up pace with the one day classics well under way as I write. With Mat Hayman (Orica-GreenEdge) winning the Queen of the Classics Paris-Roubaix. Don't forget to tune in for the Giro de Italia on the 6 May.

Happy cycling

**Regards,**

**Noel**

## UPCOMING EVENTS

### **Social**

#### **Next Social night**

**Wednesday, 13 July 2016**

Loftus Community Centre,  
Leederville, 7 pm for 7:30 pm start.  
**Details coming soon.**

#### **CTA's Festive Feast Weekend Escape—Christmas in July**

**Windmill Farmstay, Bindoon**  
Saturday 23 to Sunday 24, July 2016

See page 9 for more details

### **Tours**

#### **THE TORTUOUS (not torturous) Tootle to Toodyay Long Weekend Tour**



Saturday 4 to Monday 6, June 2016

See page 8 For further details

#### **Jarrahdale Overnighter**

Saturday 13 to Sunday 14, August  
2016.

See page 9 for more details

#### **Long Weekend at Pinjarra- Geesebrook Farm Stay- Full Pannier Tour**

Saturday 24 to Monday 26,  
September 2016

Details now on website, look under  
Rides List.

#### **2016 ON YOUR BIKE—BAY TO BLUFF TOUR**

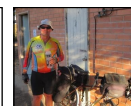
Saturday 22 to Sunday  
30, October 2016

**Brochure and  
registration forms  
are now in the post  
to members and  
also on the website.**



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intrepid cyclist!



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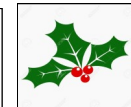
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## The Chain Letter

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

We welcome articles and photos on:

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

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

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## Achievement Ride Successes

According to our records, the following people have completed Achievement Rides. Please contact Achievement Rides Coordinator, John Farrelly, by email [achievementrides@ctawa.asn.au](mailto:achievementrides@ctawa.asn.au) if any details shown seem to be wrong.

### 50 km T1 Sun 28 Feb 2016

John Farrelly  
 Christine Liddiard  
 Kleber Claux  
 Don Ward  
 Bruce Robinson  
 Chris O'Brien

Patrick Smythe  
 David van Zyl  
 Michael Waters  
 Stuart Crombie  
 Miranda Stanton  
 Udeni Gunasekern  
 Liz Marshall  
 Richard Marshall  
 Don Ward

Michael Penklis  
 (25/3)  
**5000 in 4 T1  
 Sun 13 Mar  
 2016**  
 Chris O'Brien  
 Don Ward

**100km Sun 17  
 Apr 2016**  
 John Farrelly  
 Christine Liddiard  
 Hilary Beck  
 Don Ward  
 Mike Penklis  
 Chris O'Brien

## Calendar of Achievement Rides 2016\*\*

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](http://www.ctawa.asn.au)> for more details.**

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

**DEADLINES:** Contributions for the next issue (July/August) should be sent to the Editor ([editor@ctawa.asn.au](mailto:editor@ctawa.asn.au)) no later than **6 June 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.

## Farewell: “StragglingsStu” (Ex WaywoodStu)

*Brian McAuliffe thought that club members would be interested in hearing about Stuart Crombie's planned ride across the centre of Australia.*



Our esteemed ex CTA Ride Coordinator, Stuart Crombie, is planning a cycle crossing of Australia through the Great Central Road. The ride is to start on the 10 April 2016 and will be attempted totally unsupported. The overriding (geddit? - from Stuart!!) goal is to have fun and be safe so the ride will be staged – e.g. Perth to Hyden, if all good then to Kalgoorlie, then to Laverton and so on. Stuart is not a fast rider but has done long rides in the past on the principle that as long as the pedals are going around, the end is getting closer!

The route is from Perth through Kalgoorlie to Warburton in Western Australia and then to Docker River and Uluru in the Northern Territory. After a rest at Yulara it is south to Oodnadatta and Maree in South Australia then up to Innamincka in New South Wales to Winton and on to Longreach in Queensland. Stuart has a brother on a

station at Longreach whom he plans to visit for a beer.

Stuart will carry everything on his bike; food, water, tent, sleeping gear and spares. Water on the Laverton-Uluru stage is his biggest concern with up to 200 km between roadhouses. He intends to ride these stages over three days/2 nights starting with 18 litres in PET juice bottles and a water bladder. As a back-up he has downloaded from GeoScience Australia (<http://www.ga.gov.au/>) maps showing aboriginal gnamma holes near the Great Central Road and stock water points into his mobile phone map (<http://www.oruxmaps.com/>). Food will be mainly pasta and tuna spiced with chilli flakes and cooked on a Trangia stove. Extras include a broad spectrum multivitamin for health and rum for fun. Tools will be a Park multi-tool, some master chain links and spare spokes, a hub tool and pliers. He will also carry a spare tyre, 6 spare tubes and patch kit and 2 pumps just for luck.

Stuart is using his new Wayward Cape York touring bike. The chrome-moly steel frame has disc brakes, front and rear racks and mudguards with 700x35 Schwalbe Marathon tyres (all bow down), bringing the starting weight to 15 kg. It is equipped with a triple chain ring and a 9 speed Deore derailleur. The recent Broad Horizons Tour served as a shakedown test. It shook free a pannier rack, broke a spoke and six pairs of stained undies showed that twelve year old tyres do perish and explode even when stored out of the light. When fixed and Loc-tite'd

she will be ready to roll.

Stuart will carry a satellite tracker able to ping his location each hour. The pings will link to a website enabling the ghoulish to track his progress on Google Earth. He will notify the web address prior to leaving.

Stuart has previous experience in this area as it will be his third crossing of the country. This will be his longest off-road trip as the previous two were mainly on sealed roads across the top and across the Nullarbor. A later trip to Cape York proved that no matter how sandy the track, a firm base will eventually be found as long as one foot keeps going in front of the other.

I am sure everyone in the CTA wishes him a safe and successful trip as it is a journey of epic proportions.

**Photo: Stuart on the Broad Horizons Tour in March, bike fully loaded, testing out gear for his long ride.**

*To the Editor:*

Decided to change my name to avoid copyright (unlikely but you never know) with Wayward cycles.

I am now Stu Crombie on facebook and soon on <http://www.stragglingsstu.com/>

## Claremont to Cockburn Ride—Sunday 10.4.2016

We had a great ride this morning, 10 of us in total. Stuart C farewelled us arriving in full laden panniers. So he dipped his toe in the ocean and was to start his journey east some 6,900 km. (*Stuart is the one waving, third from the right*)

We also had 2 of the 5 Dams Challenge finishers (Chris and Stuart) with us so we were really celebrating club members achievements and coming challenges. (by Rita & Cliff).





## Badgingarra - Broad Horizons Tour

Sunday, 6 to Saturday, 12 March 2016

by Brian McAuliffe



**Tour Leader David Van Zyl (on the right) tandem pilot with Mike Waters**

### Day 1: Butler Station to Gingin (85 km)

The tour left from Butler Station at around 9 am, after some last minute instructions from tour leader David Van Zyl. Steve was the support driver for the day, generously using his vehicle for the tour. The tour group comprised of fourteen cyclists, with another five day riders going as far as Two Rocks. There was also a visitor, Steve from South Australia who accompanied the group to the Gravity Centre. Bruce and Stuart decided to ride with their panniers, Stuart was in training for his planned epic ride across the middle of Australia via The Central Desert road (see Page 3).

The ride was led out at a brisk pace by Trevor Knox into some quite strong easterly winds. Morning tea was at Two Rocks. Unfortunately after coffee Trevor and Stuart found to their dismay that they both had flat tyres. The five day riders said their farewells and headed back to Perth.

Leaving Two Rocks, the main group then headed off toward the Gravity Centre for lunch. There was quite a lot of traffic on the Indian Ocean Drive, but turning off at Military Road meant only six or seven km on the highway.

After lunch we headed toward Gingin, turning into Gingin Brook road, unfortunately another puncture, this time suffered by Rita. Some riders visited the Honey Farm and sampled the slushies and ice cream. Most riders reached the campground by around 3pm.

### Day 2: Gingin Roadhouse to Moora (104.8 km)

After a restless windy night most riders were ready to depart at around 7.30 am. During the night the wind was so strong that Stuart's tent collapsed onto him, causing amusement to the group. The first 30 km of the day was quite difficult with very strong easterlies and some reasonable hills to contend with. It was noticed at this stage that Rita was the lead out rider for the fast group, which seemed to continue for the rest of the tour. David and Mike, on the tandem, were also setting a cracking pace. Apparently Cliff was the strong one on the hills with of course Trevor, Richard and Liz (Swiss Tour Leader) also putting in strong rides.

Morning tea was taken at a free camping area on the Bindoon-Moora road, with Mark providing some welcome tea and coffee. The lunch stop was at the Mogumber Hotel, long glasses of lemon squash being the order of the day. The rest of the days ride was fairly flat with most reaching Moora by 3 pm.

The caravan park provided a nice lawn area for pitching the tent and some riders took advantage of the swimming pool next to the caravan park for a cooling swim. After the long day's ride the group enjoyed the happy hour and dinner specials at The Settlers Arms hotel.



**A break on the side of the road for Mark, Brian, Mike, Terry, David and Steve**

### Day 3: Moora to Badgingarra (60.1 km)

Most riders were gone by 8 am, not in a hurry to leave, as this was a shorter day's

ride. Stuart's bad luck continued, having to repair another flat tyre, he however seemed a little confused as to which tyre had the puncture! The days ride was actually quite scenic with some stands of Marri trees and picturesque farmland. Most riders were in by lunchtime and headed for the hotel or roadhouse for something to eat (hungry riders!).

Riders had a leisurely afternoon, catching up on some washing and having a rest. Dinner was at the Badgingarra hotel, which was quite enjoyable, thanks to Richard who kept everyone entertained with his irrepressible English sense of humour.

### Day 4: Badgingarra to Cervantes (65.6 km)



**At the Pinnacles, near Cervantes.**

David decided that the highway route was too dangerous, so organised a shuttle to the Cervantes turn-off. Bruce, Stuart and Brian took the gravel option (Cadda Road), alongside the national park, which turned out to be quite a reasonable ride. Ross took a third option, travelling back south to Koonah Road and across to the Cervantes turn-off, which avoided riding on the highway.

Everyone was in Cervantes by lunchtime, with accommodation at the caravan park. Washing, swimming and resting seemed to be what most people did. Mark decided to take the locals on at bowls and managed a second placing. Dinner was at the Bowling Club with some good specials being offered by the local club.

### Day 5: Rest Day

Steve organised a trip with his vehicle out to the Pinnacles, it was interesting to see the natural limestone spires dotted

around in the yellow desert type sand. Some people played bowls while the rest just swam, washed or rested. The wind was playing havoc with Bruce's hair and some wag quipped that he looked like Albert Einstein!

#### **Day 6: Cervantes to Lancelin (88.2 km)**

Riders awoke to a strong easterly wind and were mostly gone by 7 am, bracing themselves for a hard ride into the wind. Morning tea was taken at the 40 km mark at the Wedge Island viewing lookout. Mark and Terry decided at this stage that they had had enough of the strong winds and thought that the sag wagon was a better option.

The days ride finished in Lancelin at the Northend Caravan Park, with most riders having arrived by lunch-time, a good

effort considering the windy riding conditions. Everyone enjoyed their dinner at the hotel next door, all except Mike who was not impressed with his fettuccine dish, however was replaced and much more to his liking!

#### **Day 7: Lancelin to Butler Station (99 km)**

Due to the longer distance, many riders decided to pack up and leave early. David was the support driver for the day with Brian trying his hand at piloting the tandem. There were many trucks on the first section, causing some anxiety amongst the riders. Morning tea was at the Seabird turn-off after around 30 km.

The next stop was an early lunch at Two Rocks, Trevor, Bruce and Stuart took the National Park option and continued onto Butler. Everyone arrived safely at Butler

Train Station by around 1:30 pm.

Overall a very enjoyable tour, some days were perhaps a little bit more challenging, there is an old bike riders saying: "what doesn't kill you, makes you



stronger." The group were very appreciative of David's efforts in putting the tour together, well done to the tour leader!

## **Ferguson Valley – aka (The Not So), Easy Rider Tour**

### **Saturday, 2 April to Wednesday, 6 April 2016**

*By Rosalee McAuliffe*

Doug Allen, our tour leader could not have chosen a better location and area for his "Easy Rider Tour". Our base for the 4



**Tour Leader, Doug (at centre front) with the Team at Wellington Forest Cottages**

days was at the Wellington Forest Cottages, accommodated in old historical forestry cottages, nestled amongst the beautiful jarrah forest of the Wellington National Park.

So how did 36 riders spend 4 days in this wonderful area of the south-west?

The first day saw the arrival of everyone, some by car and five brave souls on bike, fully loaded with all their gear. Hats off to: Christine, Hilary, Kleber, Stan and Ann who rode from Mandurah Train Station, a bike ride of around 130 km! They certainly did a totally Sustainable Bike Tour, the first part of their ride was mainly flat, however the final climb up the Ferguson Valley would have been fairly tough on loaded bikes—well done!

After everyone found their cottage, unpacked and had some lunch, we all set off for our first ride (23 km). Doug decided to throw in a few challenges for the group ("aka – The Not So, Easy Rider Tour"). The afternoon's ride commenced with 3.3 km of gravel, some were not tempted and decided to load their bike on a vehicle to start their ride at the bitumen. Others slipped and slid down the gravel road to the start of the bitumen, where the group assembled to start the ride. Our ride took us past Gnomesville. Twenty years ago someone placed a gnome by the edge of the road at an intersection. A few weeks later another gnome was placed beside it by an unknown person. Over the years the gnome population grew and there are now over 5,000 gnomes from all over the world at this intersection – Gnomesville!

The afternoon's route was a circuit that unfortunately meant having to re-tackle the gravel, this time up the hill back to the



**Laurel and Leith hard at work, loading bikes for a drive rather than a ride on the gravel!**

*(Continued on page 6)*



cottages, however the riders found more control over their bikes going up the hill, than coming down.

Sunday's ride was 47 km. First stop about 16 km from the Wellington Forest Cottages was the Lyndendale Art Gallery, a lone house on the edge of the forest on Crooked Brook Road. This is a beautiful boutique gallery, with amazing works of art and is set in an old Federation-style home. The main focus in this gallery is on print making. The owners Denise and Lynden were very hospitable and welcoming, opening an hour earlier than normal for us and offering morning coffee and cakes for \$7.50. The funds from our morning tea were being donated to the Variety Bash group.

Lunch was 18 km on from the art gallery at Moody Cow Brewery, where most of the riders enjoyed a lunch from a good menu selection while others had a picnic on the expanse of lawn or chose one of the other nearby boutique wineries or brewery. While having lunch we were all bemused to see a fleet of riders arriving on a variety of Vespas with a support vehicle following



**Browsing through books at Lyndendale Gallery**

them. Noisy, smelly two stroke motors puffing smoke from their exhausts, spoiling the nice serene atmosphere. They were doing a supported ride from Perth to Augusta and back. The return ride back was in warm weather and with full stomachs, through the tranquil jarrah forests to our cottages and we were again reminded that to get to Ferguson Valley, first required tackling a few more hills and also the gravel road section again, however confidence was growing and so far no accidents!

Pile Road proved to be a bit of a challenge for Harvey, after he temporarily lost Pat, riding up the nasty incline a couple of times trying to find her! Mark had an ear to the football with his radio on board his bike. What a shame both the Eagles and Dockers lost!

On Monday, Doug's ride was to Wellington Dam and back via Honeymoon Pool a total of 27 km. We had our morning tea at Wellington Dam, which has been developed into a great tourist destination, nice café (all newly renovated), nice walks and look-outs over the dam areas, with hire mountain bikes available. Unfortunately the dam is now too salty for drinking water. There were a few inclines getting into the Wellington Dam area. After leaving our morning tea stop we had a scenic ride alongside the Collie River to Honeymoon Pool, which has a camp ground and swimming area. A few brave riders decided the water looked inviting and took a dip, the rest thought it was too cold! Lovely tree lined spot for our early lunch alongside

the river. A few riders led by the group from Albany decided to turn left on the way out, which seemed the right direction, however when they reached the gravel it looked decidedly like the wrong way. Fortunately the Tour Leader thought something was amiss and came looking for the group to turn them around and send back in the right direction! After enjoying the beautiful surroundings of Honeymoon Pool, we were ready to tackle the River Road, back out along a torturous hill that seemed to go for kilometres. Fortunately we all made it to the end, some on foot and some in their lowest 'granny gear' hoping to survive and get to the top! At night Doug had organised for everyone to have a dinner together at the restaurant located with the cottages in Wellington Forest. Normally the restaurant is closed on Monday nights, but opened just for CTA members. Great venue and being entirely CTA riders a good place for everyone to relax and socialise.

On Tuesday, Doug organised a longer ride, the ride out was on the usual gravel section, now everyone was getting more confident and still no accidents! The day's ride was 75 km, heading out on a very scenic route along the Wellington-Lowden Road leading onto the Donnybrook-Boyup Brook Road (good hard shoulder on this road) to Donnybrook for morning tea at one of the bakeries - always popular with riders. We returned via Boyanup on the Boyanup-Picton Road before cutting back and heading up the inclines to Wellington Mill Road and onto the cottages. A few inclines, however after River Road I think we felt we could tackle anything!

Wednesday morning was a time for farewells and to be grateful that we could spend such an enjoyable time to experience the beauty of the Wellington National Park area. The five brave riders took off early for their long ride back to Perth. Everyone expressed their sincere appreciation for all Doug's efforts in organising such a successful tour, everyone finished safely. Well done Doug Allen!



**Hilary, Christine (R), Ann, Kleber and Stan (above) arriving at the cottages, with their loaded bikes.**



**Hopefully we have arrived at the right place!**

# Lift out Rides Calendar for May/June 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](mailto: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.**

## Bull Creek-Old Mill-Lo Quay Ride

**Sunday, 8 May, 2016**

8 am for 8:15 am start

30 km, leisurely, mainly flat, some hills.

Meet at Bull Creek Station. We will take the bike path to Old Mill (South Perth), then follow Douglas Avenue to Hayman Rd, Lawson St, Manning Road, Centenary Ave, around to Bridge Street for coffee at the Lo Quay River Café. Then its a slow return to Bull Creek Station via, Fern Road, Riverton Drive back on PSP parallel to Leach Hwy.

Leader: Udeni,

Contact: 0439 933 968

## Century Challenge Achievement Ride

**Saturday, 14 May 2016**

7:30 am for 8:00 am sharp start

100 miles (160 km), brisk pace

Meet behind BAKER'S HILL Pie Shop, 4617 Great Eastern Highway, Baker's Hill. Parking - BEHIND PIE SHOP.

Contact: John 0400 361 406 or [achievementrides@ctawa.asn.au](mailto:achievementrides@ctawa.asn.au)

## Around the Swan River

**Sunday, 15 May 2016**

8:00 am for 8:15 am start

47 km approx, leisurely pace, some rises.

Meet at the south side (near toilet) of the Narrow's Bridge, going via Canning Bridge, Point Walter, crossing over

Stirling Bridge and then heading back around Mosman Park, Nedlands and Crawley to the Narrows. First stop will be after 25 km for 10 minute break, next stop will be for morning tea towards the end at the Matilda Bay Tea Rooms.

Leaders: Rosalee and Brian

Phone: 0409 468 797

## Midland to Guildford (with a big detour)

**Sunday, 22 May 2016**

8:15 am for 8:30 am start

70 km, moderate to fast, flattish

Meet at the Midland Train Station for a ride that finishes at the Guildford Train Station. A new connection road that links the suburb of The Vines to the quiet roads south of Pearce Airbase has recently been built which offers great riding opportunities for our club. Come discover it with me.

Leader: Stan

Phone: 9345 3552 or 0439 955 241

## Sunday, 29 May 2016. Check website for ride details.

## The Tortuous (not torturous) Tootle to Toodyay Long Weekend Tour

**Saturday 4 June 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.

This will be a Towel and Undies weekend starting from Midland with two nights spent at the Freemasons Hotel in Toodyay. The route will be on sealed roads with an option of using the Rail trail/Kep Track on the return to Midland on Monday. (See page 8 for full details)

Leader: Kleber Claux

Phone: 9354 7877

## 10,000 in 8 Achievement Ride

**Saturday, 11 June 2016**

8:00 am for 8:30 am sharp start

100 km, hard, road-bike, hilly

Meet at the Kelmscott Railway Station for registration and map/ride description (you will need it). This is the clubs hilliest ride which requires you to climb 10,000ft within 8 hours. Of course this means coming down the same amount.

Contact: John 0400 361 406 or [achievementrides@ctawa.asn.au](mailto:achievementrides@ctawa.asn.au)

## Munchies at Mundaring Ride

**Sunday, 12 June 2016**

8.45 for 9.00 am start

60 km moderate pace, hilly

Meet at Midland train station.

This ride will be mainly on quite back roads passing through Boya and Darlington as we head towards, and through, John Forrest National Park.

Continuing on we visit Parkerville, Mt Helena and Sawyers Valley and arrive at Mundaring for the Munchies we all have been looking forward to.

After Munching on our Munchies it is all down hill with a few small rises, passing through Glen Forrest and Darlington again on our way back to the start at Midland.

Leader: Kleber

Phone: 9354 7877

### Round the River

**Sunday, 19 June 2016**

8:00 am for 8:15am start

50 km, moderate pace, some hills.

Meet at Canning Bridge Applecross. We'll stop at the Dome in East Fremantle for Coffee.

Leader: Michael

Phone: 0412 888 114

### Urban Undulations

**Sunday, 26 June 2016**

8:15 for 8:30 am start

65 km, moderate pace, road bike, some hills

Meet at East Perth Rail Station on south east side, (river side). Traverse the city

and west suburbs for some short, but surprisingly steep climbs to shake winters chills. Later we will stop for coffee to regain our composure.

Leader: Don

Phone: 0418 948 955

### 100 km Achievement Ride - T2

**Saturday, 2 July 2016**

8:00 am for 8:30 am sharp start

100 km, moderate, hilly

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](mailto:achievementrides@ctawa.asn.au)

### 200 km in 2 Days Achievement Ride - Day 2

**Sunday, 3 July 2016**

8:00 am for 8:30 am sharp start

100 km, moderate, hilly

Meet at the Raffles Hotel, Applecross to enjoy the flattest 100km ride we could think of, straight down the freeway Principle Shared Path. This is the second day if you are doing the 200km in 2 days and can also count as a 50km ride if you have not completed that at an earlier time this year. Average 15km/h which could almost be described as leisurely.

Contact: John 0400 361 406 or [achievementrides@ctawa.asn.au](mailto:achievementrides@ctawa.asn.au)

## Tours to plan for

## The Tortuous (not torturous) Tootle to Toodyay Long Weekend Tour

**Saturday 4 to Monday 6, June 2016**

**Leader:** Kleber Claux

**Phone:** (08) 9354 7877

**Saturday, 4 June 2016**

97 km, flat / hills, touring pace.

Meet at Midland train station at 9.00am for a 9.15am departure.

We will ride North on back roads to Upper Swan, (time for morning tea), then onto Bullsbrook. Then it's through the beautiful Chittering Valley and the more challenging ride to our lunch stop in the Julimar State Forest. I'm sure the first floor verandah at the Freemasons Hotel will be a popular place to have a beer or two after a nice hot shower. Our hosts Stella and John will be providing a delicious dinner of a roast with veges and a dessert.

**Sunday, 5 June 2016**

Today the choice is yours. You can relax and take in the sites of this historical town. Go for a ride from zero to

70 km on many of the quiet back roads surrounding Toodyay. There are a number of good eateries in town and a short ride to the Duckduckgoose cafe - restaurant - ice creamery attached to the Pecan Hill B&B.

**Monday, 6 June 2016**

89 km, flat / hills, touring pace.

Monday will see us returning to Midland via Clackline, (this would be the start for those wishing to ride on the KEP track and/or the Heritage Trail from Mundaring). Morning tea at the Bakers Hill Pie Shop, then it's through Wundowie, Wooroloo, Chidlow and Mundaring before the descent down the scarp through Darlington to Midland.

### Accommodation and meal costs:

Shared hotel rooms @ \$40.00 per person per night, this includes the continental breakfast. There is a variety of room layouts available, i.e., twin, double and family with double plus single. So if you

prepared to share rooms and beds, the more people we can have on the tour.

There is also three motel units available with en suite, one double and one single @ shared price of \$50.00 per person per night, this includes the continental breakfast. Payment for accommodation and breakfast is to be made upon arrival at the Freemasons Hotel.

The set menu dinners will be \$25.00 per person. Saturday will be roast, veges and dessert, with Sunday being fish, chips with salad and dessert. Payment for dinner will be at the dining room on the night. Please notify me if you have any dietary needs.

**Numbers will be limited, so confirm your booking with me early.**





## CTA's Festive Feast Weekend Escape Christmas in July—23-24 July 2016



### Windmill Farmstay, Lot 132 Kay Road, Bindoon (\$100/person)

Members and partners are cordially invited to celebrate Christmas in July with a festive 3 course dinner, overnight lodging and a hearty breakfast the following morning for \$100/person.

Windmill Farmstay is a 40 acre farm located in the tranquil hills of the Chittering Valley, north of Bindoon.

The orange orchards and surrounding bushland of the farmstay offer a pleasant retreat from everyday life and is a perfect place to relax, unwind and share an evening of festive feasting and good company. Our hosts Milton & Joan will make you feel most welcome. Soft drinks, beer and some wine will be available for purchase from the fridge or you are welcome to bring your own drinks.

Accommodation consists of multi room chalets with communal lounges and private en-suites. Some rooms have a mix of both double and single beds, so please be aware that bunking in with others (as per normal CTA routine) may be necessary. *For legal reasons camping is not permitted on the property.*

Secure bike storage has been arranged and there is also plenty of parking for those who will be driving to the farmstay.

**If you are riding up to Bindoon here are the details:**

Saturday, 23 July 2016

8:30 am for 8:45 am start

Meet at the Midland Train Station

Approximately 80 km, flat with one hill. Leisurely or moderate pace as you see fit.

The farmstay accommodation is limited to 30 people, so if you are interested in joining us for this Weekend Escape, we suggest that you contact us as soon as possible, as places will fill quickly.

To book a place on our Festive Feast Weekend Escape or for further details, please contact :

**Robyn on 0414 074 289 or email – 52robyn@gmail.com before 5 June 2016.**

## Jarrahdale Overnighter

Saturday 13 to Sunday 14, August 2016

**Leader:** Stan

**Phone:** 9345 3552 (043 9955 241)

**Email:** stancds@netspace.net.au

Both days of this two-day ride are mainly on back roads with flat terrain with the climb to Jarrahdale, and at touring pace.

**Saturday, 13 August 2016, approximately 60 km**

Participants are required to train it down to Kwinana Train Station at 9.00am for a 9.15 departure on the Saturday. Being a towel, soap and undies ride we will have a leisurely ride having morning tea along the way with lunch at Mundijong. Provisions can be bought in Mundijong with limited provisions in Jarrahdale. Then up the hill to Jarrahdale arriving early to mid arvo where we will be staying at the beautiful Jarrahdale Environmental Centre. The club has stayed here before, but I haven't; so I am looking forward to it. This time of the

year everything will be nice and green and if we are fortunate with the weather we will be able to really enjoy the serenity of this quaint little town and it's eateries, trees and bird life (yes I might bring my bird books and binoculars). Secure parking for our trusty steeds. I have made arrangements for us to enjoy a lovely pub meal at the Jarrahdale Tavern which is in walking distance (and watch the footy if one so desires). Alternatively you can cook in at the centre which has a modern kitchen with full cooking facilities, cooking utensils, crockery and cutlery. There is also a wood BBQ outside with a lovely Gazebo setting. The centre has bunk bed accommodation with pillows and mattresses provided but you must bring your own linen and sleeping bags.

For information on the Environmental Centre google by typing Jarrahdale Environmental Centre Accommodation. For the tavern and to check out the menu

google Jarrahdale Tavern. It looks good.

Cost for staying at the Environmental Centre can be as little as \$6!!!! There is a fixed price so the more people attending the cheaper it is. First in best dressed so please call me, Stan, to book yourself/yourselves in. It would be helpful if you could have the correct amount available.

**Sunday, 14 August 2016, approximately 50 km**

With a bit of a lie in in this idyllic spot and after having breakfast we leave not too early for the easy ride back to the Armadale Train Station where we will depart our ways. From Jarrahdale we will go down Nettleton Road to Byford then the back roads to Armadale.

## Revamping the CTA website—we would like your feedback!

**The CTA committee are looking at revamping the current website and we would love to hear from you!**

What do you like about the current website?

What needs changing or improving?

What additional functionality is desirable?

Comments and feedback can be sent to **CTA Email:**  
[info@ctawa.asn.au](mailto:info@ctawa.asn.au)

## More photos—Ferguson Valley tour



**Christine, Doug and Miranda . Doug has just mentioned that tomorrow the riders would face some really steep hills.!**



**Riders relaxing at Lyndendale gallery (left) and above Brian and Mike take off once again on the tandem.**

## Social Night— 20 April 2016

Jim Krynen gave a very interesting and entertaining presentation at the Social Night on 20 April. Jim is the Manager Cycling Integration at the Public Transport Authority, he is a keen cyclist and a passionate advocate for cycling in WA. He firmly believes in sustainable transport, part of his role is to liaise with various authorities looking at ways to integrate and improve cycling infrastructure and encourage people to look towards active transport options. Eg riding to work; ride to railway station, lock up bike and then catch train etc. It is far cheaper to build bike parking facilities at railway stations, than car parking bays!

Jim mentioned the government's WA Bicycle Network Plan and also some proposed upgrades, improvements and newly completed cycle paths around Perth. He also said the width of PSP's in future planning will be wider eg 4 metres and could even extend to 6 metres where found to be necessary in some places.

Education, safety and good cycling infrastructure is high on Jim's agenda. Many thanks to Jim for an entertaining and enlightening presentation and also special thanks to Steve, for catering and Noel for organising the evening.



**(L-R) Noel (CTA President), Steve (Social Coordinator), Jim Krynen**



# Cycling—How to conquer the commute!

Article re-printed from 'The Guardian'  
<http://www.theguardian.com/lifeandstyle/bike-blog/2016/mar/10/cycling-how-to-conquer-the-commute>.  
 Article provided by Sue McBurnie



Commuting by bike is a great way to breathe in some fresh air, move your legs and get your heart pumping. Unfortunately, on busy roads it can also be very daunting – trying to dodge drivers, potholes, and pedestrians can seem terrifying. No one likes to show up for work or social outing frazzled or exhausted from the effort of just getting there, so here are 10 tips on how to make your commute bike-friendly.

## Plan your route

The route you usually drive or take by bus probably isn't the best for your cycle commute. If you are in the capital, you are in luck – Perth is building some great cycling infrastructure and a route that may seem a bit out of the way can actually be safer and save you time. Google maps also has cycling friendly routes, or just follow other cyclists one day to see what secrets they know!

## Smile

Smile! Sing! Enjoy the time outside! Cycle commuting doesn't have to be a serious pursuit of dodging tricks and traps. Smile at the people crossing the street or send a wink over to the other cyclist in the bike box wearing rainbow socks. It's harder for someone to get angry at a happy person, so be the happy one!

## Don't sweat the small stuff

It is tempting to call out to every car who

passes you a little too close or pedestrians who step out and you have to swerve around. This takes a lot of energy that would be better focused on you and your cycling enjoyment. You aren't there to educate everyone on road safety, so if it's not a direct threat to your riding then it's probably best to let it go.

## Take your time

Your cycle commute isn't the time to set any Strava course records (on purpose). The roads are busy during peak hours with different types of road users and it is important to respect everyone on the road. As the weather gets better the bike lanes get busier. It's not worth the few seconds of extra time to the next stop light to fly past someone, take your time and enjoy your bike!

## ... and take the lane

You gotta fight! For your right! To ... cyyyyyyycle! When cycling on a busy road it is tempting to ride right up to the curb, and in reality, other vehicles might try to force you over there. But on a busy road you are well within your rights to cycle in a safe area of the lane so you can see the road. This doesn't need to be done all the time, but where there are many parked cars, or a blind right turn ahead, it's usually a safer position for you to be riding in.

## Fuel up

Have a good breakfast before you set off and bring some snacks for your desk if you are riding to work or on a longer commute ride. A fed cyclist is a happy cyclist!

## Communicate

You might be tempted to use words that rhyme with truck, but there are more effective ways to communicate with your fellow road users. Hand signals are great because they let everyone know where you are going. If you have a bell on your bike a quick ding-ding (or vocal Oi!) lets iPhone-distracted pedestrians know to look up while they cross a road.

## Cycling in rain

Get kitted up for the elements. Dress for the commute.

Tempting as it is to get up and get dressed in one outfit for the day, it's

usually best to pack your clothes in a rucksack or panniers, and wear something comfortable for the commute. This takes a bit of guess and test, weather conditions can change quickly, so find your comfortable commute style (even if that includes rainbow socks) and enjoy your ride that much more.

## Look up!

Obvious safety reasons aside, take the time to experience a new view. There is a lot to see in our cities and towns, and freed from the giant metal boxes, a cyclist can see and experience so much more. A new shop, a heritage plaque, a familiar face, your cycle commute can be more than just a way to get from a-to-b.

## Ask around

There's not much time while cycling to ask your fellow cyclists their favourite brand of trousers or where they got that bright light, but the cycling community is friendly on and off the bike. Lots of



companies and brands are active on social media and you might even get a reply from a professional cyclist on twitter if you try. Don't be afraid to share your own experiences too.



## 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](mailto:members@ctawa.asn.au)

## Safety Issues

If you have safety issues — email [info@ctawa.asn.au](mailto: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](mailto:cycling@transport.wa.gov.au) and/or [enquiries@mainroads.wa.gov.au](mailto:enquiries@mainroads.wa.gov.au) (send a copy to [info@ctawa.asn.au](mailto:info@ctawa.asn.au)).

You may also make hazard reports at : [www.transport.wa.gov.au/activetransport/25460.asp](http://www.transport.wa.gov.au/activetransport/25460.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):

Anne Cowcher

Kyra Nimmo

## 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](http://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](mailto: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 <i>plus</i> any one of: Century Challenge or 200 km or 300 km or 10,000 in 8 or 200 km in two consecutive days
Challenge	50, 100, Century Challenge and 200 km, and 10,000 in 8
Super Achiever	50, 100, 200, and 300 km and 10,000 in 8

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](http://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**

## Stan's night rides



Stan (On left in the photo above) organised some great summer night rides around Perth's suburbs in January, February and March. Riders could also experience and enjoy many of Stan's favourite eating places!

## 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).

	<b>Membership 2016</b>
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

Membership forms can be downloaded from our website <[www.ctawa.asn.au](http://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](mailto:info@ctawa.asn.au).

If undelivered please return to  
PO Box 174 Wembley WA 6913  
Western Australia

