

# THE CHAIN LETTER

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

November/December 2018

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## PRESIDENT'S REPORT

Hello riders, a brief online survey is being run to find out from members about what you would like from your club (<http://ctawa.asn.au/forms/ctawa-survey>). I encourage you to complete it if you haven't already. Why not go the next step and offer to lead a ride, organise a tour or help with a social night?

'Toasting the Valleys' On Your Bike tour is all over except for the bragging. The next chance to catch up with friends and to hear their stories will be at the Christmas 'Long Table Lunch' on 25 November. Some of the best small group mini-tours have their genesis in discussions over a meal at events like this. Come along and you might get to planning the next-to-be-epics of 2019!

The 'Slides, Swap'n'Buy' social night at the beginning of October was a standing room only success. Bruce Robinson gave a

splendid visual presentation of the mini-tour of Karijini National Park mini-tour. I had to correct him on a few embarrassing points involving scrounging food from picnic tables and German backpackers though.

Karen's report on her cycle tour in the backwoods of Tanzania and Kenya was a real eye opener. Imagine having to wait for a bull elephant to cross the road before pedalling on or seeing a giraffe's head sticking out of the trees (report on page 8).

The swap meet afterwards was embraced enthusiastically as our excess stock of bike parts and clothing was swapped for bits that we still need. Business was so brisk that I nearly lost my riding jacket and gloves when I put them down while talking to someone. A great success Steve.

A dozen club members attended the

Bicycle WA 'Ride to Work' breakfast at Elizabeth Quay in mid-October. Thanks for coming in your CTAWA jerseys and spreading the word about what our club does.

While your committee has been working away keeping things running smoothly I want particularly to acknowledge the work of Gus who continues to improve the club website, online record keeping and organisation.

If anyone would like to help the club please consider approaching club officers to see what is involved in the various committee jobs. If you would like to assist, consider volunteering or nominating to stand for election to a role at the Annual General Meeting in 2019.

Ride safe and enjoy,

**Regards, Stuart**

## Events & Information

### ANNUAL GENERAL MEETING

**Sunday, 24 February 2019**, 28 Eighth Ave, Maylands WA 6051.

Start time of 10:00 am for 10:15 am start. The Agenda and full details will be in the next newsletter and will also be emailed to all members at a later date.

### Social

#### Xmas Long Table Lunch

**Sunday, 25 November 2018, meeting from 11:30 am.** Put this date in your diary.

**Venue:** Tradewinds Hotel, 59 Canning Highway, Fremantle, you will need to RSVP to [social@ctawa.asn.au](mailto:social@ctawa.asn.au) or 0420 224 911. For anyone wanting to ride to lunch, you can join the group at the following times and starting points:

\* 10:15 am at East Perth, opposite the station on East Parade bike path.

\* 10:30 am at Perth Arena on Wellington Street.

### Tours

#### The Overnighter of Choices—

##### Northam

Saturday, 1 December to Sunday, 2 December 2018., See page 7

#### Australia Day Long Weekend Guilderton Spoke Tour

A new exciting spoke tour to Guilderton is planned for the 2019 January Australia Day long weekend being Saturday the 26<sup>th</sup> to Monday the 28<sup>th</sup>. We have a three bedroom house with full kitchen and bath room with room on the back lawn for tenting. See web site for details and full details in the January/February edition of the Chain Letter.

Leader: Stan 9345 3552 or 043 9955 241

### 2019 FEES - REDUCED!

It was agreed at the 2018 AGM 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

Your renewal form will be emailed to you in the future. A renewal form will be posted to those without email.

**For instructions and information on membership renewals and payments—see Page 7—Website Notes.**

## CTA LEADERSHIP

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CTA Email: [info@ctawa.asn.au](mailto:info@ctawa.asn.au)

Website: [www.ctawa.asn.au](http://www.ctawa.asn.au)

**DEADLINES:** Contributions for the next issue (January/February) should be sent to the Editor ([editor@ctawa.asn.au](mailto:editor@ctawa.asn.au)) no later than **6 December 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.

**300K Brevet Saturday 15 Sep 2018— no riders**

**10000 in 8 T2 Brevet Saturday 13 Oct 2018— no riders**

## Achievement Ride Dates for 2018

5000 in 4 T2 Sunday 11 Nov 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



Bev Paterson	Michial Coldwell
Cesar Mayordomo	Neil Johnson
Charlie Cilli	Robin Dexter (Vic)
Chris Paterson	Rod McMillan (Vic)
Ian Grose	Stewart Riedel
Jennie Doering (Germany)	Sue Thomas
Judy Wilson	Tricia van de Beek
Ken Workman	
Manda Harmon	
Michele Adler (Vic)	

## **With cyclists: empowerment comes with two wheels and a helmet!**

*By Rosalee McAuliffe*

On Saturday morning, 1 September, 16 enthusiastic women gathered with their bikes at TBE's dedicated service workshop in Belmont. Mike and his team (Nino and Paul) at TBE generously offered to hold the workshop for the female members of the CTA. The aim of the workshop was to teach us some basic bike maintenance and repairs.

We love our bike riding, we ride for fun and fitness. We ride because we love how a bike can lead to many places that cars can't go, around rivers, lakes and parks. Our riding leads us to many interesting and unique parts of the countryside and through different parts of the world. So bike riding is very important to us!

Mike started off the session by telling us about how the service centre at TBE operates. All major servicing and repairs are carried out by TBE's team of qualified bike mechanics at the workshop. Bikes needing specialist servicing and repairs are sent in from the four TBE stores located around Perth. We saw some special technology that TBE use in bicycle mechanics, such as Shimano Di2 diagnostic and tuning software for bikes with electronic gears and the customised ultrasonic cleaning tank for degreasing bicycle components.

Shimano Di2 diagnostic and tuning equipment ensures precision adjustment and upgrades, and the ultrasonic cleaning tank is the most efficient and environmentally friendly way to clean all metal surfaces without the use of harsh chemicals on bicycle components.

We were then divided into groups with Mike, Nino and Paul taking charge of each group. Paul was in charge of my group, our first task was to learn how to correctly remove the rear wheel off the bike. Now this maybe a very simple task for the more seasoned cyclists, however for a complete novice this is still a bit tricky, especially with disk brakes. I was in awe of Paul's patience! We then deflated our tyres so we could practice how to repair a puncture. His instructions were fantastic, the implementation was trickier, fingers and thumbs seem to be getting in the way with some tyres proving very stubborn to get off the rim and then back on again! Fortunately after a lot of endurance and patience and under Paul's supervision we were all able to (well more or less) successfully change a tube.

Paul then proceeded to provide us with some simple bike cleaning techniques, he emphasized the importance of keeping the chain clean and lubed. He said that a dirty unclean and unlubed chain results in it wearing out quicker.

The two hours allocated for the workshop flew by, there were many questions from everyone, it was great to have expert bike mechanics to provide the answers. Hopefully we have now gained enough confidence to repair a flat tyre in future and to keep our chains in a sparkling clean condition!

Mike spoilt us with muffins and coffee for morning tea, how fantastic were the TBE team!

After the workshop we rode to Sapore Café in Belmont for a tasty lunch – fortunately no punctures! Great ride home. Thanks to Mike and his team at TBE for providing us with the opportunity to learn more about our bikes.



**Mike demonstrating how to clean and lube bike components**



**Theresa, Sue and Maureen**



**Lynda, Kay and Maureen at the Workshop**

TBE (The Bicycle Entrepreneur), have shops in, Myaree, Osborne Park, Perth City, Nedlands and Belmont.



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

By John McMahon

Kleber stepped in as ride leader as Stan, who organised the ride, was unwell. Riding were Kleber, Bill & Rosemary, John & Jane, Sharren, Udeni, Ken and Maureen. Hilary and Christine arrived at Yanchep later on Saturday, with Rita and Cliff arriving on the Sunday.

We met at Clarkson station at 9:30am and set off after coffee, with light winds and sunshine making pleasant riding. The distance for the day was around 28 km on quiet roads. There was a particularly stunning display of Kangaroo Paw at a regrouping stop along Wesco Rd. On arriving at the National Park, we contented ourselves with lunch at the Chocolate Drop Tea Rooms, whilst Kleber, Stan (via the phone) and Jane sorted out the camp accommodation details.

The camp ground at Henry White Oval is a very pleasant family friendly facility with plenty of space and ducks to chase. The ablutions and camp kitchen buildings have recently been completed and are to a good, but basic standard: the camp kitchen having power and 2 electric BBQs, but lacking any hot water or microwave facility. The tap water in the camp kitchen was signed as being

untreated and requiring vigorous boiling. Luckily Stan, now feeling better, drove up to join us and brought his kettle. Thanks Stan!

We enjoyed a drink at the Inn on the Saturday evening, listening to the footy and having some amusing conversations with the other patrons, before returning to the camp ground for a BBQ. The koalas had descended their trees for their evening meals and we were able to see them up close.

After a leisurely start on the Sunday the majority went for a morning walk, then rode to Yanchep beach to put their feet in the ocean and purchase lunch. Others stayed in the park to walk some more trails: kangaroos bounded, birds tweeted and wild flowers were prolific. We all enjoyed a meal at the Inn in the evening.

On the Monday, Christine navigated us back to Clarkson Station via a slightly shorter route. After a final coffee and snack we caught the train to our various destinations. It was a most friendly and relaxing few days. Thank you Kleber for standing in as ride leader, thank you Stan for organising the weekend, the use of your kettle and all the 'dad' jokes (groan...).



Stan meets a close friend



Spider  
Orchid

Coffee stop at Clarkson at the end of the trip. Those missing are already inside getting coffee.....



# Lift out Rides Calendar for November/December 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](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.

## Northern Exposure

### Sunday November 4 @ 8:30am

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

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

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

50km: Leisurely 15-20km/h, Mountain bike - Hilly

This is a shakedown and meet mountain bike ride for those on the Munda Biddi Southern end tour (now closed) but all are welcome.

Leader: Steve 9331 2066, 0420 224 911 or [snap22@iinet.net.au](mailto:snap22@iinet.net.au);

Meet at Mandurah Train Station at 8.21am. Now that the Freeway has been extended to Hester Avenue we have an extra 15 km more than Mark II.

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

## Guildford to Hazelmere

### Wednesday November 7 @ 8:00am

50km: Leisurely 15-20km/h, Moderate 20-25km/h, Road bike - Flat

This ride takes us along the northern and southern sides of the Swan river.

Leader: Connie 0407 640 012;

## What tree is that?

### Wednesday November 14 @ 9:00am

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

Flat Ride around Applecross, Como and South Perth looking for purple flowers on trees. Check with the leader if weather looks inclement.

Leader: Noel 0419 964808;

## Cycle to the Tradewinds

### Sunday November 25 @ 10:00am

Leisurely 15-20km/h, Moderate 20-25km/h, Road bike - Flat, Social, Weekend

For those of you who want (or need) to work up an appetite for the Long Table Lunch Steve will be leading a ride from East Perth Train Station via The Arena to the Tradewinds in Fremantle. Contact Steve for further details. He may want you to RSVP.

Leader: Stephen 0420 224 911 or [social@ctawa.asn.au](mailto:social@ctawa.asn.au);

## 5000 in 4 Achievement Ride - Take 2

### Sunday November 11 @ 7:30am

55km: Achievement, Moderate 20-25km/h, Road bike - Hilly

7:30am for an 8:00am sharp start. Meet in the car park on the left cnr of Gilwell Ave and Page Rd .

Contact: Arie 0419043229; [achievementrides@ctawa.asn.au](mailto:achievementrides@ctawa.asn.au)

## Night Ride: Lakes Look Around.

### Thursday November 15 @ 6:00pm

30km: Leisurely 15-20km/h, Night ride, Road bike - Flat

Meet at the Loftus Community Centre, Leederville.

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

## Christmas Long Table Lunch

### Sunday November 25 @ 12:00pm

Meeting, Social

Put an entry in your diary for our now traditional long table lunch at the Tradewinds. RSVP to Stephen.

Leader: Stephen 0420 224 911 or [social@ctawa.asn.au](mailto:social@ctawa.asn.au);

## Heritage Track Ride

### Sunday November 11 @ 8:15am

## Flying the Freeway Mark III

### Sunday November 18 @ 8:21am

135km: Brisk 25-30km/h, Moderate 20-25km/h, Road bike - Flat

## The Southern End of the Munda Biddi Mountain Bike Ride



**Monday November 26 - Friday**

**December 7**

485km: Mountain bike - Flat, Mountain bike - Hilly, Tour

Leader: Steve 9331 2066, 0420 224 911 or snap22@inet.net.au;

**Explore the Swan**

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

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

Meet at Midland train Station at 8am.

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

**Night Ride: Discover the Canning Ride.**

**Thursday November 29 @ 6:00pm**

30km: Leisurely 15-20km/h, Night ride, Road bike - Flat

Meet at the Raffles, Canning Bridge. Must have good working front and rear lights.

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

**The Overnighter of Choices**

**Saturday December 1 - Sunday December 2**

100km: Mountain bike - Some hills, Road bike - Hilly, Tour, Touring

See Page 7 for details.

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

**Tour of the Lakes**

**Wednesday December 5 @ 7:30am**

50km: Leisurely 15-20km/h, Moderate 20-25km/h, Road bike - Some hills

We will ride through the western suburbs along 5 lakes .

Leader: Connie 0407 640 012;

**Bridges and Tunnels of Perth**

**Sunday December 9 @ 8:45am**

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

Meet at Charles Paterson Reserve (By the toilets).

Leader: Noel 0419 964808;

**Muffin Ride**

**Wednesday December 12 @ 8:00am**

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

Come along for a new route on familiar paths.

Leader: Rita 9385 2562, 0423 056 595

**Night Ride: The Peace Treaty Ride**

**Thursday December 13 @ 6:00pm**

30km: Leisurely 15-20km/h, Night ride, Road bike - Flat

Meet at the Loftus Community Centre, Leederville or the Raffles Hotel, Canning Bridge.

Must have good working front and rear lights.

Leaders: Stan 9345 3552, 0439 955 241 or stancds@netspace.net.au; Kleber 9354 7877 or kleberc@bigpond.com;

**4 National Parks**

**Sunday December 16 @ 7:30am**

83km: Moderate 20-25km/h, Road bike - Hilly

Start on the flat at Maylands Train Station and then ride towards the hills .

Leader: Jeremy 0466271481 or silvia\_jeremy@hotmail.com;

**A Christmas Dawdle**

**Sunday December 23 @ 8:15am**

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

Meet at Charles Paterson Reserve (By the toilets). We'll meet head to the Narrows, then south along the Kwinana bike path over Mt Henry Bridge.

Leader: Stuart 0409 882 931

**Forrestfield loop**

**Wednesday December 26 @ 7:00am**

50km: Leisurely 15-20km/h, Moderate 20-25km/h, Road bike - Some hills

Some hills, some bikepaths and some rural .

Leader: Connie 0407 640 012

**Variety is the Spice of Life**

**Sunday December 30 @ 8:00am**

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

This ride will include something for everyone, river, ocean, shared bike paths and roads. 5

Leader: Rita & Cliff 0423 056 595 or 0401 951 919

**Recipe- Nut and Date Balls**

You can make up this recipe for your own energy/power bars, the benefit is that you know exactly what ingredients you are using.

**Ingredients:**

- 1 cup raw, shelled nuts (walnuts, almonds, hazelnuts, pecans)
- 1/3 cup pitted dates
- 1/4 teaspoon vanilla extract
- 1 tablespoon unsweetened cocoa powder (optional)
- 1 tablespoon honey

- A pinch of sea salt (add more salt if needed during warm months)

**Method:**

Process nuts into a fine meal in a food processor.

Add dates, vanilla, cocoa, honey and salt, then process again until mixture forms a dough that holds together when squeezed between two fingers.

Roll the dough into balls or, with a rolling pin, flatten it and cut into 2 cm-thick squares.

Store in the refrigerator for up to a week,

or freeze for up to a month. When rolled into balls about the diameter of a 20 cent piece, they have about 120 kilojoules each, with a gram of protein.

Preparation time is around 5 minutes.



## 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

#### Cycle Touring Association of Western Australia (Inc.)



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## Website Notes

*By Angus King*

As it's getting close to membership renewal I thought I'd give a reminder on how to renew your CTA membership, and give a few notes on some features of the website you may not be aware of. Just check out the items under these menu options

#### 1. **Membership** (<http://ctawa.asn.au/membership-join-us-now>)

To renew your membership you should login to the website and Renew your membership from the **Member Account** <http://ctawa.asn.au/members-only-area/membership-account> page. The process is described briefly on page 3 of the 2017 November/December issue, Issues 257, of The Chainletter and in more detail with some images on page 3 of the 2017 September/October issue, Issue 256. Contact me (Angus) if you have any problems. Please remember there is a reduced membership fee for next year (and no printed newsletter option).

The **Members Only** page has details about some members-only forums (fora). This is a work in progress so check it out and feedback any suggestions or changes you'd like (e.g. a swap and buy forum).

2. **Newsletter.** The website now has an archive of all versions of the CTA newsletter since the clubs inception. Due to some great work from long-standing member Nicole Gentz (and the Webmaster), the original newsletters have been scanned and made available electronically. This was an initiative of Dale and Kleber. The archive is available at **Newsletter Archive.** <http://ctawa.asn.au/newsletter-archive>

3. **Touring.** If you're either interested in revisiting, or curious about, previous **OYB Tour Routes** <http://ctawa.asn.au/oyb-tour-routes> they're available on the website at OYB Tour Routes. You can display either any number of full routes or daily routes for a single tour. The daily routes option allows you to download the routes as gpx

files.

The **Other Tour Routes** <http://ctawa.asn.au/other-tour-routes> sub-menu item has routes for some of the more recent non-OYB tours

**A Touring History of the CTA** <http://ctawa.asn.au/touring/a-touring-history-of-the-cta> has a timeline of all longer (4 days or more) tours since the clubs inception

4. **Documents.** The **CTAWA Survey** <http://ctawa.asn.au/forms/ctawa-survey> is available at CTAWA Survey. Although our priority is to get feedback from members we're also interested in feedback from non-members, especially potential members

If you have any problems, queries or suggestions just drop an email to [webmaster@ctawa.asn.au](mailto:webmaster@ctawa.asn.au)



## Social Night: 4 October 2018

*By Steve Napier, Social Coordinator*

After great newsletter promotion over 40 turned up for a night of entertainment and bargaining at the Loftus centre on our October social night.

All the tables had to be rolled out to carry box loads of bike spares and pre-loved cycling equipment, while Jane had collectors beating a path to her piles of past OYB vests and socks which were going out for unbelievable discounts. Handmade soaps were also being sold by Sally for fundraising towards next March's Canteen bike ride.

The dealing was that frenetic that MC Steve had to threaten removal of the Tim Tams from supper if everyone didn't return to their seats and settle down to allow the slide show to start.

### **Cycling in the Pilbara and Karijini National Park**

Bruce Robinson provided enjoyable commentary to his pictures of the recent Pilbara ride (some of his photos were in the last newsletter), that he and Stuart did in July/August. Stories of dingo's

taste for cycle sandals, swimming in various gorges of the Hamersley range with European backpackers and train spotting a 2.5 km iron ore behemoths on their way to the coast, kept us entertained. If you missed both the slide night and the last newsletter, read Bruce's story on page 8. [http://ctawa.asn.au/ctawa\\_files/newsletter/262-2018-september-october.pdf](http://ctawa.asn.au/ctawa_files/newsletter/262-2018-september-october.pdf)

### **Cycling in Kenya and Tanzania**

For a bike ride half a world away but in a not dissimilar climate Karen Rose also provided a great story to pictures of her recent 16 day tour of Kenya and Tanzania with Escape travel.

With grand vistas of the plains or views of Mt Kilimanjaro in the distance and camping in villages with the Maasai people it looked like an amazing adventure. The New Zealand company which runs these trips has been in this part of North Africa for many years and use purpose built buses and work with local suppliers to help ensure a smooth holiday.



**Kenya & Tanzania Cycle Tour**



*Photos supplied  
by Karen*

**During her ride  
Karen met up  
with one of the  
Maasai  
tribesman**





## 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 Sale!

#### 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 deliberate-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.**

## TBE - Ladies Workshop



From left: Christine, Maureen, Joy and Rosemary  
(looking very happy indeed!)



Bike bag for sale. \$100 ONO, unused  
with tag still on . For details contact

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

## 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	
2019	
Renewal Adult membership	\$40
(If paid by 31 Jan	\$35)
New Adult membership	\$35
Concession:	
Full-time Students/Pensioners	\$25
Dependents under 18	No charge

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

