

THE CHAIN LETTER

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

March/April 2018

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PRESIDENT'S REPORT

Something great is happening in the CTAWA! At the AGM in February we saw six nominees for Cycle Tourist of the Year. 2017 was a fantastic year for getting on our bikes and out there.

The excitement continues in 2018 with full Tours and Rides calendars. We start with the week long Great Southern Pannier Tour in early March followed by Retirees Run in May and the Toasting the Valleys On Your Bike in October. There are shorter weekend and short day tours in almost every month as well. Register your interest with the Tours co-ordinators Stan and Terry (OYB) as places are filling fast.

At the AGM we welcomed new secretary Doug, Clothing Co-ordinator Jane and Achievement Rides Co-ordinator Ari (back

after thirty years). Welcome back too, to members from last year who were appointed again in 2018 (we kept the chairs warm).

Members also accepted the new, Corporations Act compliant club constitution (available now on the CTAWA website). Roy our outgoing Secretary saw this document through its three year genesis (!) involving repeated liaisons with the government regulators, the Committee and members. Well done and thank you Roy.

The club newsletter will now move entirely to an on-line format. The new format will allow more information to be presented through hot-links to ride reports and news from non-CTAWA

sources as well as removing a substantial workload from Editors. Money saved will go towards a discount in club fees from 2019. Members without access to computers can contact the Editors who will take you through some of the options for viewing the on-line newsletters.

I encourage all members, whether you ride regularly, occasionally or seldom, to get out there and enjoy what your club is offering. The newest riders will be surprised at what you can achieve in a tour group that works to help you find your legs (they'll be the bits aching in the first days).

Regards, Stuart

UPCOMING EVENTS

Social

Social Night—Thursday, 19 April 2018

Loftus Centre, 99 Loftus Street, Leederville, meeting in the middle room on the right of the entrance.

Come along and enjoy the company of fellow members and cyclists. A topic for the night will be sent out shortly.

Christmas in July

Saturday 7, - Sunday 8, July 2018

Come and enjoy some great touring through the Julimar State Forest, as we

head for the Freemasons Hotel in Toodyay, to celebrate Christmas in July with our hosts Stella and John. We will return to Perth via Clackline, Bakers Hill and Mundaring. Full details will be in the May/June 2018 Chain Letter.

Leader: Kleber, Phone: 9354 7877

Coming Tours

Easter Perth Mini Tour

Saturday, 31 March and Sunday, 1 April 2018.

(see Rides Calendar, page 5 for more details)

* Retirees Run

Monday, 7– Friday, 11 May 2018

(see page 7 for details)

* Myalup Pines Cottage Stay

Saturday, 2 to Monday, 4 June 2018

(see page 7 for details)

Mountain & Touring Bike Ride to Henry White Oval Campground (Yanchep)

Saturday, 22 September to Monday, 24 September 2018 (Long weekend)

(More details on website and the May/June edition of the newsletter).

2018 OYB Annual Tour - "Toasting the Valleys"

Saturday, 20 to Sunday, 28 October

On Your Bike WA will be 30 years old this tour and you are invited to join us by "Toasting the Valleys" of the south west as we revisit some of the areas from the very first On Your Bike tour. The tour is a loop tour starting and finishing in Dardanup, via Donnybrook, Balingup, Bridgetown, Nannup, Prevelly (Rest Day), Dunsborough, and Capel. Taking in the valleys of the Ferguson, Preston and Capel Rivers we make our way into the Blackwood River valley and the majestic jarrah and marri forests unique to Western Australia's south west. And just as you think it couldn't get any better, we head west to take in the beaches and fruits of the world famous Margaret River region. Enjoy all this and more over nine days of riding through the best cycling country this state has to offer.

Keep an eye on the website and your letter box for the brochure and entry form which will be available soon.

Tour Leader: Terry 043 9922 765



Prevelly Beach

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DEADLINES: Contributions for the next issue (May/June) should be sent to the Editor (editor@ctawa.asn.au) no later than **6 April 2018**.

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

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.

50k T1 Sunday, 18 Feb	Stuart Crombie	Andrew Postma
Michael Penklis	Rita Miller	Silvia Knowles
Arie Lemson	Cliff Miller	Jeremy Knowles
Michael Waters	Kleber Claux	John Farrelly
Brian McAuliffe	Lucy Jarzabkowski	

Achievement Ride Dates for 2018

5000 in 4 T1 Sunday 25 Mar 2018	200K Saturday 18 August 2018
100K T1 Sunday 8 April 2018	300K Brevet Saturday 15 Sep 2018
Century Challenge T1 Saturday 12 May 2018	5000 in 4 T2 Sunday 30 Sep 2018
10000 in 8 T1 Saturday 9 June 2018	10000 in 8 T2 Saturday 13 Oct 2018
100K T2 Saturday 30 June 2018	See achievement ride descriptions on the CTA website
200K in 2 days Sunday 1 July 2018	<www.ctawa.asn.au> for more details.
Century Challenge T2 Saturday 28 July 2018	** Please also check website, as dates and details may change.
50K T2 Sunday 5 August 2018	

WELCOME TO NEW MEMBERS

Dennis Ford	Andrew Randell	Louise Yeaman
Erica Brown	Andrew Postma	Greg Elliot
Wanda Randall	Sandra Henville	

Briefs from Annual General Meeting

Sunday 25 February 2018

There was a good attendance at the AGM on Sunday, 25 February 2018, which was held at The Rise in Maylands.

President, Stuart Crombie welcomed members to the meeting. He briefly outlined some of the highlights of 2017 CTA's year, expressing appreciation for the enthusiasm of our Ride Coordinators, who organised weekly rides and weekends away throughout the year. We also welcomed the 2017 year with a new website, this was a smooth transition, thanks to the fantastic work by Gus our Webmaster, and Roy who assisted Gus with the initial website design and specifications. The club could not function efficiently without the services of Christine, our Treasurer, who once again has capably managed the club's finances throughout the year. The club continues to look at ways to become more financially efficient, the benefits of cost savings such as abolishing paper newsletters will be passed on to members.

Stuart expressed sincere thanks to all the Committee for their commitment and work during 2017. He acknowledged the great contribution from Roy Stone, who will be stepping down after 5 years as secretary.

Stuart also said that 2018 was shaping up to be another fantastic year for the club, with many organised tours and rides already planned. He encourages all members to join in and take advantage of these activities.

REPORTS

Treasurer: Christine presented a comprehensive report on the financial statements for the club. The club's finances are in a healthy state, with an increased membership for 2017/2018, compared to the previous reporting year. The phasing out of the newsletter to an electronic system of distribution will further reduce operating costs, currently 10 people receive a paper copy, hopefully these cost savings can be passed on to members.

Rides Coordinator: Liz gave a brief report thanking all ride leaders. From the list of rides conducted during the year (Wednesday's included) it has been an extremely busy year for Liz and our

dedicated ride leaders! She would like to ask members to continue to support and lead rides, please help by contacting Liz!

Tour Coordinator: Stan said that it has been an extremely successful year with a variety of weekend overnights, long weekend and larger tours with very good participation on all aspects. With so many experienced touring members in the club, he said it would be good if more members could think about organising and leading a tour in the future. He encourages anyone who is interested to contact him with their ideas.

Achievement Ride Coordinator: John said that participation in the 2017 Achievement Rides was about the same as the previous year.

Social: Steve thanked everyone for their support during the year. In 2017 it was decided to move the social nights to Thursday, which has meant the use of a larger and more comfortable room. Steve recommends the purchase of a high definition projector and larger screen, this would take advantage of the high quality images we all take now. Meeting dates for the 2018 social calendar are: Thursday, 19 April, Thursday, 19 July, Thursday, 4 October and Christmas Lunch – Sunday, 25 November.

Clothing: The CTA continues to offer merchandise to members, comprising of jerseys, socks and mirrors. The supplier of our jerseys is no longer in operation, however based on current sales there is still sufficient stock to last a few more years, we will then need to look for a new supplier. Doug has been successful in finding a new supplier of the 57 mm "Safe-Zone" mirrors with a great cost saving benefit to members.

Website: Gus said that he was happy with the transition to the new website which has been relatively smooth and uneventful for most members. The new online

membership replaced the outdated system, as with any new system, implementation has had some challenges and may still need some more tweaking in the future.

The new system requires each member to have a separate email address to login into the 'Members Only' features, including membership renewal. However, anyone can still access most of the content without logging in. One of the 'Members Only' features is a set of member forums – it also allows members to propose new images for the CTA banner. Another innovation is making all previous OYB tour routes available on the website.

Any queries regarding accessing the website or where you can see further improvement can be sent to Gus (webmaster@ctawa.asn.au).

Editor: Rosalee thanked Hilary for her great support during the year as co-editor. Thanks also to Gus for notifying members when the newsletter was available and to Christine for printing off labels for the paper recipients.

As editors, we would like to recommend that in 2019 paper copies of the newsletter be discontinued, members will receive electronic copies in easy to print PDF format.

There will also be a change to the presentation of ride information in the Lift Out Rides Calendar section of the newsletter. The ride details will be brief, referring members to the website for



2017 Achievement Award Ride Series Recipients

more detailed information.

OYB: Trevor said that the 2017 “Loaves to Fishes” tour was a great success with 109 participants. He was particularly impressed with the quality of Recreational Centres that we were able to utilise over the week, which was thanks to the Royalty for Regions money – perhaps we should pass this on to John Langoulant! He also recommended that we engage with other cycling bodies and clubs around Australia to encourage Eastern States bike riders to come and participate in our OYB tour. Our tour costs are still by far the cheapest, compared to most tours of the same type, offered in other parts of Australia.

AWARDS

Achievement Ride Recipients: Merit – Christine Liddiard, Stuart Crombie, Michael Penklis and Kleber Claux; Achiever – Chris O’Brien, Udeni Gunasekera, Elspeth Marshall and Don Ward; Challenge – Arie Lemson and John Farrelly; Super Achiever – Bruce Robinson.

Newsletter Article of the Year: Hilary on behalf of the editors, presented this award to Miranda Stanton for her write-up on the Easter Long Weekend Tour at Narrogin.

Ride of the Year:

Single Day Ride of the Year: This award was presented by Stuart to Kleber Claux for his ride called “Get the Good Grub at Gidge” ride on 20.8.2017.

Multi Day Ride of the Year: This award was presented by Stuart to joint winners Stan Wiechecki for the Easter Long Weekend at Narrogin and Kleber Claux for the WA Day Long Weekend Tour at Dwellingup.

Stan said that he would also like to acknowledge Tony Humphreys for his contribution towards the Easter Long Weekend at Narrogin, without his support the weekend would not have been so successful.

2017 Cycle Tourist of the Year

Six nominations were received by the Committee for 2017 Cycle Tourist of the Year.

After votes were counted it was decided that Stan Wiechecki was the winner of this award. He has demonstrated continuing commitment to the CTAWA and has contributed solidly to the overall success of the club’s

activities in 2017.

2018 Newly Elected Committee

President	Stuart Crombie
Vice President	John Farrelly
Secretary	Doug Allen
Treasurer	Christine Liddiard
Rides Coordinator	Liz Marshall
Tour Coordinator	Stan Wiechecki
Achievement Rides	Arie Lemson
Social	Steve Napier
Clothing	Jane Lodge
Website	Angus (Gus) King
Editors	Rosalee McAuliffe/ Hilary Beck
OYB	Terry Bailey

Notice of Special Resolution to change the Constitution of the CTA WA (Inc)

Roy briefly explained to the members the need for the CTA to now comply with the new Associations Incorporation Act (2015). Over the past couple of months the Committee has worked carefully through the new Model Rules which are a lot more comprehensive. Consequently, the CTA constitution as gone from 20 to 72 rules, some of the new clauses may never be needed, however if required in the future seem fair and sensible.

Discussion followed and it was decided by the meeting to remove one of the clauses before members could agree to accept the newly amended Constitution. The clause that was removed is under Item 3 – Objects of the Association and clause number 2.4.

A vote was then put to the meeting to approve the new rules of the CTA WA, this was passed by the members with no further changes.

Many thanks to Roy for the huge amount of work involved in sorting out the many complexities of the new Act and Model Rules, and for preparing the final version.

GENERAL BUSINESS

Insurance: Stuart (our President), reminded members while every effort is made by CTA ride leaders to ensure the safety of all participants on club rides, individual cyclists are not covered by the club for injuries if an accident occurs. The CTA recommend that riders obtain personal accident insurance before taking part in a ride. In addition, it is important for Ride Leaders to ensure all Ride Participation Sheets are completed and handed in to the Ride Coordinator.

Subscriptions: It was agreed by the meeting to discontinue the distribution of paper newsletters as at the commencement of 2019. This saving, along with the healthy financial position of the club will be passed onto members in reduced membership fees. The new fees for 2019 will be:

Full (General) member: \$35.00 per year (if paid by 31 January) otherwise, \$40.00 – a \$10.00 reduction per year

Pensioner/Students : \$25.00 per year – an \$8.00 reduction per year

New ‘Full’ member: \$35.00 per year – a \$10.00 reduction per year

For members who pay on 1st July or later, then half the above amounts apply.

OYB Update: Terry Bailey presented the map with the route for the 2018 OYB “Toasting the Valleys” tour. He hopes to have the information booklet out in the next month or so.



2017 Awards: Miranda for Newsletter Article of the Year, Stan for Cycle Tourist of the Year and Kleber for Single Day Ride and joint winner with Stan for Multi Day Ride of the Year.

Lift out Rides Calendar for March/April 2018

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 for full ride details. The Rides Calendar below is only a brief summary of the ride, for full ride details you will need to check the website.** Departure time is normally 15 minutes after advertised event time.

It's a Mystery Ride

Wednesday, 7 March @ 8:00am

55 km: moderate, some hills

Meet at Burswood in the car park beside the community movies near Great Eastern Hwy.

Leader: Connie, 0407 640 012

Night Ride: Perth Stadium Ride

Thursday, 8 March @ 6:00pm

25-30 km, moderate, some hills.

Meet at the Loftus Community Centre, Leederville. The ride will go via Narrows Bridge, Optus Stadium, skirting river, with dinner at Highgate. **Must have good working front and rear lights.**

Leader: Stan, 9345 3552 or 043 9955 241

The Great Southern Full pannier Tour

Sun, 11 March - Sat, 17 March

Leader: Stan 9345 3552, 0439 955 241 or stancds@netspace.net.au

Kalamunda Loop

Wednesday, 14 March @ 8:00am

45 km: moderate, hilly

Meet at the start of the Bibbulmun track (Railway Road/Mundaring Weir Road). We either do a loop to Gosnells with coffee at the end in Kalamunda or we do a loop to Mundaring with coffee at the half way mark.

Leader: Liz, 0423 207 258; 9293 0398

Shelley Jaunt

Sunday, 18 March @ 9:00am

42 km: leisurely, flat

Meet at Cannington Train Station for a leisurely ride after all that hard touring with Stan. Coffee at Kent Street Weir.

Leader: Liz, 0423 207 258; 9293 0398

Canning River Ramble

Wednesday, 21 March @ 8:00am

40 km: moderate, flat

Meet at Trevor Gribble Park. We will take a leisurely/ moderate ride hugging the beautiful, shady, Canning River banks before arriving at our destination at the Kelmscott Dome for coffee. We will return via a similar route with a slight variation.

Leader: Miranda 0468 932 269

Night Ride: The Two Hills Ride (last night ride of this season).

Thursday, 22 March @ 6:00pm

25-30 km, moderate, hilly

Meet at the Loftus Community Centre, Leederville. Heading south, we will be climbing the nasty Mount St then through the suburbs to the almost as nasty Reabold Hill. From there to an eatery then back to the LCC. So come join me for the last night ride of the season. **Must have good working front and rear lights.**

Leader: Stan, 9345 3552 or 043 9955 241

5000 in 4 Achievement Ride - T1

Sunday, 25 March @ 7:30am

55 km: moderate, hilly

7:30am for an 8:00am sharp start. Meet in the car park on the left cnr of Gilwell Ave and Page Rd across Albany Hwy from Kelmscott Train Station for registration and map/ride description. Please note it is best to park at Kelmscott Station due to parking restrictions at Gilwell.

Contact: Arie, 0419043229 or achievementrides@ctawa.asn.au

River meets the Ocean

Wednesday, 28 March @ 8:00am

45 km: moderate, some hills

Meet at the south side of Narrows Bridge (Toilet Block). Our ride is along bike paths and roads less travelled, enjoy views of the Swan River and the beautiful ocean. A hill or two or maybe not!

Leader: Rita, 9385 2562, 0423 056 595;

Perth Mini Tour (Day 1)

Saturday, 31 March @ 9:00am

45 km: moderate, 2 day weekend rides

Meet at the Mill Point Reserve (Narrows Bridge) by the toilets. The idea is "Let's be a tourist in our own City". Ride through UWA; Kings Park and Hyde Park. Then set up camp at Central CV Park by the Swan River. Then stop off at

the observation deck at Perth Airport. On the way back we will have dinner at Alfred's Kitchen in Guildford. In the morning we can head to a nearby café for breakfast, back to camp to pack up our tents, which can be left at our place, before morning tea/coffee at the best coffee roaster in the Swan Valley (Yahava). Lunch will be somewhere in the Swan valley. before heading back to our homes for the night. Tent sites \$15 per person. Please book your place ASAP. Cabins available but you will need to make your own booking.

Leader: Noel, 0419 964808

Perth Mini Tour (Day 2)

Sunday, 1 April @ 9:00am

50 km: moderate, some hills

Leader: Noel 0419 964808;

Bike to Bells

Monday, 2 April @ 8:15am

45 km: moderate, some hills

Meet at Midland train station. We will head for The Hills along Campersic Rd with a challenging climb to Bells Lookout. The climb being worthwhile for the amazing views. Back down the hill and into Bells Rapids Park for a snack and wander. .

Leader: Chris C, 0419 908 505

It's a Mystery Ride

Wednesday, 4 April @ 8:00am

55 km: moderate, some hills

Meet at Burswood in the carpark beside the community movies near Great Eastern Hwy.

Leader: Connie, 0407 640 012

100K Achievement Ride - Take 1

Sunday, 8 April @ 8:00am

100 km: moderate, some hills

8.00am for an 8.30am sharp start. Meet at Armadale Train Station for registration and map/ride description. A pretty but demanding ride taking in Mundijong, Serpentine Dam (coffee stop), keep going uphill to Jarrahdale, and then back to Armadale. The middle section is hilly. Time limit is 6hrs 40mins.

Contact: Arie, 0419043229 or achievementrides@ctawa.asn.au

River meets the Ocean

Wednesday, 11 April @ 8:00am

45 km: moderate, some hills

Meet at the south side of Narrows Bridge (Toilet Block). The ride is along bike paths and roads less travelled, enjoy views of the Swan River and the beautiful ocean. A hill or two or maybe not!

Leader: Rita, 9385 2562, 0423 056 595

Lake Clifton Cos We Can

Sunday, 15 April @ 8:45am

81 km: moderate, some hills

Ride leaves Mandurah Station at 9 am. Trains are 7.53, 8.08 or 8.23 from Perth underground. The ride will leave straight after the arrival of the 8.23 train and should finish around 2.30.

Visit the Thrombolites at Lake Clifton. The route is mostly flat but has a couple of undulations (658 metres gain). We will be on bike path roads and some hwy. The Lunch break will be at around 58 km at the Leprechaun cafe. Alternatively the park across the road is very nice for those who want to BYO.

Leader: Mal, 0487 695986

Bull Creek Loop

Wednesday, 18 April @ 8:00am

44 km: moderate, flat

Meet at Trevor Gribble Park, corner Parry Avenue and Karel Avenue, Bull Creek. This loop takes us via the Raffles and Fremantle for coffee before we return to Bull Creek. We will be riding past the Raffles at 8.30 (for those who prefer the Raffles as starting point).

Leader: Miranda, 0468 932 269

Shelley Loop

Sunday, 22 April @ 8:00 am

40 km: moderate, flat

Start ' Frasers Restaurant ' Kings park mainly flat, relatively uninterrupted route, coffee at midway point, ride finish is at Kings Park.

Leader: Greg, 0409 750 653

Explore the Swan

Wednesday, 25 April @ 8:00am

50 km: moderate, some hills

Meet at Midland train Station. Depending on the temperature we do a more or less undulating loop through the Swan Valley.

Leader: Liz, 0423 207 258; 9293 0398

Walyunga Wander

Sunday, 29 April @ 8:00am

80 km: moderate , hilly

Meet at Midland Train Station. We will be heading up Red Hill on Toodyay Road to the left onto the quiet and scenic O'Brien Road to the Walyunga National Park lookout. We then continue to a well earned coffee break and rest in Gidgegannup.

Leader: Kleber, 9354 7877 or kleberc@bigpond.com

One Mongrel of a Hill Ride

Sunday, 6 May 2018 @ 8:30 am

40 km, moderate, hilly.

Meet at the Narrows Bridge South side near the toilet block. Really, this is an easy peazy ride. It's just got one mongrel hill, the infamous Cresswell Street. We will travel the back roads to it then downhill all the way to the Stirling Markets in Stirling for coffee and cake and a wander around or just sitting on the grass scoffing ourselves. Return via Herdsman & Lake Monger. It will be a doddle, except for this one mongrel hill.

Leader: Stan, 9345 3552/ 043 9955 241



VOLUNTEERS WHO ARE INTERESTED IN LEADING AN OVER NIGHT WEEKEND TOUR?

If you are interested in leading an overnight weekend ride this year, being tenting or accommodation, please contact Stan the Touring Coordinator on H- 9345 3552 or M- 043 9955 241. If you have a possible ride that the members of the CTA may be interested in, but do not want to lead it, please also let me know.

The dates I have allocated are as follows:

- 1. August 11 & 12 or 25 & 16.**
- 2. November 17 & 18 or 24 & 25 or December 1 & 2.**

The dates selected are positioned on the calendar in between other long weekend and weekend tours, achievement rides and OYB.



Retirees Run

Monday, 7-Friday, 11 May 2018

Leader: Trevor Knox

Phone: 0402 029 608

Starting and finishing in York, the 2018 CTA Retiree's Run will be an unsupported tour over 5 riding days, traversing a 350km loop route on sealed roads.

There will be 4 overnight stops (Brookton, Wickiepin, Corrigin and Quairading) with riders sharing hotel/motel rooms and caravan park chalets. Accordingly, you will only need to carry minimum gear (riding/casual clothes, toiletries and credit card). Being smaller country towns, availability of accommodation will be a determining factor in the numbers of riders able to

participate in the tour. However, there will also be provision for those participants who may wish to camp.

The plan is to drive up to York with your bikes, with the vehicles being parked for the duration of the tour at a friend's property on the outskirts of York.

The tour will start on Monday morning, 7 May and conclude in the afternoon on Friday, 11 May 2018.



Riders will be able to have a look at Albert Facey's old house at Wickiepin



Lions Myalup Pines Cottage Stay

Saturday, 2 – Monday, 4 June 2018 (Long Weekend)

Leader: Stan

Phone: 9345 3552 or 043 9955 241

Email: staneds@netspace.net.au

This year for the June long weekend, we will be visiting the Myalup Pine Cottage's approximately 70 km's south of the Mandurah TS on Forestry Rd east of the Forest H'way. The link for the cottages is <https://www.myaluppines.com.au/>

The cottages are old worldly timber shacks with bunk bed accommodation, BBQ facilities, open fire pit, kitchen and bath room facilities. Weather permitting we may have the luxury of an outside open fire with a sing song.

For full details, see the website.



Myalup Pines Cottage

Free to Good Home (Touring Bike)

Free to Good Home: Shogun Alpine GT Touring Bike 1990 Blue. Large frame (25") to suit tall person 1.8 m or so. 21 speed gears with bar end levers. Cantilever brakes. 27" x 1 1/4

tires (2 spares included). Conversion to 700C wheels possible. Contact: Richard Stallard 0458 158 452

richardestallard@gmail.com



Check Out The Website!

You will find a lot of interesting information on our new website. One part you may like to investigate is the section on Past Tours. (<http://ctawa.asn.au/touring/past-tours>)

In this section you can read about previous tours, including independent tours carried out by members. This is not a complete list as there are several small tours each year.

OYB Tour Routes: You may like to check out those you have done—or missed in this section. (<http://ctawa.asn.au/oyb-tour-routes>), these are also available for download as gpx files.



Cairns to Darwin tour is also included in the Past Tours section!

A Cycling Trip in Queensland

By Rita & Cliff

Last year our escape for some winter warmth took us to Queensland. We made contact with the Bicycle Queensland office in Brisbane who provided us with the Ride Participant Guide they had issued in 2013 when their annual "OYB" type tour had taken them to/and around the Cairns area.

From this info we made up the GPX files to guide us thru each day. Additionally, we added a few extra stop overs, i.e. we went up into the Daintree for a few days, where the roads are now sealed right up to Cape Tribulation. Additionally, we started our journey in Tully, and also included a stopover in Atherton (this shorter distance gave us a "rest day").

We flew from Perth to Cairns and gave ourselves a few days in Cairns to acclimatise to the 30C plus humidity, 2 hour time change, and prepare our bikes for the journey.

This was our schedule/route:

Day 1 – Cairns to Tully (2.5 hours enjoying the view from the train)

Train - Spirit of Queensland daily makes this route to Brisbane with numerous stops along the way. Big bonus was offers half price fares to WA Seniors card holders.

Day 2 – Tully to Mission Beach (46 km)

Day 3 – Mission Beach to Mena Creek (Innisfail) 66 km

Day 4 – Mena Creek to MillaaMillaa (75 km)

Day 5 – MillaaMillaa to Yungaburra (70 km)

Day 6 – Yungaburra to Atherton (20 km)

Day 7 – Atherton to Mareeba (69 km or 87 km which included side trip to Lake Tinaroo)

Day 8 – Mareeba to Mossman (86 km and 8 km extra for side trip to Mossman Gorge)

Day 9 – Mossman to Daintree National Park (56 km)

Day 10 – Daintree National Park to Cape Tribulation (56 km round trip)

Day 11 – Daintree National Park to Port Douglas (80 km)

Day 12 & 13 – Port Douglas

Day 14 – Port Douglas to Cairns (35 km) – we took the Shuttle bus to Palm Cove from Port Douglas then rode from Palm Cove to Cairns. The road from PD was windy, narrow and without shoulder so advice to us was not to ride this section.

After arriving back in Cairns we spent a few days being (non-cycle) tourists – the train trip to Kuranda (returning on the Skyrail) is a must trip.

We had not originally planned to visit Brisbane but daily the weather was reporting "heat wave conditions" so we headed down there for 5 days before heading home.

Again the visit to Bicycle Queensland gave us valuable information re:cycling in and around Brisbane. This included a GPX file for the route from Brisbane to the Gold Coast. Cycle one way and train one way. It was a great Day. Mt Coot-tha Loop (steep but hey! no panniers), North to Woody Point, and a day's cycling the many cycle paths along the river in Brisbane. Many other suggestions time did not allow us to enjoy.

Highlights and Observations

* Winds were prevailing South/East, so we had the wind behind us for the entire journey. The weather was the BEST – only one day when we had a brief shower, the air temp was warm so did not bother with rain/jackets. Nights on the Atherton Tableland were cool being at a higher altitude.

* We were able to get off the main highways by using secondary roads and the cane roads (roads established for transporting cane from field to market. These were not sealed but usually hard packed and advice from locals was invaluable.) Watch for railway tracks as they were very plentiful and never straight on. Small train cars used again for sugar cane transport.

* Mission Beach to Yungaburra was basically uphill – but the main climb was Day 4 where we climbed over 3,000m (overall incline for that day was

over 1,500 m) many long stretches were between 8%-10%. Additionally, this was on the busy Palmerston Highway. Needless to say we were pleased to have this day behind us.

* Short distances between communities made it very easy to stop off for coffee, lunches and sightseeing. Only Day 4 did we carry extra water and our food provisions for the day as no places along the way to replenish.

* All types of accommodation were available and we did limited pre-booking. I.e.: Day 4 to MillaaMillaa we booked as did not want to have to cycle to the next community after that long day. If you were camping booking would not be needed.

* The cycle communities are an invaluable mine of information. We usually head to bike shops and talk to the staff they give you many helpful tips about their local area. One bike shop even offered to store our bike bags for us till we returned to Cairns.

* We enjoyed meeting so many people along the way – you are more approachable when on a bike. Many people touring with caravans etc stopped to check on us and talk. Some of whom you would meet again days later.

* DID WE MENTION THE WEATHER!!!!

* Loads more.... too much to add to this synopsis of our trip but will happily give our e-maps etc to anyone who may want to cycle this area.



Rita and Cliff at Mt Coot-tha Summit Lookout

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

Former Green Senator Scott Ludham 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.

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



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. However, we still have a current stock of jerseys.

CTA Orange Fluoro Shirts (sizing is very large)

Short sleeve unisex style. Limited stock in size 16 only.

CTA Socks

Orange/blue socks with CTA logo — \$10 a pair



CTA previous years OYB jerseys

2017 sleeveless windproof cycling vest (Loaves to Fishes tour) sizes XS, M and 5XL. Price \$60.

2015 short sleeve jersey (Golden Heartlands tour) sizes XS, S and L. Price \$30.

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 from on-line suppliers at between \$40 to \$55. CTA is able to offer these mirrors to members at **\$25** (you will need to contact the Clothing Coordinator to arrange a suitable time for pick up)..



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 : Jane, 0419 969763 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

Photos: Annual General Meeting



Top Left: Members from 2017 Committee

Below Left: Lucy, Chris, Connie and Rita

Above: Barb, Mark and Gus

Above Right: Miranda being presented with her award by Hilary for Newsletter Article of the Year.



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 2018
Renewal Adult membership	\$50.00
(If paid by 31 Jan	\$45.00)
New Adult membership	\$45.00
Concession:	
Full-time Students/Pensioners	\$33.00
Dependents under 18	No charge
Printed newsletter-additional	\$10.00

Membership forms can be downloaded from our website <www.ctawa.asn.au>. Please send your cheque and form to the Cycle Touring Association, PO Box 174, Wembley WA 6913. A receipt of payment is only issued on request.

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

These monies help provide each member with 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

