

# THE CHAIN LETTER

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

May/June 2017

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## PRESIDENT'S REPORT

The Cycling Touring Association of Western Australia is really getting into touring this year. Perhaps our glorious autumn weather has encouraged us to get out and about. The years premier event, the On Your Bike "Loaves and Fishes" tour (2-10 September) is already over half full so get your entries in (Trevor's notes on the OYB Tour are in this newsletter). As well, we have weekend rides coming up for the June Long Weekend (Kleber's Dwellingup ride, 3rd June), Xmas in July at the Yanchep Inn (15 July), and we are planning several weekend rides towards the end of 2017. These multi-day rides are great fun and paced to give everyone an enjoyable excursion (unless you feel like burning the legs in which case some of the stronger riders will probably help you into the pain zone).

Rides Co-ordinator Liz has put together a great winter season of well-paced weekend rides. Liz has also put together a calendar of shorter, moderately paced mid-week rides, usually on Wednesdays, to help riders develop their fitness and as an excuse to have a coffee and cake with friends. Come along for a spin.

Stan ran a very successful series of mid-week night rides over the summer. Again, these have been easy paced, shorter rides to a tasty noshery giving CTAWA members a chance to get out and enjoy

our beautiful summer evenings and quiet paths and roads in Perth. The flashing red and white bicycle lights are quite pretty too. We look forward to these restarting next summer.

Anyone can lead a ride and members are always very supportive of ride leaders so don't be afraid to volunteer to lead a ride. Map out your favourite route for a morning, a whole day or a week-end ride and call or email the Rides Co-ordinator to get it on the calendar.

Out there in the broader community, changes that support cycling are happening. Cycling for commuting, health and fun is becoming normalised (again). I believe that seeing our CTAWA riders on the roads contributes in a small way to driving these changes.

I suggest that this is, in part, the result of cyclists becoming more visible and thereby expected on roads. Seeing the Deliveroo riders hauling their backpacks of curries around the suburbs, the cycling commuters waiting to cross at city intersections, the gaggles of gasping weekend warriors in the hills and our own CTAWA riders out on country roads all help to continue raising the profile of cyclists as rightful users of road space.

Physical provision for cyclists is also being improved and encouraging more people onto their bikes. 'Cycle

boulevards' in Belmont and Bayswater, extension of the Midland PSP, filling in gaps on the PSPs at Loch Street and north of Currambine, and announced plans to include cycling improvements as part of major road improvements all help to get more people cycling. The 'last mile' from PSPs and public transport to homes, schools and workplaces is also being addressed with safer bicycle paths and lanes and improved bicycle facilities at schools, stations and offices.

We are seeing advertisements on TV urging cyclists and drivers to 'share the road' by giving more room when overtaking or by manoeuvring our bicycles to minimise delays and frustration. A two year trial of Safe Passing Rules requiring motorists to give at least a metre of room to cyclists when overtaking has been announced.

All of this makes this a great time to be out there on our bikes.

Congratulations to all our CTAWA riders who have completed rides and "thank you" to everyone who has organised or led a ride, tour or social event. Without you our association would not exist.

I look forward to seeing you all again, out there on the roads and paths and in the coffee shops in the year ahead.

**Stuart**

### See Page 3 for Upcoming Tours

**WA Day Long Weekend Tour at Dwellingup , Saturday - Monday, 3 - 5 June 2017**

**Xmas in July- Yanchep Revisited, Saturday 15th to Sunday 16th July 2017**



### 2017 On Your Bike - Loaves to Fishes Tour

**Saturday 2 September to Sunday 10 September 2017**

This epic tour of Biblical proportions starts from the only monastic township in Australia, the Benedictine Community of New Norcia. Cycling northward on quieter, sealed rural roads through the State's central agricultural corridor, the tour will wend its way through Western Australia's Wildflower Country to our final destination at the twin fishing towns of Dongara and Port Denison, one of the jewels of the stunning Coral Coast on the sparkling waters of the Indian Ocean.

Participants will have the opportunity to see expansive cereal and livestock farms, wildflowers and visit some of the smaller country towns that once were the mainstay of the old inland road route to Geraldton and beyond.

Tour Brochures and Entry Forms have been mailed to all CTA members and can also be downloaded from the link on the CTA website. With participation limited to a maximum of 130 riders, get your entry in soon as the Tour is already half full. Enquiries: Trevor Knox – 0402 029 608 or [trevorknox@arach.net.au](mailto:trevorknox@arach.net.au)

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**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 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](mailto:editor@ctawa.asn.au).

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**Achievement Ride Successes**

According to our records, the following people have completed Achievement Rides for 2017. 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.

<b>5 in 4 –26/3/17</b>	<b>5 in 4 –7/4/17</b>	Chris O'Brien	Udeni Gunasekera
Chris O'Brien	Kleber Claux	Arie Lemson	Miranda Stanton
Arie Lemson	Don Ward	Kleber Claux	Lucy Jarzabkowski
Elsbeth Marshall	Stuart Crombie	Don Ward	
John Farrelly	Udeni Gunasekera	John Farrelly	
Christine Liddiard	Miranda Stanton	Christine Liddiard	
Tony Chew	<b>100k T1–9/4/17</b>	Stuart Crombie	

**Achievement Ride Dates for 2017\*\***

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

**See achievement ride descriptions on 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.**

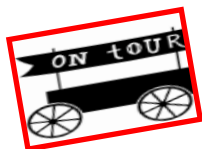
**New Website, now up and running: [www.ctawa.asn.au](http://www.ctawa.asn.au)**

**Welcome to New Members: Paul Plant, James Bantick**

## UPCOMING TOURS - June Long Weekend

### WA Day Long Weekend Tour at Dwellingup

**Saturday - Monday, 3 - 5 June 2017**



**Leader: Kleber 9354 7877**

What better way to celebrate our States Day than a long weekend cycling in Dwellingup, surrounded by the beautiful state forest. We will be staying at the Dare Adventures camp site, 1.5km from Dwellingup.

There are a number of options available, touring bikes starting and finishing at Mandurah train station, driving to Dwellingup with your mountain bike to ride the many trails in the area, or driving to Dwellingup with your non cycling partner and have a walk on the Bibbulmun Track or visit the many other attractions close to town. Stan is going to take advantage of the large sports oval and will be bringing his Eagles gear, i.e. underpants, shorts, shirt, boots, footy, etc.

**Accommodation:** We have booked the self - contained cottage which sleeps 15 in bunk beds. If there is a good response, we have an option of another cottage.

The kitchen is fully equipped with pots/pans, cutlery, crockery, fridge/freezer, oven, microwave etc. Covered mattresses are supplied with the beds. You will need to supply bed linen, (sleeping bag and liner will be okay), pillow, (inflatable will be okay), toiletries, towel and tea towel.

**Food:** BBQ's are available, so, maybe bring some frozen meat for Saturday night. If you need to supplement what food you can bring with you, the local IGA is open 7 days for supplies. Sunday night we could all enjoy a few drinks and a counter meal at the Dwellingup Hotel.

**Costs:** If we are able to fill the cottage, the charge will be \$34

for the two nights. If the numbers attending are down, the cost will be slightly more. I will inform you of the final cost closer to the date.

**Confirmation:** Since the accommodation is limited, please confirm your booking early to avoid disappointment. Also, let me know if you will be on touring bikes starting from Mandurah or driving to Dwellingup.

**Saturday, 3 June 2017, 9.00am for 9.15am start.**

**54 km, leisurely pace, hilly.**

Meet at Mandurah train station. After handing out information and collecting money, we work our way out of Mandurah and head East on Lakes Road. A break for morning tea at North Dandalup before we attack the hills on Del Park Road. A well earned rest and lunch at the Blue Wren Cafe, before buying some provisions at the IGA. Then only 1.5 km to a nice hot shower and relax with a cold drink before the BBQ Master Chefs show us their talents. The mountain bikers might like to go for a short burst on the trails close to camp.

**Sunday, 4 June 2017**

Depending how you feel after Saturday, the touring bikes can have a short ride of 32 km to Nanga Mill and return, or an 80 km loop on quiet back roads for lunch at Pinjarra. The Bush Bashers have plenty of distance and difficulty options. Namely, the Munda Biddi Trail, Nanga Pool, Marrinup Trail or the Turner Hill Trail.

After a hot shower it will be good to hear about the days adventures over a cold beer and dinner at the Dwellingup Hotel.

**Monday, 5 June 2017.**

We will start when Stan has finished packing his Eagles gear.

**54 km, leisurely pace, down hill.**

The return to Mandurah will be via the steep down hill on North Spur Road to Pinjarra for morning tea. Then North West on Patterson Road to Lakes Road and onto the train for the trip home.

## UPCOMING TOURS - CHRISTMAS IN JULY

### Xmas in July- Yanchep Revisited

**Saturday 15th to Sunday 16th July 2017**

**Two meeting times, see below.**

20-25 km, touring pace, flattish

Leader: Stan - 9345 3552 (043 9955 241)

Email: staneds@netspace.net.au

This year we are going back to the old but very beautiful Yanchep Inn. The last time we visited the Inn was 2012 & 2013 and back then they put on a very special mem-

orable evening. We had good numbers then and it was most enjoyable. This year's event will be on the Saturday 15th and Sunday 16th of July.

There are two meeting times on Saturday the 15th of July. They are:

10.30 am at Stirling Train Station for an approximately 25 km to Clarkson Train Station to pick up the second group.

12.00 noon at Clarkson Train Station. From here we will all go together for lunch in the Clarkson region. Afterwards, approximately at 1.00 pm, we will do a very short leisurely ride to the Yanchep Inn a distance of approximately 20 km on the back roads east of Wanneroo Road. Arriving at the Yanchep Inn mid arvo.

If members have partners that do not ride regularly, this may be a day they can join in on a ride. Alternatively they, or members, can simply drive to the Inn. Get there early and they can enjoy the beautiful Yanchep National Park or simply veg out in the Inn.

The trip includes overnight accommodation, Christmas dinner [menu](#) and a cooked breakfast the following morning. For those who do not wish to spend the night there is also a 'dinner only' option.

Costs (including dinner and a cooked breakfast) are as follows:

**Inn "Backpacker" Rooms**

Quaint, simple old style hotel



## UPCOMING TOURS - Christmas in July

rooms. Bathrooms are shared facilities. Bring your warm pyjamas!!

\$235 per couple. (Special for Cycling Group) \$ 125 single.

There are a small number of twin share rooms available. Please ask if you would like one of these.

### Original Budget Motel Rooms

Overlooking Garden Area. \$270 per couple. (Special for Cycling Group) \$185 single.

### Lakeview Motel Rooms

Overlooking Loch McNess. Deluxe.

\$375 per couple. Superior. \$355 per couple. Standard Room. \$335 per couple. (Special for Cycling Group) \$250 single.

### Dinner only Option: \$55

Bookings are to be made direct with Yanchep Inn on 9561 1001. Book and pay for your chosen option with Yanchep Inn before 18th June and get a refund on the night of \$10 per member on your full dinner and accommodation package (not applicable for 'dinner only' bookings). All you need to do at the time of booking is mention you are with



the CTA group, choose your option and provide them with the names of people who will be attending.

Partners and friends are also welcome to join in the festivities.

On Sunday we will return home via a different route as agreed on the day.

**After booking please email Stan and let me know that you have booked and how many so I can keep an eye on numbers.**

## Retirees Run 19-25 March

*By Steve Napier*

With a scheduled start of 10.30 we all ambled into Dome, Armadale for an hour or so before, for everything from a coffee to full breakfast. 20 enthusiastic riders assembled down at the station carpark for the start and were pleasantly surprised to find that Jacinta and John were bringing their own tray-top vehicle which had plenty of covered space should anyone want to lighten their load – much too early to be shedding our panniers yet, but good to know the possibility was there.



**Tour Leader Liz with some members of the team**

Sunday was a beautiful day for riding as we set off south down Wungong road and skirting Byford we were soon at Mundajong and as it was nearly midday, lunch was declared at the well provisioned café. With only 25kms on the clock (42 to go) the lion's distance was still ahead and into a variable southerly. Liz and Richard weren't talking (due to the 500+ mts between them!) and I was sent on ahead to ask Richard to slow down. Well I couldn't make any headway on him until luckily, he stopped so the message was passed on. Most of us made Pinjarra by 3.30 and straight to the Coles where we stocked up on dinner and breakfast plus a few bottles from the Liquorland. Liz planned 2 meetings a day to check we were all OK with an 8.30am before departure and a 6pm for summary of the day before dinner. This evening's gathering was at the caravan park camper's kitchen – very handy for us of the tents, where we all compared dinner destinations with us

simple souls heating prepared meals at the camp while those with bigger budgets took dinner on the banks of the Murray.

Day 2 was clear and fine and luckily the 77kms to Boddington via Dwellingup starts on flat road as most of the days cumulative elevation of 500+ metres happens in the first 20Kms. Ahh that coffee tastes even better when you know the hardest part of the day is behind you and we all enjoyed an extra treat at Dwellingup's popular Blue Wren coffee shop. Still 50km to go so back on the road with a couple of valleys to climb out of before reaching Boddington by about 2pm. Most took a bush stop about halfway to consume lunches while others of us made a B line for the deli on arrival. On the edge of town was the delightful holiday park by the Hotham river with only the distant grind of the gold mine below the sound of birds and gentle breeze. 6pm at the tavern and a round before dinner along with discussion about tomorrow with the threat of heavy rain and wishes to leave early to avoid a forecast of early afternoon deluge.

Day 3 Tues to Pingelly. Weather Alerts! Wonderful as all our various electronic devices are they certainly can't all agree on this today's forecast with everything from rain at 3am this morning to late afternoon. However the earliest were away before 7am under even then gloomy Grey skies heading into an East/North-Easterly headwind. To allow for greater speed many took Jacinta and John's generous offer of pannier carriage in the support vehicle and it was reassuring to see the now familiar ute parked at various points along the road on our 75km journey. Snippets of local history with welcome tables and chairs made for a pleasant break about halfway at Codjotitine hall and school site. Those who made the early break were rewarded with a dry arrival while us stragglers had to "deploy"

our rain jackets as largish drops interrupted our journey from just after mid-day. Pingelly supports 3 hotel/motels as well as the caravan park but 3 of us hardy souls chose the budget site while testing our tents waterproofness. Dinner at the Pingelly (I've been here for 26 years...) Hotel which provided enjoyable fare while lightning, thunder and a good soaking outside added to the night's entertainment.

It seems that the weather is keeping us fit this week as of the few days a year we receive Northerly winds; our ride to York via Brookton and Beverly is one of them. The Great Southern Hwy starts with a well lined safety edge and with Brookton only 22kms on this makes a nice measure for the first 1.5 hrs into the wind. Another 32km to Beverley on flat road made for an early lunch at the bakery or others enjoyed this town's cafes. Beverley's founding fathers wanted to make their town different so instead of running the main street parallel to the rail and river, as most do, they ran it at right angles which may have amused earlier residents as they negotiated the main street with bullock driven wagons and later trucks. The famous purple line (code for those who navigate with GPS devices) took some of us on a detour to nowhere in otherwise pleasant bush as we left town and after re-joining the Southern hwy we had a choice of the Beverley high road with views and less traffic or the southern hwy following the river. Very sensible things rivers and for those of us who had shed some weight by leaving our panniers on the ute our ride took on a pleasant turn despite the relentless northerly. Most of the women took the high road to show us blokes up although some of us had done that scenic route before! Our motel host in York was having a bad day it seemed ("I'm sick" she later declared) and it was a case of musical rooms for a

Continued on Page 8

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

### Important information from the Rides Coordinator - Please read !



I would like to introduce myself: my name is Liz Marshall and I am the rides coordinator for the one day rides.

I am trying to offer more rides for the faster riders, so you "Speedy Gonzales" watch out for the rides advertised as **brisk**. These rides are only for people who can maintain a speed between 25 and 30 kms an hour over a long distance.

The rides that are advertised as **moder-**

**ate** are for people who can maintain a speed of 20 to 25 km's an hour.

**Leisurely pace** is 15 to 20 kms an hour.

If you are faster than the advertised speed you will have to slow down and if you are slower than the advertised speed you should not participate because it is not fair on the others if they have to

wait. Happy cycling to everybody!

### Guildford loop

#### Wednesday May 3 @ 8:00 am

56km: Moderate 20-25km/h, Road bike - Flat

Meet at the south side of the Narrows Bridge. We stay on the southern side of the river until Guildford. We deviate to a hidden coffee stop in Hazelmere, then return following the river on the northern side. It is mainly flat.

Leader: Connie 0407 640 012

### Midland Mundaring Midland in May Mountain Bike Ride

#### Sunday May 7 @ 8:15 am

50km: Moderate 20-5km/, Mountain bike - Hilly

Meet at the Midland Train Station at 8.15 for a 8.30 start. From here a few k's on bitumen before we hit the Reserve Railway Trail to Mundaring via Greenmount, Darlington & Glen Forrest. Being an ex-railway line the

gradient should be gradual. Morning tea at Mundaring and from here we continue on the trail through Sawyers Valley to the Heritage Trail which goes west through John Forrest National Park which will be more downhill, onto the bitumen back to Midland TS. The distance is not that great but remember, it is mountain biking. And at this time of the year it should be green and beautiful.

Leader: Stan

Email: [stancds@netspace.net.au](mailto:stancds@netspace.net.au) or Phone: 9345 3552 or 0439955241

### Ring around the river

#### Wednesday May 10 @ 8:00 am

50km: Moderate 20-25km/h, Road bike - Some hills

Meet south of the Narrows bridge near the toilets. This route will go across the Kwinana freeway south to Applecross following the river to Left Bank across Stirling Bridge into Mosman Park, Coffee in Swanbourne. Then back to starting point.

Leader: Rita 93852562 or 0423056595

### Century Challenge Achievement Ride – Take 1

#### Saturday May 13, 7:30am for an 8:00am sharp start

160km: Achievement, Moderate 20-25km/h, Road bike - Some hills

100 miles (160km) Brisk. Meet behind BAKER'S HILL Pie Shop, 4617 Great Eastern Highway, Baker's Hill. Parking – Behind Pie Shop

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

### The Fabulous Figure of Eight

#### Sunday May 14 @ 8:15 am

47km: Moderate 20-25km/h, Road bike - Flat

This ride uses a combination of roads and paths to complete a figure of eight across the Canning River region. First, we'll take a quick sortie into Applecross, then cross the

Canning Bridge and head clockwise to the Riverton Bridge via Manning, Waterford and Wilson. Crossing the bridge, we'll proceed anticlockwise through Riverton and Willetton to the Roe Hwy. After a sprint (optional) eastward on the Roe, we'll re-enter the parkland along the Canning River and make our way through Langford, Ferndale and Wilson back to the Riverton Bridge for a coffee (and cake) stop. Crossing the bridge again, we'll head clockwise back to the Raffles along the foreshores of Shelley, Rossmoyne and Mt Pleasant.

Leader: Lucy 0402 811611

### **Bull Creek loop**

#### **Wednesday May 17 @ 8:00 am**

60km: Moderate 20-25km/h, Road bike - Flat

Meet at Trevor Gribble Park, corner Parry Avenue and Karel Avenue, Bull Creek at 7.45 for a 8 am start. This loop takes us via the Raffles and Fremantle to the South Beach Cafe for coffee before we return to Bull Creek

Leader: Miranda 0468 932 269

### **Get the Good Grub at Gidgie Ride**

#### **Sunday May 21 @ 8:30 am**

80km: Brisk 25-30km/h, Road bike - Hilly

Meet at Midland train station. This will be a good training ride for those who enjoy the hills. We set off through the John Forrest National Park on our way to Parkerville and Stoneville then North to Gidgegannup to the halfway point to Gobble the Good Grub at Gidgie. We then head South on Bunnings Road to Mundaring and, at last, downhill to Midland via Glen Forrest and Darlington (8:30am for 8:45am start).

Leader: Kleber 9354 7877

### **Swan Valley with a kick up**

#### **Sunday May 21 @ 8:30 am**

48km: Moderate 20-25km/h, Road bike - Hilly

This is a loop through the Swan Valley, but don't think the Swan Valley is all flat, o no! There will be

one serious hill where you need granny gears, hopefully we will find a coffee stop on the way.

Leader: Liz 0423 207 258; 9293 0398

### **Kalamunda loop**

#### **Wednesday May 24 @ 8:00 am**

44km: Moderate 20-25km/h, Road bike - Hilly

Meet at the start of the Bibbulmun track (Railway Road/Mundaring Weir Road). This loop goes to Gosnells and comes back up Crystal Brook Road for a coffee at the end in Kalamunda.

Leader: Liz: 0423 207 258; 9293 0398

### **Southern Coast and Lakes**

#### **Sunday May 28 @ 8:00 am**

45km: Moderate 20-25km/h, Road bike - Flat

Meet at North Fremantle train station. We ride down to Woodman Point, then across to the Beliar Lakes and return to North Fremantle via Fremantle with a coffee stop somewhere on the way.

Leader: Bill 0417 091 663

### **Southern Coast and Lakes Part 2**

#### **Sunday May 28 @ 8:00 am**

Brisk 25-30km/h, Road bike - Flat

Meet at North Freo train station at 7:45 for an 8:00 sharp start. Don't be late! We start by heading south through Freo then continue further South with plenty of opportunities to "stretch the legs". We then have several options where to head over to the freeway bike path and head on back to Freo. Important! We will always regroup and nobody gets left behind. Many options for coffee and cakes at the end.

Leader: Colin 0433 512 833

### **Freo loop**

#### **Wednesday May 31 @ 8:00 am**

50km: Midweek, Moderate 20-25km/h, Road bike

Meet at western end of Canning Bridge. Around the river to Fremantle then up to Cottesloe for a coffee before re-joining the cycle path

to return. I will try to find some hills.

Leader: Stuart 0409 882931

### **WA Day Long Weekend Tour at Dwellingup**

**Sat June 3 - Mon June 5, see Page 3 for details**

### **Guildford loop**

#### **Wednesday June 7 @ 8:00 am**

56km: Moderate 20-25km/h, Road bike - Flat

Meet at the south side of the Narrows Bridge. We stay on the southern side of the river until Guildford. We deviate to a hidden coffee stop in Hazelmere, then return following the river on the northern side. It is mainly flat.

Leader: Connie 0407 640012

### **10000 in 8 Achievement Ride – Take 1**

#### **Saturday June 10, 8:00 am for 8:30 am**

115km: Achievement, Moderate 20-25km/h, Road bike - Hilly

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 and descend 10,000ft within 8 hours. You will climb a total of 2100 metres.

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

### **Southern Suburbs Cycle**

#### **Sunday June 11 @ 8:15 am**

40km: Leisurely 15-20km/h, Road bike - Flat

Meet at Bullcreek Station at 8.15 for 8.30am start. Approx 40kms at a leisurely pace. A slow alternative around the Canning River including the Kent Street weir and the Shelley foreshore with a stop along the way at the LoQuay Cafe for coffee and cake!"

Leader: Christine 9457 4779

### **Southern Suburbs Cycle part 2**

(see next page)

**Sunday June 11 @ 8:15 am**

60km: Brisk 25-30km/h, Road bike - Flat

Meet at Bullcreek Station 8.15 for 8.30 start.

Head down the Freeway bike path to warm up before following the quiet streets of Bibra and South Lakes. East through the Jandakot small holdings and parkland before exploring the beautiful Piara Waters. On East to Gosnells Railway Markets for well earned coffee then along the railway path to Roe Hwy with a detour back via Lynwood and Riverton followed by a final sprint along the Canning river and Rosmoyn to the Bullcreek start.

Leader: Steve , social@ctawa.asn.au or 0420 224 911

**Ring around the river**

**Wednesday June 14 @ 8:00 am**

50km: Moderate 20-25km/h, Road bike - Some hills

Meet south of the Narrows bridge near the toilets. This route will go across the Kwinana freeway south to Applecross following the river to Left Bank across Stirling Bridge into Mosman Park, Coffee in Swanbourne. Then back to starting point.

Leader: Rita 93852562 or 0423056595

**Classic Vintage Sports Car viewing**

**Sunday June 18 @ 8:30 am**

50km: Moderate 20-25km/h, Road bike - Flat

Meet at the Loftus Community Centre, Leederville. Come for an easy and interesting ride to view a CTA members original English classic vintage sports car that is absolutely beautiful. I have seen it and been for a ride in it. We will first leave the LCC through Mt Lawley, across our gorgeous Swan River, back over again and around into the northern suburbs, have morning tea and eventually end up at the house to

view this beautiful car. If you have an appreciation of old classic cars, this is a ride not to be missed.

Leader: Stan  
stancds@netspace.net.au or 9345 3552, 0439955241

**Bull Creek loop**

**Wednesday June 21 @ 8:00 am**

60km: Moderate 20-25km/h, Road bike - Flat

Meet at Trevor Gribble Park, corner Parry Avenue and Karel Avenue, Bull Creek at 7.45 for a 8 am start. This loop takes us via the Raffles and Fremantle to the South Beach Cafe for coffee before we return to Bull Creek.

Leader: Miranda 0468 932 269

**It's not Dull in Dawesville**

**Sunday June 25 @ 9:00 am**

40km: Moderate 20-25km/h, Road bike - Flat

Catch train to Mandurah · Departs Stirling Station 7.54 am · Perth Underground – 8.08am · Arrives Mandurah- 8.59am We will make our way following cycle paths and quiet rds around The Estuary to the Dawesville Cut. Grab a cuppa/cake at Leprechauns General Store Dawesville - there is a picnic area opposite. The ride back to Mandurah is a scenic route along the coast with some undulating paths over the sand dunes. Two options

1. Mandurah to Dawsville – 40 kms ( catch train to Perth )

2. Extra ride from Mandurah to Warnbro Station via Madora Bay, Singleton, Golden Bay and Secret Harbour – Extra 32 kms

Leader: Chris 0419 908 505

**Kalamunda loop**

**Wednesday June 28 @ 8:00 am**

44km: Moderate 20-25km/h, Road bike - Hilly

Meet at the start of the Bibbulmum track (Railway Road/Mundaring

Weir Road). This loop goes to Gosnells and comes back up Crystal Brook Road for a coffee at the end in Kalamunda.

Leader: Liz 0423 207 258; 9293 0398

**100K Achievement Ride (T 2)**

**Saturday, July 1, 2017**

8:15am for an 8:30am sharp start.

100km: Achievement, Moderate 20-25km/h, Road bike - Some hills

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. This is also the first day of the 200k in 2 days Achievement Ride. Save some legs for tomorrow!

Leader: John 0400 361 406 or achievementtrides@ctawa.asn.au

**200k in 2 Days day 2**

**Sunday July 2 @ 8:00am for an 8:30am sharp start.**

100km: Achievement, Moderate 20-25km/h, Road bike - Some hills

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.


Leader: John 0400 361 406 or achievementtrides@ctawa.asn.au

**Xmas in July- Yanchep Revisited**

**Saturday July 15 - Sunday July 16, See Page 3/4 for details**



## WA Police and Emergency App for Apple, Android and Microsoft mobile phones



**Save the App that could save your life.**

Available on the App Store [\[Free Download\]](#)

GET IT ON Google play [\[Free Download\]](#)

Download from Windows Phone Store [\[Free Download\]](#)

The Emergency+ app is a free app developed by Australia's emergency services and their Government and industry partners.

The app uses GPS functionality built into smart phones to help a Triple Zero (000) caller provide critical location details required to mobilise emergency services

A new app for your mobile phone that calls police and emergency services and reports your location with the push of a single button is available for I phones, Android and Microsoft devices. Very importantly, the app can turn on your phone's GPS to transmit your exact location to emergency services without the user having to remember how to find or report the location during stressful emergency. The app can also call the ambulance service to get spoken first aid assistance

or call non-emergency numbers to notify police of less urgent events such as a road hazard or on -road harassment with a single button push. The app is free and is supported by national and state emergency services agencies. Search you phones AppStore or Play Store for emergencyapp.triplezero.gov.au

Thanks to John Bell for bringing this to our attention

## The Point of the Pointer

Recently Liz Marshall, on one of her rides, introduced a Pointer system to inform the riders in the group when a change of direction was required. A few issues occurred, that have subsequently been resolved, with some minor changes, on recent rides. **How it Works:**

- 1: The rider immediately behind the ride leader will be the Pointer, when the ride leader indicates to the rider, of a change of direction. A typical vocal indication would be, "LEFT POINTER" or "RIGHT POINTER".
- 2: The ride leader is to give the prospective Pointer sufficient warning of an intended

change of direction.

3: The Pointer stops at the corner, T- junction or roundabout, and points in the direction that the following riders need to go. The Pointer needs to be in a position that can be seen by the riders as they approach the change of direction.

4: The Pointer is indicating a direction change only and NOT necessarily safe to proceed. As normal, for the riders own safety, it is up to the individual rider to check for traffic conditions, and to heed information supplied by riders or the Pointer, if offered.

5: A full time Tail End Charlie, TEC, is used. That way, all Pointers will know who the last person is.

6: Once the Pointer and the TEC are able to see each other, and the TEC acknowledges contact with the raising of an arm, the Pointer can then move off and re-join the group.

7: If the group is fairly compact, and the ride leader and TEC are able to see each other, a Pointer may not be needed if a change of direction is required.

8: It also helps if the ride leader adjusts the pace of the ride to

avoid the group becoming too spread out.

9: There will be times when our group will be infiltrated by other riders. It is important that riders in our group avoid following these riders if they turn off from our route. Only change direction if indicated by our groups Pointer.

### Advantages

- 1: Less stressful for the ride leader knowing that riders are not being left behind or lost.
- 2: Less stop and starts needed to allow for regrouping. This makes for a much smoother ride.
- 3: Slower riders are able to ride at their own pace without having to take on Pointer duties.
- 4: The faster riders can burn off some of their surplus energy, by taking on most of the Pointer duties, as they ride back safely through the group, after their turn at being a Pointer.
- 5: There is a constant change of riding companions as riders take turns at being a Pointer.

### RETIREEES RUN -

*Continued from Page 4*

time when despite having lost 2 clients from the original booking we still didn't have enough rooms to go around. After Kleber and I agreed to share a double bed for the 2 nights, a spare single became available and our friendship remained intact! After most of us took the 500+mtr walk into town on what had cleared into a pleasant afternoon and done some grocery shopping we agreed to meet at 6 and eat out at the 1853 Bistro on Avon Tce.

Thursday was our rest day and we woke to a clear still morning and nowhere to ride! Some enjoyed breakfast on the High street and local cultures like the car museum while others took a river walk. Mt Brown, which is just east of York, was also visited on foot and bike and at 150 mts above town and only about 1.5 kms out it was a steep climb but more fun riding down.

Although the day to Mundaring Weir was over 100kms by bike we enjoyed the best weather so far with a gentle tail wind and only a few hills. Following the quiet Spencers Brook Rd from York those with wider tyres then continued along the old railway line, known as the Kep track, from Clackline with the mandatory stop at Bakers Hill for a pastry and coffee at the Bakery. Those of us who stayed on the road appreciated how busy traffic is along Great Eastern Hwy for about 10Kms before enjoying the pleasant although hilly backroads through Wundowie and Woolooloo. After a late lunch in Mundaring we all rolled the 8Kms down to the weir with most lodging at the newer rooms of the Mundaring Weir Hotel while the campers pitched their tents in the well laid out site at the Perth Environment Centre at the top of Allen Rd and right on the Bibbulmun track. Our day was completed with a great meal at the Weir Tavern followed by many of us enjoying a movie at

the nearby Kookaburra outdoor cinema.

With about 40Kms to ride on Saturday to return to Armadale an amended route was planned to end at Kelmscott while 4 of us returned to Mundaring and back along the Heritage trail via Glen Forest and Darlington to Midland station.

While parts of this ride were harder due to the headwinds on the first 4 days, the unexpected provision of a support vehicle offered relief to many of us. As 2 of our group left the tour before the end perhaps as a club we are reaching a point where our average age is such that more would prefer supported rides. However 2 participants at either end of the age range both rode the full journey with their panniers.

Once again many Thanks to Liz and Richard for all your time organising this tour and especially the differing accommodation for us all.



## 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](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: [transport.wa.gov.au/activetransport/online-hazard-report-form.asp](http://transport.wa.gov.au/activetransport/online-hazard-report-form.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.**

**Please note:** Our previous supplier (Sprint Design) has now ceased operating. Meanwhile we will be looking for an alternative supplier, however we won't make a decision until June 2017 as we still have a current stock of jerseys and socks.

##### 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](mailto: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**



**Cycliq, Fly 6, rear led light with built in HD Camera.**

Unwanted gift, surplus to requirements.

\$110 or near offer.

**Please contact Miranda**

**0468 932 269**



**Wednesday morning riders  
for the "Ring around the  
River" ride—All Welcome**



**You will have to wait for  
the next newsletter to hear  
about Mic's successful  
Narrogin Tour**

**Well done Mic!**

## 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 2017</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 [cta-wa.asn.au/membership-join-us-now](http://cta-wa.asn.au/membership-join-us-now) 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**

