

# THE CHAIN LETTER

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

May/June 2018

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## PRESIDENT'S REPORT

2018 is off to a great start. The Great Southern Full Pannier Tour was enjoyed by 42 people. Fish'n'chips at the Porongurup Tea Rooms and morning tea at Happys Country Diner at Mount Barker the next day set us up for four days of relaxed riding in superb weather to Denmark and back to Albany. Well done Stan. Many thanks to Christine's brother Michael and wife Sandra for storing our vehicles and sending us home with a cup of tea.

Several more short tours are coming up starting with the Retiree's Run (fully booked) in May, the Myalup Pines Cottage Stay in June and Christmas in July in Toodyay. Brochures for this years On Your Bike 'Ride the Valleys' tour should be in your mailboxes. It promises to be popular

so get your registrations in early.

Safety and attention while riding needs to be uppermost in our minds at all times. Just recently your President ran off the path and went over the handlebars, the tandem misjudged a tight corner and fell over and a well-known club couple came off when they came together at an unseen kerb. Watch out please!

A First Aid Course for CTAWA members will be organised before the On Your Bike tour this year. This is the equivalent of the old Senior First Aid certificate. It teaches you how to look after common injuries until an ambulance arrives. More details will be given in the July Newsletter.

You may consider loading the Emergency+ app onto your mobile phone

if you haven't done so already (<http://emergencyapp.triplezero.gov.au>). The app can call ambulance or police direct to your location with one button press or get a First Aid officer onto the phone for advice.

Sadly, keen cycle tourist and long-time CTAWA member Chris Jones (better known as CJ) passed away after a long illness recently. More on Page 3."

Finally, congratulations to Michael Penklis who put in a fantastic effort to complete the infamous Five Dams Ride in eight hours fifteen minutes. Awesome.

Ride safe, have fun, and see you soon.

**Regards, Stuart**

## UPCOMING EVENTS

### Coming Tours

#### \* Myalup Pines Cottage Stay

**Saturday, 2 to Monday, 4 June 2018** (see page 6 for details)

#### 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. See Page 6 for details.

Leader: Kleber, Phone: 9354 7877

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

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

(More details on website ).

#### 2018 OYB Annual Tour—Toasting the Valleys

**Saturday 20—Sunday 28 October**

**See Page 6 for details**

### Social

Next Social Night—Thursday, July 19 7 pm with another interesting guest speaker planned.

### Social night Thursday, 19 April

Thank you to Dale Neil for giving a very interesting presentation about the history of the club.

So many old photos and stories right from Dale's teenage years when he first went cycle touring with a friend. There were photos and videos of past tours and people that we all know such as Nicole Gentz who some of us met on the 40th anniversary tour for the first time.



Dale and Margaret Neil

## RIDE GUIDELINES!



**In the case of severe weather forecasts (very hot, strong winds, thunderstorms, etc.) check with the ride leader to confirm if the ride will still be taking place.**

## CTA LEADERSHIP

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

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## Achievement Ride Successes

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

### 5000 in 4 , 25 March

Ride cancelled on the day due to very strong winds, the Dome cafe seemed a better idea.

However, Kleber Claux and Stuart Crombie did this ride as a brevet a few days later.

### 100 k T1 , 8 April

Kleber Claux

Mark Corbett

Christine Liddiard

## Achievement Ride Dates for 2018

Century Challenge T1 Saturday 19 May 2018

10000 in 8 T1 Saturday 9 June 2018

100K T2 Saturday 30 June 2018

200K in 2 days Sunday 1 July 2018

Century Challenge T2 Saturday 28 July 2018

50K T2 Sunday 5 August 2018

200K Saturday 18 August 2018

300K Brevet Saturday 15 Sep 2018

5000 in 4 T2 Sunday 30 Sep 2018

10000 in 8 T2 Saturday 13 Oct 2018

**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.**

## WELCOME TO NEW MEMBERS



Anita and John Maaskant  
 Dennis Kelly  
 Ken Graffin  
 Kevin McMullan



## Vale Chris Jones (CJ) 1951-2018

By Dee Ponta

Chris passed away peacefully in hospital on 22nd April. He had the support and care of his many friends.

Following a fall from his bike on the "Tour de Suisse" three and a half years ago he was diagnosed with a malignant brain tumour. After surgery, radiotherapy, chemotherapy, and speech therapy as well as learning to read and write again, he carried on in true CJ fashion, maintaining positivity.

He enjoyed life to the full playing guitar and performing with the local band, riding his motorbike and above all his bicycling. He introduced me to cycling 11 years ago and we went on several wonderful biking trips to Europe and the eastern states. Over the last 20 or so years he lived in Carnarvon enjoying the laid back easy way of life here.

Following his cremation there will be a memorial celebration and scattering of ashes in Carnarvon and Perth on dates to be confirmed

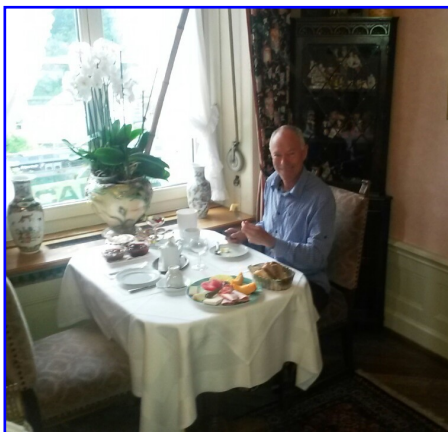
Happy cycling in the sky CJ



CJ at his favourite coffee shop around four months ago



2014, Just before the Swiss tour, and after cycling from France, CJ and Dee at Liz and Richard's in Neslau, Switzerland.



2014 Breakfast at Schaffhausen



2014, CJ now teamed up with Sue Robinson following his fall. Sue was travelling with us by bus, train and ferry, meeting up each evening. CJ seen here with his panniers after our night *schlafen im stroh* or more commonly known as sleeping in straw!

## Lift out Rides Calendar for May/June2018

### 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 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.

### River meets the Ocean

#### Wednesday, May 2 @ 8:00am

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

Meet at the south side of Narrows Bridge (Toilet Block). 8 am meet for a 8:15am start.

Leader: Rita 9385 2562, 0423 056 595;

### One Mongrel of a Hill Ride

#### Sunday, May 6 @ 8:30am

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

Meet at the Narrows Bridge South side near the toilet block.

Leader: Stan 9345 3552, 0439 955 241 or [stannds@netspace.net.au](mailto:stannds@netspace.net.au);

### Retiree's Run 2018

#### Monday, May 7 - Friday, May 11

350 km: Tour, Touring bike

Leader: Trevor 9345 1048, 0402 029 608 or [trevorknox@arach.net.au](mailto:trevorknox@arach.net.au);

### Tour de Lakes

#### Wednesday, May 9 @ 8:00am

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

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

Leader: Connie 0407 640 012;

### Forrestfield Loop

#### Sunday, May 13 @ 8:00 am

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

Meet at Charles Patterson Park at Burswood near the carpark and toilets.

Leader: Connie 0407 640 012

### Canning River Ramble

#### Wednesday, May 16 @ 8:00am

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

Meet at Trevor Gribble Park.

Leader: Miranda 0468 932 269;

### Century Challenge Achievement Ride - Take 1

#### Saturday, May 19 @ 6:30am

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

Contact: Arie 0419 043 229 or [achievementrides@ctawa.asn.au](mailto:achievementrides@ctawa.asn.au);

### Just a Jaunt to Jarrahdale

#### Sunday, May 20 @ 8:30am

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

Meet at Armadale train station.

Leader: Kleber 9354 7877 or [kleberc@bigpond.com](mailto:kleberc@bigpond.com);

### Explore the Swan

#### Wednesday, May 23 @ 8:00am

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

Meet at Midland train Station at 8am.

Leader: Liz 0423 207 258; 9293 0398;

### Downtown Duddle

#### Sunday, May 27 @ 8:00am

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

For a true duddle (def'n: something easily accomplished) meet at the Raffles Hotel, Applecross .

Leader: Christine 9457 4779 / 0400 570077;

### Shelley Jaunt

#### Wednesday, May 30 @ 8:00am

43km: Leisurely 15-20km/h, Road bike - Flat

Meeting at Cannington Train Station .

Leader: Liz 0423 207 258; 9293 0398;

### Lions Myalup Pines Cottage Stay

#### Saturday June 2 - Monday June 4

220km: Moderate 20-25km/h, Public Holiday, Road bike - Flat, Tour, Touring bike

See Page 6 for details

Leader: Stan 9345 3552, 0439 955 241 or [stannds@netspace.net.au](mailto:stannds@netspace.net.au);

### It's a Mystery Ride

#### Wednesday, June 6 @ 8:00am



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

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

Leader: Connie 0407 640 012

**10000 in 8 Achievement Ride - Take 1**

**Saturday, June 9 @ 8:00am**

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

8:00 am for 8:30 am sharp start 115 km, hard, road-bike, hilly Meet at the Kelmscott Railway Station

Contact: Arie 0419043229;

**Sunday, June 10**

Leader: Rita 9385 2562, 0423 056 595

See Website for details

**River meets the Ocean**

**Wednesday, June 13 @ 8:00am**

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

Meet at the south side of Narrows Bridge (Toilet Block).

Leader: Rita 9385 2562, 0423 056 595

**Head for the Hills**

**Sunday June 17 @ 8:30am**

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

Meet at Midland Railway Station at 8:30am for an 8:45 start.

Leader: Stuart 0409 882 931;

**Bull Creek Loop**

**Wednesday, June 20 @ 8:00am**

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

meet at Trevor Gribble Park, corner Parry Avenue and Karel Avenue, Bull Creek.

Leader: Miranda 0468 932 269;

**Munchies at Mundaring**

**Sunday, June 24 @ 8:30am**

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

Meet at Midland train station.

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

**Explore the Swan**

**Wednesday, June 27 @ 8:00am**

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

Leader: Liz 0423 207 258; 9293 0398;

**100K Achievement Ride - Take 2**

**Saturday June 30 @ 8:15am**

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

8:15am for an 8:30am sharp start. Meet at Armadale Train Station.

Contact: Arie 0419043229;

**200k in 2 Days - Day 2**

**Sunday, July 1 @ 8:00am**

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

8:00am for an 8:30am sharp start. 100km, Moderate. Meet at the Raffles Hotel, Applecross.

Contact: Arie 0419043229; achievementrides@ctawa.asn.au

**Xmas in July**

**Saturday, July 7 - Sunday July 8**

186 km: Moderate 20-25km/h, Road bike - Hilly, Tour, Touring bike, Weekend

Saturday, 7 July 2018 97 km, flat / hills, touring pace. Meet at Midland train station at 9.00am for a 9.15 am departure.

See Page 6 for details

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

**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 & 26.**
- 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.

**Did you know?**

Whether it's to boost your fitness, health or bank balance, or as an environmental choice, taking up bicycle riding could be one of the best decisions you ever make. There is also an added benefit—see information below!

Research scientists say that doing lots of exercise in older age can prevent the immune system from declining and protect people against infections. Prof Norman Lazarus, 82 (!), of King's College London, who took part in and co-authored the research project, said: "If exercise was a pill, everyone would be taking it. "It has wide-ranging benefits for the body, the mind, for our muscles and our immune system."

The research was published in the journal Aging Cell. Prof Janet Lord, director of the Institute of Inflammation and Ageing, at the University of Birmingham, and co-author of the research, said: "**The immune system declines by about 2-3% a year from our 20s**, which is why older people are more susceptible to infections, conditions like rheumatoid arthritis and, potentially, cancer.

Check out this website: <http://www.bbc.com/news/health-43308729> if you would like to read more about the research project and results. *So everyone, keep on riding!*





## 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**



## Christmas in July at Toodyay Overnighter

### Saturday, 7 – Sunday, 8 July 2018



**Saturday 7 July 2018**

**97 km, flat / hills, touring pace.**

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

Come and celebrate Christmas in July at Toodyay in the company of your cycling mates.

We will ride North on back roads to Upper Swan with a stop at Ginger's Café for morning tea, and lunch purchases for consumption en route.

Then it's a cruise through the beautiful Chittering Valley and the more challenging ride to our lunch stop in the Julimar State Forest. I'm sure the first floor verandah at the Freemasons Hotel will be a popular place to have a beer or two after a nice hot shower. Our hosts Stella and John will be providing a Christmas feast of turkey, ham and pineapple, gravy and five seasonal vegetables, Christmas pudding with custard, bread baskets, tea and coffee and a glass of port. All this for \$35 per head.

**Sunday, 8 July 2018**

**89 km, flat / hills, touring pace.**

After our continental breakfast we head back to Midland via Clackline. This would be the start for those wishing to ride on the KEP Track and / or the Heritage Trail from Mundaring. Morning tea at the Bakers Hill Pie Shop will be in order, then we

continue we through Wundowie, Wooroloo, Chidlow and Mundaring before the descent down the scarp through Darlington to Midland.

#### Accommodation and meal costs:

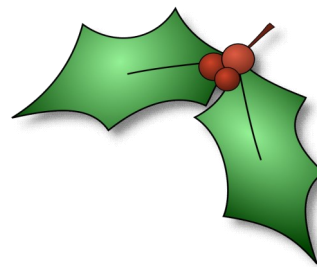
Shared hotel rooms @ \$50 per person, this includes the continental breakfast. There is a variety of room layouts available, i.e., twin, double and family with double plus single. So if you are prepared to share rooms and beds, the more people we can have on tour.

There are also three motel units available with en suite, one double and one single @ shared price of \$55 per person, this includes the continental breakfast.

Please notify me if you have any dietary needs. Payment for the accommodation, breakfast and the Christmas feast is to be made upon arrival at the Freemasons Hotel.

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

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



## 2018 OYB Annual Tour—Toasting the Valleys

### Saturday 20—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), Yallingup 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.

The brochure is now at the printers and expected to be received shortly. Keep an

eye on the website and your letter box for the brochure and entry form.



**Prevelly Beach**

Tour Leader: Terry 043 9922 765

## Trip report—Great Southern Full Pannier Tour 11-17 March 2018

By Miranda Stanton & Patrick Smythe



Miranda on the Heritage Trail

**Sunday, 11 March**, we all had a brief glimpse of life on a cattle farm when we commenced our tour from Christine's brother's home/farm in Napier. Michael generously hosted our cars for the duration of the tour.

Dave and Ken had more of a taste than others, opening and closing cattle gates of a neighbour's farm in a bid to find the starting point. Sometimes, Google maps aren't that accurate!!

Some harder cyclists had a short jaunt on the bike before arriving at Napier, Jane cycled from Bunbury and Stuart, our incumbent president from Perth.

Sunday was a short cycle from Napier to the Porongurups (27.8 km). Cycling from Albany, and joining the tour at the Porongurups were six Albany CTA members, we were delighted to have their company.

The club's undisputed puncture king (can you guess who it is ?? sorry, no prizes for getting this one right!) Patrick, was keen to hold onto his crown. Patrick didn't even make it off the 1.8 km of gravel before coming to grief. Jane and John were able to come to Patrick's aid on day one (tube) and day 3 (tyre). Tut tut Patrick, time to get some new tyres.

Accommodation was a combination of tenting/chalets. Points must go to Stan our tour organizer for sourcing Porongurup Tourist Caravan Park. This really was a boutique caravan park with a 6 star campers kitchen.

**On Monday**, rest day, we were joined

by Steve and Stuart who swelled our numbers to 42. So many things to see and do: bush walking, Devil's Slide, Tree in the Rock, Art Galleries, and the famous Castle Rock. Food and wine was fantastic at the Iron Wood Cellar Door, they do a very nice wooded chardonnay.

Fish and chips on Monday night was at the Porongurup Tea rooms where we were treated to a potted version of the history of the area by our host. Mt Barker was previously an apple growing district. W.A. needed to centralize its apple industry with Mt Barker and Donnybrook vying for position, Mt Barker now has eleven wineries, mainly Riesling.

Whilst we were waiting for our food we completed a cycle quiz, unscrambling letters to make cycling terms. It was all very hush hush, not wanting other tables to gain an advantage by eavesdropping.

Dale and Margaret were on this tour and we enjoyed their friendship. Dale is a foundation member and tells a great yarn. Dale was generous enough to be the tour photographer and has made photographs available for members. We all picked up tips re lighting, contrast and photo composition. Thanks Dale.

**Tuesday**- (79 km) was a fabulous riding day to Denmark. Lucky us, we had a tail wind into Mt Barker where we ordered our lunches and drank coffee, (is there any other beverage that cyclists drink?). Undulating hills greeted us as we left Mt Barker. Native flora in bloom made for good snaps and we passed many a winery and unique mail boxes on the road side. Mark was fortunate indeed when he found a crank on the road side. Right size too. Good pick up Mark!

Rain was forecast for Tuesday night and some campers who shall remain nameless opted for softer accommodation, finding beds at motels.

Special mention must be made of Stan's research and planning prior to the tour. Fabuloso! On tour leader Stan delivered a 5 p.m. briefing for the following day's riding/activities, always well attended and options/directions discussed. Thanks also to our trusty treasurer Christine, for her assistance with finances. A big thank you to Bruce for his contribution with the maps.

A cyclist new to pannier touring was James. Congratulation James on

completing your first unsupported pannier tour.

Wednesday was a rest day in Denmark. Some people completed a 70 km loop, not really much of a rest day for the energetic. Others stayed in town, visited the tourist bureau, went on short walks around the township or socialised.

### **Wednesday (Day 4) – Overnight at Riverbend Caravan Park**

The campers stayed at the Riverbend Caravan Park and during the night one woke briefly to the pitter, patter of rain on the tent, it was a beautiful sound (the rain however, did make the duck poo more squidgy!).

The day commenced with a lazy cycle a few kilometres down Scotsdale Road, to Duckett's Mill for coffee and cake. In fact, the group had to wait until the clock struck 10:00 am before the doors were open for business.

Slowly extracting ourselves from the comfort of the veranda, which had views across the valley, the group set off in search of McLeod Rd. Following a short uphill, the group experienced a wonderful downhill roll until we were confronted with a detour sign directing us onto a gravel road which looped around the unseen road works and brought everyone out onto South Coast Highway. Following a short period of discussion the decision was made to head down the highway in the direction of the Elephant Rock Cidery and Toffee Factory.

Stan was keen to ensure local businesses were supported by as many members as possible and the turnout at the Elephant Rock Cidery and Toffee Factory warmed his heart as the two main riding groups converged there just on lunch time. The burgers were the stuff of legend.

After lunch the large groups broke into smaller riding units. Some headed back to Denmark and camp, some rode directly to the Bartholomews Meadery for a variation of Honey Ice Cream and still some rode out to Green Pool for a swim and/or a paddle (go Joy, Jenny, Jane, John and Patrick).

Following that refreshing swim out to the rocks, it was time to head back to shore, get dressed and make for the off-road cycle trail. A beautiful track, which took us away from the busy traffic on South



## Trip report—Great Southern Full Pannier Tour, continued

Coast Highway, unfortunately its two or three sandy patches caused some members some thrills and spills. It is reported that the tandem piloted by Kleber came to grief twice and Mike decided that discretion was the better part of valour following the second spill and walked home. Sylvia, so the story goes, managed to end up in the ditch parallel to the track without falling off but rather stayed upright during the whole performance. The fact that both the riders had indulged in some light refreshment during lunch was purely coincidental.

By day 4, Stan's 5 pm Briefings were much anticipated affairs and the group managed to come together in an orderly fashion to hear the latest updates. Unfortunately, today we were all greeted with the news of Stephen Hawking's death. This sombre news soon turned to mirth as Stan took great delight in announcing that Patrick had had his first full cycling day free of any tyre problems for which he received a generous round of applause.

Patrick sought the group's indulgence for a right of reply and recounted how our intrepid tour leader lost his drinking mug the previous day on the ride to Denmark. Serendipitously, Duckett's Mill was giving away used mugs for free and a replacement drinking mug was picked out for Stan earlier in the day.

Patrick presented the replacement mug to Stan with the dictum "From One Mug to Another Mug."

### Thursday, Day 5

Today was 'Moving Day' from Denmark to Albany our final destination on this tour. The starting order of riders was as predictable as night following day. The usual suspects rose early and hit the road early arriving at Emu Point Caravan Park early. Of course, the other usual suspects rose later, hit the road later and arrived at Emu Point later. All however, enjoyed the journey stopping for a drink, bite and/or natter along the way to thoroughly enjoy the journey as much as the destination.

The old rail trail out of Denmark was the perfect start to the day for all, a quiet and leisurely ride around the inlet. So, it was quite a shock to arrive at South Coast Highway and be hit with a high volume of traffic all along the section until we arrived at the Lower Denmark Rd turnoff, and made our escape from the

traffic. Young's Siding Café and Elleker Tavern/Café were the beneficiaries of some of the member's need for sustenance on the road.

Our arrival in Albany saw the group shrink ever so slightly in numbers as the locals on the ride headed for the comfort of their partners, homes and softer beds. The ride to Emu Point, particularly



Stan's Briefing Session at Denmark

around the Mt Clarence Headland, as always provided the most spectacular views to soothe the collective souls of any riding group.

For those members of the tour who decided to defer their coffee gratification and not have one until arriving in Albany, they could have done worse than go to Dylan's on the Terrace for one. Where the purchase of local Great Southern Wine was concerned, Due South seemed to have all bases covered.

Despite Stan's protestations the previous evening about the colour purple, he was seen to be enjoying a hot coffee from an aubergine mug and chocolate from a purple wrapper this evening – go figure?

The mood was decidedly chilled as evening turned into night as the usual suspects waxed lyrical over a glass or two. Another cracking day in the saddle.

### Friday, Day 6

As always, group members' body clocks dictated their start times to the day.

True to their word Rita and Cliff led a ride off at 08:30 in the direction of Two

People's Bay. I understand however, due to lack of numbers, the ride was shortened to visit Nanarup Beach and back to Nippers Café for refreshment before returning to base. Bruce Robinson however, not to be deterred, stuck to the original plan and visited Two People's Bay on his own. I don't know whether he heard that noisy scrub bird or not?

The leisurely ride back to Albany Central around the coastal cycle path was a little more strenuous in parts than I had anticipated for a rest day ride.

The rest of the group met at Emu Point Café for an early morning coffee before being led off by Joy and Di on a ride out to see Darrel Radcliffe's amazing chainsaw sculptures. His fascinating sculptures range from kangaroos, snakes, big Indian chiefs, cockatoos, bears and many other wonderful and interesting creations. Well worth a look. The leaders then took us to their favourite coffee place called the Naked Bean, beautiful coffee and fantastic things to eat.

In the afternoon Christine took her brother Michael sister-in-law Sandra (of Napier Farm fame) and Brian on a short 54 km ride out to Goode Beach and back just because she can.

Apart from that most people just soaked up the enjoyable early Autumn weather wherever they chose to be.

Stan's final 5 pm Briefing was a short affair with most focused on heading over to the Emu Point Sportspersons Club for a group farewell meal and drink.

Three Cheers should go to those busy women volunteers in the kitchen at the Club for meeting the demands of feeding our 35 odd club members and as many locals again in attendance. The place was chockers. Well done ladies.

### Saturday, Day 6

Ahhh... the pitter patter of rain on the tent again was just the best way to bring our tour to the start of the pack up and return home day. Mother Nature, thank you for a beautiful week and fantastic riding surroundings.



## 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 : [www.transport.wa.gov.au/activetransport/25460.asp](http://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](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**

## Photos: Great Southern Full Pannier Tour



Scotsdale Road, Di, Brian and Rosalee



Maureen & Debbie



Kleber & Mike

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

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

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

These monies help provide each member with 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

