

THE CHAIN LETTER

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

January/February 2017

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PRESIDENT'S REPORT

Almost another year over. Social nights have proved very popular. The two that stand out were the talk by Jim Kryen on Cycling infrastructure and the touring presentations in October.

There were a number of tours during the year. The first one for the year was Serpentine Falls Tour followed by the Bagingara Broad Horizons Tour. In April Doug led us on the Ferguson Valley Sustainability Tour. Then in May Liz took the Retirees Run and reversed it! I hear that non retirees go on this ride also. In June 'The Torturous Tootle to Toodyay' was held followed by Christmas in July Windmill Farmstay in Bindoon. Then Geesebrook Farm Stay and of course the annual OYB Bay to Bluff Tour in October. To finish off the year Kleber

tried his hand at leading a tour in December, and once again we had a few sprinkles of rain, while watching the outdoor movie in Mundaring. The start of next year is shaping up well with a number of tours being talked about.

The club was invited to be an affiliated club of West Cycles. West Cycle work behind the scenes and in the community to raise the profile of cycling, whether that's for transport, recreation or sport. Although the CTA is non-political I saw this as an opportunity to make use of their office facilities in producing the small number of hard copy newsletters. I also think that members often belong to a number of clubs and that being part of the Cycling scene in Perth means we need to lift our profile. Members are

taking part in the 3/5 dams ride run by Bicycling WA. I see that as a good thing. I would like to see CTA enter a team in the Cyclo Spotif series. Wearing CTA jerseys of course.

The summer night rides have started and these are lovely social ride that members could use to introduce friend to riding with CTA. Also the Beat the heat rides kick off in the New Year. Don't forget to mark the AGM in your calendar for 26th of February, This year at 'The Rise' in Maylands. We hope the noise levels will be more conducive to holding a meeting.

Lots to look forward to.

Happy Cycling, Noel

UPCOMING EVENTS

Social

In 2017 Social nights will move to Thursdays at the Loftus Centre to allow us to use a larger room. Dates for your diary—20 April, 20 July and 19 October .
Details in next newsletter



2017 Retirees Run

Sun 19 -Sat 25 March 17

Start and finish in Armadale with overnight stops in Pinjarra, Boddington, Pingelly, York twice and Mundaring Weir.

This ride is unsupported with some long and hilly days. The distances are: 70, 77, 75, 90, 96 and 41 kms.

You have the choice of either bringing your own tent or sleeping in a bed every night. In York where we have a well earned rest day, we will all be sleeping in a bed, because the caravan park

has been closed. Costs will be about \$300 for the bedders and \$160 for the

tenters, this is accommodation only.

A deposit of \$50 is required together with the completed registration form.

Please indicate your interest by e-mailing me and I will send you a registration form.

Numbers are limited and the enrolments should be finalised by the 3rd of March.

My e-mail address is:
elsbethmarshall@gmail.com

If you have any queries, please give me a bell

**Leader : Liz 92930398 or
423207258**

FEES PLEASE:

Just a reminder that your 2017 membership fees are now due. You have until the end of January to pay and receive the \$5 discount (for adult membership only). After this date full price applies. If we have your email address, your renewal form will be emailed to you. A renewal form will be posted to those without email.

All membership forms should be signed and sent to Cycle Touring Association of WA (Inc.), PO Box 174, Wembley WA 6913. If paying online (see website: www.ctawa.asn.au/ctawa/membership for bank account details), please include a note of the date when payment was made. Cheques may be sent to the Post Office box address with the membership form. Members who have not renewed by the end of February will not receive the following edition of the Chain Letter.

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CTA Email: info@ctawa.asn.au

Website: www.ctawa.asn.au

DEADLINES: Contributions for the next issue (March/April) should be sent to the Editor (editor@ctawa.asn.au) no later than **6 March 2017**.

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

The Chain Letter

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

We welcome articles and photos on:

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

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

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Achievement Ride Successes for 2016

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

MERIT

Miranda Stanton
 Don Ward
 Michael Penklis

ACHIEVER

Chris O'Brien
 Udeni Gunasekera
 John Farrelly

Hilary Beck

SUPER ACHIEVER

Bruce Robinson
 Stuart Crombie

CHALLENGE

Christine Liddiard

Brevets:

200k AR

17 October, Bruce Robinson, 20 November, Bruce Robinson, Christine Liddiard, Hilary Beck, 27 November, Stu Crombie

5 in 4- 21 November, Stu Crombie, 22 November, John Farrelly, Michael Penklis

100k- 19 November, Stu Crombie

10 in 8- 23 November, Stu Crombie

Century Challenge

30 November, Stu Crombie

300k- 5 December, Stu Crombie, Bruce Robinson, John Farrelly

Achievement Ride Dates for 2017

Sunday 19 Feb 50k T1

Sunday 26 Mar 5000 in 4 T1

Sunday 9 Apr 100k T1

Saturday 13 May Century challenge T1

Saturday 10 Jun 2017 10000 in 8 T1

Saturday 1 July 2017 100k T2

Sunday 2 July 200k in 2 days

Saturday 29 July Century challenge T2

Sunday 6 Aug 50k T2

Saturday 19 Aug 200k

Saturday 16 Sep 300k brevet

Sunday 1 Oct 5000 in 4 T2

Saturday 14 Oct 10000 in 8 T2

Annual General Meeting—Sunday 26 February 2017, 11:00 am

The Rise, 28 Eighth Ave (Corner of Guildford Rd), Maylands

AGENDA

1. Welcome

2. Apologies

3. Minutes of the last Annual General Meeting (21 February 2016)

4. Reports

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

5. Awards

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

(4) *Cycle Tourist of the Year*

6. Election of Office Bearers for 2017

7. General Business

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

Achievement Rides Series

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

Achiever Series – 50 and 100 km, and 5000 in 4 *plus* any one of: Century

Challenge or 200 km or 300 km or 10,000 in 8 or 200 km in two consecutive days.

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

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

Newsletter Article of the Year

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

Ride of the Year — Single day and multi-day

This is an opportunity for you to nominate your favourite ride, weekend away or tour. Choose the ride you enjoyed the most – nice weather, great atmosphere, interesting destination, good food, great company, achievement or fun? Two awards are given for Ride of the Year – one for a single day ride and the other for a multi day ride (weekend or tour). A list of all rides provided during the 2016 calendar year will be available at the AGM for members to vote for both categories. This award is an opportunity for you to show your appreciation to a ride organiser, and allow the club to recognise and reward their effort. Note that the On Your Bike Tour cannot be nominated.

Cycle Tourist of the Year

Nominations are called for the 2016 Cycle Tourist of the Year. The award is made by the CTA to the member who, in the opinion of the membership, has contributed the most to cycle touring and the CTA throughout the year. *Criteria for Cycle Tourist of the Year criteria provided on p. 4 of this Chain Letter, along with a list of past recipients.*

Note: If you believe no member has suitably demonstrated the qualities required for this award, you may nominate “No Award”. If the number of “No Award” nominations exceed the total number of member nominations, then no award is made that year.

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

February 2017.

Election of Committee Members for 2017

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

President:

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

Vice President:

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

Secretary:

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

(Continued from p.3)

Treasurer:

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

Rides Coordinator:

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

Achievement Rides Coordinator:

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

Editor:

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

Webmaster:

Maintains the CTA website.

Social Coordinator:

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

Clothing Coordinator:

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

Committee positions are open for

2017, please send Expressions of Interest to Noel at : president@ctawa.asn.au or phone (08) 9378 3687

Notice from the Clothing Coordinator- If you are attending the AGM

If you are attending the AGM and wanting to purchase socks \$10 pair, mirror \$35 or CTA jersey \$95 long sleeve, \$85 short sleeve please phone me, (Doug) on 9447 2554 prior to the meeting and I will bring required article along. I also have the following clothing available from previous OYB tours:

2016 OYB jackets (black with blue trim) in Ladies (sizes S and L) and Mens (sizes L and 5XL) Price \$65 2015 OYB Golden Heartlands Jersey in Ladies (sizes 8 and 10) and Mens (size 5XL) Price \$25.



CYCLE TOURIST OF THE YEAR



Nominations are called for the 2016 Cycle Tourist of the Year. The award is made by the CTA to the member who, in the opinion of the membership, has contributed the most to cycle touring and the CTA throughout the year. Criteria to assist in selecting the Cycle Tourist of the Year is provided below. Note: If you believe no member has suitably demonstrated the qualities required for this award, you may nominate "No Award". If the number of "No Award" nominations exceed the total number of member nominations, then no award is made that year.

Criteria

Nomination for Cycle Tourist of the Year may be based on:

Tour Achievement: The person may have realised a personal goal to cycle tour (perhaps across Australia or overseas) and involved the CTA by organising and leading it as a CTA tour. The achievement of a personal challenge on its own is not as important as meeting that challenge and assisting other members in that goal.

Leadership: The person demonstrated an outstanding display of leadership, which provided direction to the CTA during the current, or previous year. This may have been a drive towards more touring, or social endeavours, or cycle education, or a membership drive, etc. Generally this would relate to CTA Presidents, but this is by no means a necessary condition.

Club Support: The person has consistently been there for the Club over a number of years. This award would be in recognition of their services in a Committee role, Ride Leader role, Ride Organiser role, Tour Leader role, and Public Relations/Social role over the current and/or previous years.

Innovation: The person may have introduced a radical change in thinking for the club membership in general, or altered the customary thinking of the role or proposed direction of the CTA. Innovative ideas may have been the introduction of club uniform, or major improvements to newsletters or ride descriptions. The introduction of an Achievement/Challenge series,

progressive dinners, evening social rides or other ideas which galvanise and focus the general club membership.

Note 1: The Cycle Tourist of the Year is not a reward for completing all the Achievement or Challenge series, or having ridden a given number of kilometres etc., since these are personal goals which do not reflect the needs or involvements of the general membership.

Note 2: The above criteria was compiled as a guide to help people understand what they are voting for. Someone may fit into one or more of the criteria. You may feel someone deserves it for other reasons. If you feel someone deserves the award, nominate them, but if you feel no one deserves it, then you may cast a no award vote.

Lift out Rides Calendar for January/February 2017

Ride Guidelines

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

Rides are described using the guidelines below. *If you are unsure of your suitability for a ride, or if you feel it may*

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

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

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

Pace refers to the average speed on the flat without breaks. Downhills may be faster, uphill slower. For rides with

'Hilly' terrain, consider choosing a pace one grade below your usual comfort level.

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

Contact: info@ctawa.asn.au

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

IMPORTANT: We do what we can to ensure the ride details are correct when going to print. However sometimes unforeseen circumstances can occur after publication of newsletter. **Therefore please check the website before going on a planned ride.**

Wednesday Morning Beat the Heat Ride

Wednesday, 4 January 2017

7.15 am for 7.30am start.

50 km, slow/moderate, hilly.

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

Leader: Stan 9345 3552 or 043 9955 241

Come for a Swim ride

Sunday, 8 January 2017

45 km, moderate pace, some hills

Meet at the Raffles Hotel, Canning Bridge. This time it won't be cold, so bring your bathers and touring towel to enjoy a swim at the Bicton Baths on the Swan River. There are showers available to rinse off the salt water when you have had enough fun splashing about. To warm up, we will be riding through Salter Point, Waterford, Shelley foreshore and Mt Pleasant as we pass by Canning Bridge to Applecross, Attadale and then onto Bicton for the swim. We can buy some snacks on the way to have at the Baths, which has drinks and coffee available. There's a great Cafe close by which would be a good place for lunch after the swim. We then return by

a slightly different route back to the Raffles Hotel.

Leader: Kleber 9354 7877

Night Ride: Alfred's in Guildford

Wednesday, 11 January 2017

6:00 pm for 6:15 pm start

30-35 km, leisurely

Meet at East Perth Railway Stn. East Pde East Perth. Leisurely ride along the river paths. Build up an appetite before arriving at one of Perth's last remaining outdoor Hamburger Institutions, Alfred's Kitchen in Guildford. Return via the Principle Shared Path. **Must have good working front and rear lights.**

Leader: Noel 0419 964 808

Lavender Ice-cream Ride

Sunday, 15 January 2017 - 8:15am

8.15 for 8.30 am start

40 km, Moderate 20 – 25 km/h

Flat, some hills.

Meet at the Guilford Train Station car park (southern side of TS) for a not too strenuous ride (it's summer) through the Swan Valley where we will cool down at a café that serves lavender ice-cream, plus all the normal goodies.

Leader: Stan 9345 3552 or 043 9955 241

Northern Excursion

Sunday, 22 January 2017

Start time 8:30am

Start Location Greenwood Station.

Distance 45km

Moderate: 20 - 25 km/h

Mainly flat

Leave Greenwood Station on DUP then onto Ocean Beach road / Burns Beach Road (good shoulder) to Joondalup and coffee at Dome. After coffee clockwise around Lake Joondalup and then Lake Goollelal back to Greenwood Station.

This is a Tandem friendly ride.

Leader Michael 0466585381

Fish and Chips by the Lake

Wednesday, 25 January 2017 - 6:00pm

6.00pm for 6.15pm start.

25-30km's, moderate, undulating.

Meet at the Loftus Community Centre, Leederville.

Come for an easy ride not too far north of the LCC and eventually ending up near a beautiful lake where we will have fish and chips. I'll bring the lemons.

Must have good working front and rear lights.

Leader: Stan 9345 3552 or 043 9955 241

Fremantle– Super sized

Sunday, 29 January 2017

Meet Fremantle Train Station @ 7:45am for a 8 am start.

30 kms Moderate – flat on mostly cycle paths, Supersized additional 15kms some hills.

Enjoy a scenic cycle along the ocean down to Cockburn with a coffee at Coogee Dome on the return to Fremantle train station. An additional segment is also available to those who want to add a few kms to the Sunday morning from Fremantle train station to Claremont train station through Mosman Park and Crawley. This will test the legs with a few hills to climb but also some great downhill segments.

Leaders Rita& Cliff 0423056595

Down the Coast and Up the River Ride

Sunday, 5 February 2017

8.15 am for 8.30 am start

65 km, moderate pace, some hills

Meet at the Narrows Bridge, South side, near the toilet block. Leaving the CBD behind, we will be heading North parallel to the Freeway to Stirling, where we head West towards Scarborough and the coast. Then we head down South, to Fremantle, following the coast as much as possible for a well earned coffee break at the Mill Bakehouse. We will return to the Narrows Bridge hugging the North of the river as much as possible.

Leader: Kleber 9354 7877

Night Ride: Come for a Canning Cycling Cruise

Wednesday, 8 February 2017

Leisurely: 15 - 20 km/h

Road Bike: Flat

6.00pm for 6.15pm start

25 km, leisurely, flat

After the raging success of Kleber's first night ride, the committee have asked if he could run another in the South of the River series.

Meet at the Raffles Hotel at Canning Bridge, before we head South on the Freeway PSP. We then pass through Mt Pleasant and Rossmoyne as we hug the Canning River along the peaceful Shelley Rossmoyne foreshore. We continue along the river on PSP's through Waterford to our dinner stop in Manning. When Stan has finished eating we can return to the Raffles via the Freeway PSP.

Must have good front and rear lights.

Leader: Kleber 9354 7877

Catch a Royal Swan

Sunday, 12 February 2017

8:15 for an 8:30am start

60km Moderate pace ~ 25km / h

Meet at the Loftus Community Centre. This ride will take you through beautiful bushland in Kings Park and then onto scenic views of the river and ocean with some "upulations" en-route. We will stop for refreshments near the end of the ride.

Leader: Ann 9444 5160

50K Achievement Ride—Take 1

Sunday, 19 February 2017 - 8:00am

Moderate: 20 - 25 km/h

Road Bike: Some Hills

50km Moderate, 7:30am for an 8:00am sharp start. Meet at the corner of Chittering Road and Great Northern Highway in Bullsbrook for registration and map/ride description. The time limit of 3 hours 20mins (average 15km/h) should ensure that everyone has a chance of completing the distance.

Leader John 0400 361 406

Email: achievementrides@ctawa.asn.au

The Lights are Brighter NORTH of the River

Wednesday, 22 February 2017

Moderate: 20 - 25 km/h

6.00pm for 6.15pm start.

25-30 km, moderate, undulating.

Meet under the Narrows Bridge NORTH side of the river.

Because of a certain senior member making ludicrous claims that the lights are brighter the south side of the river, I will attempt to prove him wrong. So come and join me on a meandering ride around the city to Kings Park where it will be obvious to all which side is brighter. And we are going Italian. Yey.

Must have good working front and rear lights.

Leader: Stan

Phone: 9345 3552 or 043 9955 241

CTA-AGM -Sunday, 26 February 2017— no ride.

Perth Environs Ride

Sunday, 5 March 2017 - 8:15am for 8:30am start

40 km, Moderate pace 20 - 25 km/h, flattish.

Meet at the Loftus Community Centre, Leederville. It's the long weekend and we have an easy ride before tomorrow's *Lizzies Leg Burner*, just to keeps the legs tuned. Riding around Perth and our magnificent Swan River, we eventually will end up at one of the cutest little café's I have found with a garden outdoor setting at the back of an old house in North Perth. It's bonza.

Leader: Stan

Phone: 9345 3552 or 043 9955 241

Lizzie's Leg Burner

Monday, 6 March 2017

Meet at Gosnells train station at 8am for a 8.15 start.

Moderate, 48 km's, 700m uphill

Up Mills Road East for a coffee stop in Kalamunda, then it's a fast downhill on Crystal Brook Road and the back roads to Gosnells.

Leader: Liz 0423207258, 92930398

Steve's Seafood Saunter

Thursday, March 9, 2017 - 6:00pm

Meeting: Canning Bridge by the Raffles at 6PM.

Join Steve for a relaxing 20Km ride to Freo where we'll enjoy our choice of tucker from Kailis' Seafood market before the return journey.

Must have good working front and rear lights.

Leader: Steve 0420224911

Morning Munchies in Mandurah

Sunday, 12 March 2017

Arrive with the first train to Mandurah at 8.21am

70 km, moderate pace, flattish

It is only a few short kms to the Cafe strip in Mandurah, where you can choose which one you prefer for your breakfast.

After we have had our fill it's on to the Freeway PSP North to Thomas Road for a short break, before continuing on to Anketell Road, where we leave the Freeway PSP. It's then onto quite back roads through Hope Valley and Wattleup as we head towards the coast. We pick up the PSP at Woodman Point Regional Park as we head North to the finish in Fremantle.

Leader: Kleber 9354 7877

TOUR- Retirees Run—see P 1

Sunday 19 Saturday 25 March 2017

2016 OYB—Bay to Bluff Tour

Saturday 22 to Sunday 30 October 2016

by Rosalee McAuliffe.

Another successful OYB tour was held in 2016, traversing towns in the Great Southern region of WA. The tour started in Borden, and then followed through the towns of Ongerup, Jerramungup, Bremer Bay, Boxwood Hill, Stirling Range National Park, Gnowangerup, finishing at Borden.

Amazing local communities: The Ongerup community showered the riders with some wonderful hospitality. At dinner, riders were all amazed to see water bottles with the OYB logo on the label (their own locally filtered and treated water), and the 'Ongerup Pit Stop Menu', showing the OYB logo. The community organised an early opening of the Yongergnow Malleefowl Centre where we could see the story of the malleefowl and how a preservation group is raising awareness of this endangered species. This centre is well worth a visit.

At Jerramungup, a local school bus driver volunteered his time to give riders a tour of the town, although only a small town and community, the local hospitality and helpfulness offered was greatly appreciated by the riders.

At Gnowangerup, the caterers cooked a pig on a spit, however were very discrete when setting up as they didn't want to upset the vegetarians amongst the group (cooked in a room and out of sight!).

Last but not least, is the Gairdner River School who provided a fantastic morning tea and lunch, a great stop for a rest and food, particularly as this was the longest day's ride of the tour.

Sights on Tour: Riders were able to view some spectacular flora displays during their 8 day ride through the Great Southern region. Due to a wetter than normal year the wildflowers were still in abundance and in full bloom, the creeks and waterways were running and the whole countryside looked green for this time of the year. The rest day at Bremer Bay was an opportunity for riders to explore the town's offerings especially the beautiful pristine white beaches – lots of photos taken of these spots! The Stirling National Park with the iconic Bluff Knoll was also a popular rest day, with some riders doing the Bluff Knoll and Toolbrunup walks and wildflower tours, once again being treated to some amazing flora, scenery and landscapes, with lots of bird watching opportunities. A great camping spot, with the OYB Committee doing a fantastic job in organising a marquee and catering for

our two day stay.

Shopping on tour (?): The Op Shop at Bremer Bay was a popular shopping place for riders and happened to be open during our stay! Jenny was thrilled to purchase a pram to transport her new grandchild, this purchase topped the list of buyers and was very carefully packed into the luggage truck for the rest of the tour. Richard and Liz found some interesting outfits to try on.

What is more strenuous, riding or climbing Bluff Knoll?: Just ask Colin! Our painful legs the next few days told us that climbing a mountain is much more painful than riding a bike!

Prize for diligence and dedication to exercise: Tony walking up Bluff Knoll and then deciding he hadn't done enough and decided to walk back another 8 km to camp and Bruce wanting to see what it was like to ride up to Bluff Knoll (after previously doing the walk up the mountain). Last but not least is Simon who did the walk up Bluff Knoll in his crocs! We were also pleased to see that Bruce had worn his bike helmet for his walk up Bluff Knoll, you never know when you might slip, a good safety measure!

Weightlifting on Tour: Many thanks to the luggage loaders, a great effort considering some bags may have been slightly over 12 kg! Also to the committee and helpers, lugging in and out all the OYB supplies and items each day, especially the hot water urns for our morning tea stops.

Cars, trucks and bikes: Bike riders are always mindful of general riding conditions and we were lucky to be riding on mainly low traffic roads. As riders we can view the countryside at a slower pace, enjoy nature's aromas, the quietness and stop to enjoy our surrounds whenever. We don't need to fill up with fuel, just some food and water from time to time, environmentally I think we do a good job. Kleber's message each night was a good reminder that we do share the road with vehicles. Trucks need to be treated with respect and a good recommendation from Kleber is to move completely off the road, their slip stream can be nasty, not to mention their size!

Above and beyond the call of duty and quiet achievers: While we are all deep in sleep and cosy in our tents there is a small group of ladies who rise very early in the mornings! These are the



John and Jacinta taking it in their stride

porridge stirrers, Sue, Jenny and Barb, thanks to this fantastic group for helping to provide some nice warm, sustenance for the days ride.

Many thanks to Ron Bowyer our esteemed Life Member who makes the sumptuous jams for our breakfasts and helps Kleber with the name badges, a job well done!

Our entertainers: Roberto, CJ and Lucy who often serenaded us to sleep while practising their music for the concert and thanks to all the contributors on the night. Even though bike maintenance and repairs is a serious subject, it is always entertaining to listen to Colin and Kleber's information session on this subject!

Everyone else: We sincerely thank the OYB Committee for their organisation of the tour (Terry, Ann, Tony, Sue, Brian and Trevor), the volunteers and any riders who lent support and help. Finally, congratulations to all the riders who completed the tour, you all help make the OYB tour a special event, through your participation and cooperation. Happy cycling and we all look forward to seeing you again in 2017 on another OYB tour.

NO LYCRA FOR NEIL! -

NEIL PORTEOUS 1930-2016 A cycle touring enthusiast



Neil Porteous on tour

By Ron Bowyer

There is no clear record of when Neil joined the CTA, but it must have been about 1977 when the CTA first introduced the 50 and 100km achievement rides. From the outset, Neil was an enthusiastic participant in all club rides, including the Achievement Rides. He must have joined the stalwart group in the inaugural 200km event in 1978 which was run in trying conditions of wind and rain. He even had made his own "gold" badge inscribed "CTA 200 Km Achievement 1978 Neil Porteous" to help celebrate the event.

Neil was elected to the Committee in 1978 and served for three terms. He was honoured as "Cycle Tourist of the Year" in 1980, when it was noted in the Newsletter of the time, "Neil, often called the 'gentleman cyclist' has participated in most of the CTA's rides throughout 1980, including the 700 km Kalgoorlie Tour. He sets a splendid example to younger riders for his safety-consciousness and consideration for his fellow riders. Most important of all is that Neil is one of the best companions one could ever have for a ride in the country".

Neil obviously loved his cycle touring. He was on Dale Neill's Tassie Tour in 1983 and is framed in another unknown country tour with 80s (right). In 1984, he and I joined up with John and Aileen Martin and John Quintner, visiting Germany's Black Forest, circumnavigating Lake Geneva, then continuing through some of the most scenic valleys in the south of France.

After returning home, Neil



joined a stalwart group of riders, lead by John Martin, who were completing rides run by the Audax Group in Paris. In 1985 he gained his Super Randonneur badge by doing the 200, 300 400 and 600 km rides in the same year. This achievement was highlighted when he received his award in person from Sir Hubert Opperman.



Neil receiving his award in person from Sir Hubert Opperman (on left).

In 1988, he was on one of CTA's most famous rides, the Bicentennial Ride. This was so successful that the Committee agreed that it would set up its own regular country tours – and On Your Bike was born.

1990 saw Neil and I participating in rides on two continents. Firstly, we met up with Carol and Earl Nelson and rode with them to Crater Lake in Oregon, USA. We flew on to Europe, picking up new bikes in Reading, UK and riding them (with help from a hydrofoil!) to some of the scenes of the most intense

1999, Neil on OYB in Gnowangerup



fighting in WW1, the area around the Somme. A bicycle is the most convenient way to explore these former areas of devastation and savagery, and to find the occasional small fenced plot of grass, maintained by the Australian War Graves Commission. Here in the middle of a ploughed field, we could gaze on the earthly acknowledgement of thanks to our own brave soldiers.

The two of us moved south, through Belgium and Battle of the Bulge territory, into Luxembourg, where we met up with fellow cyclist and CTA member Nicole Gentz, who had by then moved to Berlin, and was (and is) still an occasional visitor to Perth. Then commenced another tour which took us across two countries into Germany, which, just months previously, had seen that most significant Wall come down. It was with a great sense of history that we were able to cycle through East Germany and enter what was then still West Berlin.

Neil participated in several OYB Tours, captured here in 1999 in the town where his parents had first met many decades earlier.

After 2000, Neil's riding continued, but generally at a slower pace and often with long-time friend Dennis Braddon. However his sense of adventure was still very much alive in 2008 when he took a hang-gliding flight in the Bavarian Alps.

Neil continued his CTA membership up until 2014, always arriving at the AGM on his bike!

He will be missed by his many former cycling companions.

The CTA Achievement Ride Series

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 website for details and conditions)

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/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.

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.

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 6-8 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

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**.



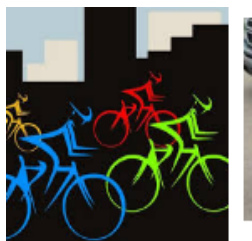
These mirrors use two zip ties for mounting onto your helmet. If you are cycling overseas where traffic is left hand drive, these mirrors can be easily adjusted.

Contact : Doug 9447 2554 (H) or email clothing@ctawa.asn.au for any enquiries or orders.

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



2014 GIANT Anthem Advanced 1

Full susp. carbon mountain bike
Wheels upgraded to Shimano XT
Unused originals also included
New chain, cassette and rings
New cable inner and outers
New brake pads
Frame size XL
New \$5400 now \$2000 o.n.o.
John 0400 361 406

WELCOME TO NEW MEMBERS

Dennis Tannenbaum (May), Eddie Brennan (July),
Tanya Crozier (August) *and from OYB:*
Bruce Traill
Jan Read
Philippa Brown
Alan Dagg
Jennifer Dagg
Robyn Greer
Martin Greer
Athol Berry
Randell Holland
Louise Adamson
Felix Cartusciello
Anne Marie Regan

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 2017
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. Please send your cheque and form to the Cycle Touring Association, PO Box 174, Wembley WA 6913. A receipt of payment is only issued on request.

The CTA is a non-Government organisation relying on membership fees, donations and volunteer labour to achieve our aims and objectives.

These monies help provide each member with six newsletters per year, a number of social evenings with suppers, weekend trips and tours at cost, to name a few of the material benefits.

For more information, send an email to info@ctawa.asn.au.

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

