

THE CHAIN LETTER

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

July/August 2018

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PRESIDENT'S REPORT

Winter has hit! Cold mornings, rain and late sunrises. Fortunately the long weekend at Myalup Pines Cottages in June was blessed with perfect weather, flat terrain and best of all started and finished with pies and cakes at the Pinjarra Bakery. In coming months, CTAWA members will be escaping to the northern hemisphere summer (the ever popular Europe and new destinations in South Korea and Japan) while others, including me, will be heading to Karajini in the Pilbara for some more big sky and dusty roads.

The 2018 On Your Bike 'Toasting the

Valleys' tour in the south-west starting from Dardanup, outside Bunbury is over half full already. Get your entries in soon! Before then we hope to see you at Yanchep National Park Long Weekend' (September 22-24).

Updating CTAWA communications continues with more information on the website, including the revised Constitution and a Privacy Statement. The CTAWA Facebook page has been opened to all members to post, making it easier to keep up with club activities and improving our visibility to non-members.

Thanks Gus, Steve, Doug and Hilary.

Expect a short survey soon asking members what they would like in terms of rides and club events (e.g. more or fewer, faster or slower day rides, weekends away, more social events and so on). Your responses will help us to provide a more satisfactory experience to all members at all levels of ability. As always, ride safely and ride with CTAWA.

**Stuart,
President**

UPCOMING EVENTS

Social

Social Night

Thursday, 19 July at Loftus Centre, 99 Loftus Street, Leederville, meeting in the middle room on the right of the entrance.

Join us at 7 pm to hear of the latest in gear for your bike and how the science and mechanics of our trusty 2 wheelers are developing. We have 2 experts from TBE bikes to tell us all. If you have any questions please send them to me at social@ctawa.asn.au so our guests can provide a comprehensive answer. Don't forget the sumptuous supper provided after the discussion.

Coming Tours

The Overnighter of Choices

1 to 2 December 2018 (see page 8 for details)

Would you like to ride the Southern end of the Munda Biddi? (see page 8 for details)

Monday, 26 November to Friday, 7 December 2018

2019- CTAWA Victorian Goldfields Tour

Monday, 11 March to Sunday, 24 March 2019

This total 14 day, unsupported tour of approximately 800km, will traverse a circular route commencing and finishing from Melbourne over twelve riding days. There Are two rest days in the twin

historic and vibrant cities of Bendigo and Ballarat .

The tour will start (at 9.00am Monday 11 March 2019) and finish at Discovery Parks – Melbourne, 129 Ashley Street, Braybrook 3019. This caravan park is conveniently located in the western suburbs (adjacent to Footscray) and is only 1.5 km from Tottenham Train Station on the Sunbury line.

Even though this tour seems a long way off, planning ahead to ensure you have the appropriate time allocated during March 2019 to participate in this event is essential.

Leader: Trevor, Phone 9345 1048, 0402 029 608; teebs50@gmail.com

Full details: <http://ctawa.asn.au/event/ctawa-2019-victorian-goldfields-tour/>

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 brochure and entry form is now on the website. Get in early to ensure your place on the tour!** Tour Leader: Terry 043 9922 765 .

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DEADLINES: Contributions for the next issue (Sept-Oct) should be sent to the Editor (editor@ctawa.asn.au) no later than **6 August 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, Arie Lemson, by email achievementrides@ctawa.asn.au if any details shown seem to be wrong.

10,000 in 8: Arie Lemson, Christine Liddiard, John Farrelly, Liz Marshall, Stuart Crombie

Achievement Ride Dates for 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> for more details. * Please also check website, as dates and details may change.

WHAT'S ON?

First Aid Course

Those wishing to learn First Aid or to refresh their existing First Aid Certificate (now the HLTAID003 Provide First Aid certificate) before the On Your Bike 'Toasting the Valleys' tour are invited to join other CTAWA members for the one day practical session on **Saturday 29 September** after completing a short on-line training course. The course is \$99 and is run commercially by the CBD College in the Perth CBD. Those interested should contact me at president@ctawa.asn.au to co-ordinate.

Cycle touring in South Korea

Sometime CTAWA member, Pat Khaw has enjoyed cycling on organised tours in Taiwan, Okinawa and South Korea. Paddy would be happy to talk to CTAWA members about his experiences if you call him on 0242639622

Easter Long Weekend Tour March 2018

Leader: Noel Eddington

Right from the start this tour was a bit different. We were handed a sheet with questions on it. We all thought we would know at least the answer to question 2. But when the leader told us he did not know the answer to that one, we were all a bit surprised. So we rode off to Pelican Point to find the answer to the first question. What famous person stood on this point, to which a plaque is installed?

Then on to UWA, where we met Elisa who was wearing a UWA shirt. That was the answer to the second question! What is the name of the lady wearing the blue UWA shirt? She gave us a tour of the university ground telling stories of student protests, famous people, and telling us the original movers to get the university started. Winthrop & Hackett are names every Western Australian would know. But did you know they are the same man? Sir John Winthrop Hackett was the first chancellor of the

university which opened in 1913.

The group was looking for coffee by this stage so we headed to Zamia Café in Kings Park. From there we rode to Scarborough to see the new pool and lunch. With our batteries recharged we headed to the top of Mt Yokine, where our leader shared a story of how not to go downhill.

Then through Inglewood to where our leader grew up. Telling us all how his neighbour's children have brought all the houses on one side of the street (well all but the one Noel grew up in). From there it was across to the new bicycle boulevard which follows May & Leake St. from Broune Ave under the railway to the river. This was a new piece of infrastructure that many of us had not ridden before.

In the evening the remaining riders went out to see the A380 come in over Guildford. This was a slight change of plan from going out to the observation

deck where Stuart had organised to meet the group. Anyway Stuart met us at Alfred's Kitchen for a nutritious hamburger.

No one stayed the night at the caravan park overnight but most of the group returned for the second day of riding. This was very straight forward compared to the day before. Coffee at Yahava, followed by Lunch at Mash brewing.

I must say it was really well organised with good company and the quiz questions kept us guessing the whole day.



Leaving on a Jet plane—A380

Retirees Run 7-11 May 2018

(by Christine Liddiard with input from Rosalee McAuliffe)

There was a chill in the air when 28 members gathered at a property a few km south east of York on Monday, 7 May. Our hosts, Bill and Marie provided hot drinks and a much surrounded wood fire in their lounge room, before the plunge was finally taken to head off for 5 days riding through the countryside in the southern wheatbelt.

Leaving the property where our vehicles were kept, the ride began with a very pleasant downhill before the road became much more 'undulating'. Riders enjoyed a morning coffee stop in Beverley before continuing south to Brookton. Many stopped en route for a picnic lunch before re-joining the Great Southern Highway. Dave had the first of the unusual bike malfunctions of the tour, breaking an axle – and had to walk the last three km into Brookton.

Following conversations with a local shopkeeper, Dave was directed to another local who lived just out of town

that was known to have a collection of bicycle parts. Another local gave Dave a ride out to meet the gentleman and as luck would have it, he had a suitable spare axle that fitted Dave's 30 year old bike. With the combined mechanical nous of Mal and Kleber, the wheel was soon fixed and ready to roll again.

Tour participants had accommodation options of either hotel or camping. Hotel luxuries were enjoyed by 19 and 9 hardy souls took the camping option. I t is unsure whether it was due to there being no grass for tents at the Brookton Caravan Park, but one 'camper' opted for the bench in the laundry, rather than pitching his tent.

Not having to put up and take down tents, several of those taking the hotel option had their own interpretation of the sign at the Brookton Train Station that advised to "Change Here for Corrigin" and were seen changing their clothes!

Day 2 passed through Pingelly which sadly seems to be a town in decline, with



Group leaving Brian and Marie's property at York on the first day

the IGA store no longer open (the townsfolk now have to travel 25 km to Narrogin to do their shopping). The options for a morning coffee were extremely limited and most people decided to continue without a caffeine fix. Not so Dale. A conversation with a local saw Dale and Margaret heading for the Craft Corner where (from all accounts) good coffee was available.

(Continued on next page)

Following lengthy discussions with the crafters, Dale and Margaret were given leftover cake and sandwiches for the road.

Arriving in Wickepin, we were in Albert Facey country (author of "A Fortunate Life"). Many took the opportunity to visit the Albert Facey homestead which was relocated into the township in 2000 and depicted life in the area in the 1920's. Hazel Green, an engaging volunteer guide, had many stories to tell and happily answered many questions about the history of the Wickepin area.

It may not be a frequent occurrence at some small country towns to have a group arrive and this can test the facilities. For the people staying at the Wickepin hotel, the hot water system broke down. Fortunately Wickepin not only has public toilets, but also public showers. Several of those staying at the hotel were seen walking across the main road with their toiletries and a change of clothes (and the showers were hot!).

The next morning, another unusual bike malfunction occurred just a few kilometres after leaving Wickepin. Miranda was hearing a noise and having issues when attempting to change gears. After a few stops, eagle eye John noticed that one of the pins in her chain was coming out. Using a chain-breaker, John had the errant pin back in and we were soon on our way again.

The countryside had an amazing array of colours, brown and reddish soils with green trees, albeit a bit dry for the farmers, who were out on their tractors dry seeding. The National Landcare Scheme that ran for several years has certainly made a difference to the amount of trees now lining the gullies and paddocks.

We passed through the small township of Lake Yealering, which included a stop at the small shop for home-made friands and muffins, along with coffee or hot chocolate. It was then a look at the lake which is a local swimming and water-skiing spot, as well as being known for its birdlife.

Further along at Bullaring, there was much discussion about which road to take. The printed instructions said to take the Bullaring-Gorge Rock Rd, however there was no sign indicating this road. And with another sign indicating the direction to Corrigin, there was confusion and almost half of the group

took the 'wrong' road. Those that did take the Bullaring-Gorge Rock Rd had 13 km of headwinds, before turning north and having a fantastic (almost tailwind) ride into Corrigin. Those that took the road with the sign to Corrigin, unfortunately had to contend with their last 12 km on a highway with reasonably heavy truck traffic.

Corrigin is a country town that seems to be weathering well, with plenty of shops and cafés and also good news for the campers, it was the first night that there was grass on which to pitch their tents! With a camp kitchen that, although small, had many things found in a home kitchen, for example, crockery and cutlery as well as a fridge, toaster, microwave and TV (just what camping bike riders cherish!).

Using the advice from the locals, in this case, Scott the proprietor at the Corrigin Hotel, the route to Quairading was changed to reduce the distance on the highway due to many trucks carting grain. This also reduced the day's ride from 83 km to 66 km, which after 4 days, all riders were quite happy with. It also meant cycling along the Rabbit Fence Road where there were a couple information stops.

Three Rabbit Proof fences were built between 1901 and 1907 covering a distance of 2,023 miles at a cost of £337,941. For those interested in cooking rabbits, two recipes from Mrs Beeton's "All About Cookery" 1913 cookbook were reproduced: "Rabbits Stewed in Milk" and "Rabbit Pudding". We also read about the Stacey Lamb train which ran on one day a year from 1942 to 1973 carting lambs from the Stacey farm to the Robb's Jetty abattoir (then frozen and shipped to the UK). The largest consignment was in 1971, when 10,028 lambs were moved in 88 sheep carriages, which made it the largest single consignment from a single producer. In total, 183,635 lambs were transported over 32 consecutive years without a single loss of life.

As what seems to be the norm, on the last day of a tour (in this case, Day 5), several people were keen for an early start (to return home with the hope of missing peak hour traffic). Dale and a cyclist who works at the Shire of Quairading took group photos in front of the Quairading Hotel. Five km out of Quairading we turned north onto Hayes Rd where for 14 km we were battered with side winds,



"Hey Liz—this white stuff is not working on my dicky knee" (toothpaste!?)

which made the tailwind after turning west, greatly appreciated.

A later short detour off the Quairading-York Rd to Greenhills Inn was a real treat. The Inn was established in 1906 and in more recent years it has been restored to its former glory. The proprietors of the Inn served coffee and cake, to fuel us for the remaining 20 km back to our vehicles, just out of York. After packing our gear and bikes back into and on vehicles, it was good-byes all round before heading off. For many, this was just the short drive into York for more coffee and lunch before the drive home. Or in the case of Stuart, an extra night was had in York before he rode back to Perth the following day.

Thanks go to Trevor for organising the tour. Also to the weather gods, for providing warm sunny days for enjoyable riding. (more photos on page 10)



Mal, Richard and Kleber, working on David's bike, Trevor and Liz looking on.

Lift out Rides Calendar for July/August 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.

River meets the Ocean

Wednesday July 11 @ 8:00am

45 km: Moderate, some hills

Meet at the south side of Narrows Bridge.

Leader: Rita 9385 2562, 0423 056 595

Stan's Seven Sick Suburban Hills Ride

Sunday July 15 @ 8:30am

50 km: Moderate, hilly.

Meet at the Loftus Community Centre, Leederville.

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

Up the Creek (Swan)

Wednesday July 18 @ 9:00am

50 km: Moderate, flat

Meet, Mill Point Reserve, Sth Perth.

Leader: Noel 0419 964808

Up the Canning, down the Swan

Sunday July 22 @ 9:00am

57 km: Moderate, flat

Meet at Cannington Train Station.

Leader: Liz 0423 207 258; 9293 0398 or elsbethmarshall@gmail.com

Explore the Swan

Wednesday July 25 @ 8:00am

50 km: Leisurely, some hills.

Meet at Midland Train Station.

Leader: Liz 0423 207 258; 9293 0398 or elsbethmarshall@gmail.com

Century Challenge Achievement Ride - Take 2

Saturday July 28 @ 8:00am

160 km: Achievement, brevet, moderate, some hills.

Meet behind Baker's Hill Pie Shop, Great Eastern Highway, Baker's Hill.

assets.mapmyfitness.com/routes/view/223694941?host_canon=mapmyride.com

Contact: Arie 0419043229

Woodbridge Wander

Sunday July 29 @ 8:00am

50 km: Leisurely to moderate pace, flat

Meet at Narrow's Bridge on toilet side.

Leader: Rosalee and Brian 0409 468797;

It's a Mystery Ride

Wednesday August 1 @ 8:00am

55 km: Moderate, some hills.

Meet at Burswood in carpark beside community movies.

Leader: Connie 0407 640 012

Coffee at Jarrahdale (50 km's achievement ride take 2)

Sunday August 5 @ 9:15am

50 km: Moderate, some hills.

Meet at Corner South West Highway and Nettleton Road, Byford.

Leader: Arie 0419043229

River Ramble

Wednesday August 8 @ 8:00am

45 km: Moderate, some hills.

Meet at Narrow's Bridge near toilet block.

Leader: Brian 0438 110571

Bike Path Challenge

Sunday August 12 @ 7:45am

65 km: Moderate, flat.

Meet at Bullcreek Station.

Leader: Christine 9457 4779 / 0400 570077

Come Flying

Wednesday August 15 @ 8:00am

50 km: Moderate, flat.

Meet at Trevor Gribble Park, Bullcreek.

Leader: Miranda 0468 932 269

200k Achievement Ride

Saturday August 18 @ 6:00am

200 km: Achievement, moderate, hilly.

Start and finish at Deepwater Point, Mt Pleasant.

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

My way from Stirling to Midland

Sunday August 19 @ 8:30am

60 km: Moderate, some hills.

Meet at Stirling Train Station

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

Mystery Ride

Wednesday August 22 @ 8:00am

50km: Moderate, mountain bike, some hills.

Meet at Mill Point Reserve, Sth Perth.

Leader: John U 0429979024

Mundaring-Northam-Mundaring (not a CTA event)

Sunday August 26 @ 8:00 am

See for full details:

<http://www.lifecyclewawa.com/wp-content/uploads/2018/02/Kep-Track-Flyer.pdf>

Mystery Ride

Wednesday August 29 @ 8:00am

50 km: Moderate, some hills.

hills.

Meet at Mill Point Reserve, Sth Perth.

Leader: John U 0429979024

The Tandem Tootle

Sunday September 2 @ 8:00am

51 km: Leisurely to moderate pace, flat

Meet at Greenwood Station.

Leader: Brian 0438 110571

Catching up with the Canning Ride

Sunday September 9 @ 8:30am

36 km Leisurely, flat

Meet at Raffles, Canning Bridge.

Leader: Kleber 9354 7877

Myalup Pines Long Weekend - 2-4 June 2018

by Miranda Stanton

Five train commuters arrived at the Mandurah Train Station for a swift departure on Saturday morning. The usual suspects were there and a new CTA member Ken G who was doing his first pannier tour. Well done Ken!

The route was very flat and Stan our affable tour leader had ordered perfect cycling weather. We were not disappointed. The Pinjarra Bakery provided us with a delicious morning tea. A hay shed was our venue for lunch. Everyone drew up a handful of hay that was oh so soft. We arrived at Lions Myalup Pines Cottages (our wooden tent) around 3 pm.

Here we were joined by Hilary, Noel and Trevor who commuted by car. Our popular President who has oil in his veins, cycled down from Perth swelling our numbers to nine. Dinner was a BBQ followed by a beautiful bonfire, lit for us by our accommodating hosts.

Sunday was another day in paradise, we cycled to Binningup to view the coast and for the compulsory coffee stop. Beautiful Tuart trees and everyone's favourite – Peppermint trees bordered this scenic ride. Stuart was gracious with sharing his knowledge of land management theories and local plant species. We also skirted Lake Preston for a short distance.

To get to Myalup from Binningup there is a very short, unavoidable stretch along the busy Forrest Highway. It was here that we witnessed the aftermath of a tragedy that had happened earlier in the day. A solo cyclist had collided with an empty low loader with fatal consequences.

This hammered home our vulnerability as road users, and how aware we have to be of our surroundings. Rear vision helmet mirrors, visible clothing, clear communication between group members and a 'tail-end Charlie' compulsory. Members contacted their loved ones to reassure them of their well-being.

A real find was "The Crooked Carrot" where we had lunch. A great boutique menu and venue. In the afternoon it was a hop, skip and a jump to the Ocean Beach Brewery. The signage to the Old Coast Brewery was a bit disconcerting. The two arrows for the entry pointed in opposite directions. Well spotted Christine, you win the prize for alertness. Here we imbibed in delicious ciders and ales and were treated to live music.

Monday morning it was an early start to beat the rain and storms that were forecast. Our route took us via Harvey, Yarloop and Pinjarra. On the way we became acquainted with a farmer who told us that Harvey has a 40 strong cycling community. Cycling being very popular as the roads are so quiet. With the CTA contact card on hand to give out, we invited him to join us on the OYB tour in October. Best get in early. Numbers are filling up fast!

We were surprised that Yarloop looked so well recovered. The remains of the historic Yarloop Town Hall bared testimony to the ravages of the fires that had deci-



At Myalup, starting Sunday morning ride to Binningup

mated the township.

One hundred km riding and we were back at our starting point to catch our train. Many thanks Stan for organizing and leading a great weekend that was enjoyed by all. Many thanks also to Kleber who was



Kleber, Stan and Ken at the lunch stop

DATES & INFORMATION ON UPCOMING TOURS

- * Chilling out at Yanchep National Park—Long Weekend, Saturday, 22 to Monday, 24 September 2018
- * Would you like to ride the Southern end of the Munda Biddi? - Monday, 26 November to Friday, 7 December 2018
- * The Overnighter of Choices—1 to 2 December 2018
- * CTAWA 2019 Victorian Goldfields Tour—Monday, 11 March to Sunday, 24 March 2019 ; <http://ctawa.asn.au/event/ctawa-2019-victorian-goldfields-tour/>

Chilling out at Yanchep National Park Long Weekend Saturday, 22 September - Monday, 24 September 2018



Leader: Stan

E/Mail: stancds@netspace.net.au

We will be riding to the Henry White Oval Campground in the Yanchep National Park which is a new camp ground since early 2017 and is situated about 500 m east of the Inn. It is a beautiful setting surrounded by trees. Both tenting and non-tenting options are available.

Being a long weekend there should be plenty of opportunity to walk around the Loch, visit the caves or the koalas and of course there is the Chocolate Drops Cafe. And that beautiful Inn. Into bird watching, bring you binoculars and bird books. I will, as the bird life is prolific. Good camera opportunities this weekend. So lots to do what should be a very tranquil long weekend. And it isn't far is it?

Accommodation:

First option is tenting on grassed areas surrounded by tall trees, kangaroos and bird life. BBQ facilities and separate toilet and shower facilities are available.

Second option is at the Yanchep Inn (phone 9561 1001) which you are to make your own arrangements. Bookings to be made a week before the long weekend.

Food and what to bring, what is supplied:

You are to bring all your own food, towels, toiletries and bedding. Bring a frozen BBQ pack for the first night for a group BBQ. BYO all food and drinks as there are limited supplies in the park. At time of writing there are no refrigeration facilities, however there is a new ablution with unisex shower, toilet and camp kitchen facility being built which may be available for the long weekend. Details provided closer to the weekend.

Costs:

Tenting is \$11/person/night. Total \$22 for two nights. Please arrange to have correct

money at the start of the tour. Money will be collected at Clarkson Train Station. Numbers are limited so first in best dressed.

For the Yanchep Inn, please enquire by phoning the Inn on 9561 1001.

Itinerary:

Saturday, 22nd September 2018.

Meet at the Clarkson Train Station for a 9.30 am start. A very short leisurely ride to Yanchep National Park, a distance of approximately 27 km on the back roads east of Wanneroo Road. There is no entrance fee for cyclist, yey. Arriving late morning, we set up camp (for those of us that are tenting) and have lunch at the Inn or cafe. Or bring it as it is not far. It really isn't. Good tourist maps are available from the Visitors Centre not far from the Inn which we can obtain on arrival.

There are a number of things we can do in the avo as mentioned but the first port of call I think is to visit the cute koalas and go awww which is mandatory when viewing koalas. Their enclosure is very close to the Inn and cafe (how convenient). There are many walking trails including the one around the Loch. There are many sealed roads for quiet riding in the park but unfortunately the trails are for walkers only. There are two caves open to the public being Cabaret Cave and Crystal Cave.

Evening meal is a group BBQ.

Sunday, 23rd September 2018

Choices ,choices, choices as above. For the early risers and for those interested in bird life and/or photography, maybe a stroll around the Loch McNess approximately 2.7 km and then brecky of bacon and eggs at the Inn or cafe. Now there's an idea. Yummy. If you walked it, you earn't it. Depending on the weather the intention is to jump on our deadly

treadlies and ride to Yanchep Beach for morning tea and/or lunch. Well, we are a cycling club. Getting back early avo, you can do a number of things which you haven't done from above. Or, pull out "The Chair" and read a book, or snooze or whatever.

The intention is to have the evening meal at the beautiful Yanchep Inn and being a long weekend numbers have to be confirmed a week prior. So let me know. For those who have not had a meal there, I can assure you they really have looked after us in the past.

Monday, 24 September 2018

After breakfast, break camp and head for Clarkson Train Station the same route as per Saturday. Optionally, follow me back to Stirling Train Station to get a few more k's in those legs, a distance of approximately 25 km. Maybe morning tea somewhere along the way.

All in all, this is a weekend to look at our own backyard because truthfully, how many of us have really had a good look at Yanchep. And that's the idea.

Confirmation and what you need to do:

1. Email Stan on stancds@netspace.net.au if you are wanting to attend and how many.
2. Are you tenting or making your own arrangements.
3. Will you be partaking in the group BBQ on the first night being the Saturday night.
4. Will you be partaking in the evening meal at the Yanchep Inn on the second night being Sunday. Highly recommended.
5. Bring a sense of humour.
6. To help me, please email ASAP.

The Overnighter of Choices—Northam

Saturday, 1 December to Sunday, 2 December 2018

Start in Midland and overnight at Northam Caravan Park

If you are a decisive person, this is the ride for you!

The choices are:

- On the road or Kep track (87 km's on the Kep track, 100 km's on the road)
- Tenting or sleeping in the cabin
- Cooking or going out for dinner

Costs are: \$60 for a place in a cabin and

\$16.50 for a tent site.

If you are interested, please send me an e-mail with you preferred choice of accommodation and I will send you the payment details: elsbethmarshall@gmail.com

The caravan park is two km's out of town, has a fully equipped camp kitchen and all the cabins have a kitchenette.



Northam Bridge

Would you like to ride the Southern end of the Munda Biddi?

Monday, 26 November to Friday, 7 December 2018

A ride is being planned on our world class Mountain Bike track from Manjimup to Albany .

Distance: 485 km

Nights in huts: 4

Nights in towns: 7 (Manjimup, Pemberton, Northcliffe, Walpole (2) , Denmark, Albany)

Maximum number of riders: 12

Approximate Cost: \$430 (inc bus transport, bike transport and hotel accommodation) or \$250 (inc bus transport, bike transport and campsite fees) Up to 12 bikes can be transported to Manjimup while 4 cyclists can travel with the transporter vehicle for a fee. The same arrangement will occur from Albany after the event.

Bus costs are based on TransWA buses at the full rate while Seniors can benefit from a half price rate.

Of course you may make your own arrangements for transport and accommodation but if we share accommodation, we do the savings.

Some of the things you'll need:

- * A good mountain bike with panniers to carry all your gear in;
- * Clothes, food, sleeping bag & mat, cooking and eating utensils including gas cooker;
- * Bike spares, including tyre and tubes, spokes, tools etc;
- * Mountain bike experience and enthusiasm.

Almost all of this part of the track is rated **Easy** with a few sections rated **Intermediate** and a short stage into Denmark as **Difficult**. The Munda Biddi Foundation web contains valuable information, so if you wish to read up and decide if this event is for you check <https://www.mundabiddi.org.au/>

Check our club website: http://ctawa.asn.au/ctawa_files/touring/Suggested%20Packing%20List%20for%20Cycle%20Touring.pdf for a good list of all needs for a bike tour.

The CTA webpage contains more details on this event.

A trial mountain bike ride is planned 1-2 weeks before the event using the Hills Heritage trail so we can meet up and test some of our gear.

Contact Steve Napier for registration on snap22@inet.net.au or on 93312066 or 0420224911.



Munda Biddi track—Valley of the Giants

Cyclists Take Care

Cyclists are more likely to be injured in crashes with motor vehicles at intersections with stop or give way signs than at intersections without signage or with traffic signals, according to a new study by researchers at Queensland University of Technology.

The author of the study has suggested one reason is that cyclists and drivers often have their view obstructed when approaching a

give way sign or when leaving from a stopped position.

The study also found that drivers are more likely to be at fault in crashes at intersections with stop or give way signs due to a failure to slow down or stop before entering.

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



Retirees Run

Cycle Touring in the country is so interesting, there is always something to see on the way! Dogs riding in a ute near Corrigin, Numbats trying to catch a ride on a bike at Pingelly, and seeing a space-ship landing in a farmers paddock!



Left: Di and Maureen admiring some artwork at a farmers gate entrance.

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

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

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

These monies help provide each member with 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

