

THE CHAIN LETTER

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

January/February 2019

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PRESIDENT'S REPORT

As 2018 comes to a close your committee hopes that the program of rides, tours, social nights and newsletter has made your membership of the CTAWA worthwhile. I want to take this opportunity to thank the hardworking members of the management committee who have worked solidly and collegially to run the club so smoothly in 2018. Thank you all.

The highlight of 2018 for me was the full touring calendar organised by co-ordinator Stan with help from club stalwarts Kleber, Trevor and Terry and rides co-ordinator Liz. We started with the Porongurup's to Denmark, Great Southern Full Pannier tour in February. This was followed with the Retiree's Run to Corrigin in May, and the Toasting the

Valleys On Your Bike tour to Margaret River in October as well as shorter tours to Myalup, Northam and the Munda Biddi. Other riders made up their own groups to head to Europe, Japan, the USA and to several Australian states. Cycle touring is booming! Well done organizers and thanks to participants for making the rides such fun.

The Annual General Meeting will be held on 24 February 2019. The meeting is your opportunity to discuss your experience of the CTAWA and contribute your ideas to what the club might do in 2019. A survey is being run (open at <http://ctawa.asn.au/forms/ctawa-survey>) to see what members enjoyed (or not) and where you can suggest what might be done better in the

future.

All committee positions will be declared vacant at the AGM and any member can nominate for any position. If you have ideas on how the club can be improved or want to help its operations I encourage you to think about standing for an office. Even if you may not feel up to nominating for a committee position you can always offer to help, for example by leading a social ride or tour or writing an article for the newsletter.

Thank you for supporting our club and I hope to see you on rides and at the AGM.

Regards, Stuart

UPCOMING EVENTS



ANNUAL GENERAL MEETING

Sunday, 24 February 2019

28 Eighth Ave, Maylands WA 6051, start time of 10:00 am for 10:15 am.

The Agenda for the meeting is on pages 3 and 4.

A light lunch will be supplied, please come along and support your club, we need your ideas and input. RSVP for catering purposes to social@ctawa.asn.au or 0420 224 911

Tour de Cure and the

Australia Day Long Weekend Guilderton Spoke Tour

Saturday, 26 Monday, 28 January 2019.

See Page 8 and website for full details

Leukaemia Foundation Fund

3 day cycle tour through the Margaret River region organised by the **Tour de Cure and the Leukaemia Foundation fund** to raise funds for research into blood cancer will be conducted from March 31 – April 3.

Personal fundraising target: \$3,000

Registration fee: \$650 (secures your place on the Life Ride tour as well as provide you with a champ-sys cycling

kit, 3 nights accommodation, bus transfers to and from Perth, and catering throughout the event)

www.liferide.org.au

2019 OYB - "Southern Ranges Tour

Planning for the 2019 OYB Tour is now underway. This year's tour will take in some iconic parts of the Great Southern from sprawling agricultural lands, national parks to seaside towns.

The tour is expected to be either the last week of October or first week of November. More details in next newsletter.

2019 ANNUAL FEES ARE NOW DUE AND CAN BE PAID BY :

* EFT payment to "Cycle Touring Association of WA" account. BSB: 306-073, Account Number: 4190658, using as a description your first name and surname.

* Post a cheque or money order, payable to "Cycle Touring Association of WA", with your name and address. (PO Box 174 Wembley WA 6913). **Please Note:** You can check and update your membership details and renew on the website (refer to last month's newsletter) - but at this stage you still need to transfer the money into the CTA account.

CTA LEADERSHIP

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social@ctawa.asn.au

Please send all correspondence to:
PO Box 174 Wembley WA 6913
CTA Email: info@ctawa.asn.au
Website: www.ctawa.asn.au

DEADLINES: Contributions for the next issue (March/April) should be sent to the Editor (editor@ctawa.asn.au) no later than **6 February, 2019**.

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 2018

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.

November: 200k brevet

Michael Penklis
 Christine Liddiard
 John Farrelly.

December: 100k brevet

John Farrelly
 Bruce Robinson

10 in8, 300k, 100k, 50k all brevets.

Bruce Robinson

SUPER ACHIEVER

Bruce Robinson

CHALLENGE

Christine Liddiard, John Farrelly

ACHIEVER

Stuart Crombie
 Elspeth Marshall

Arie Lemson

MERIT

Kleber Claux

Achievement Rides 2019

50K, Sunday, 17 Feb
 5000 in 4, Sunday, 31 Mar
 100K, Sunday, 7 April
 Century Challenge, Saturday, 18 May
 10000 in 8, Saturday, 8 June
 200K, Saturday, 17 August
 300K Brevet, Saturday, 14 Sep
See achievement ride descriptions on the CTA website
<www.ctawa.asn.au> for more details.

For Sale



Bike bag for sale. \$100 ONO, unused with tag still on. For details contact Tom: thallam@iinet.net.au

Annual General Meeting

Sunday 24 February 2019, 10:00 am for 10:15 am start

The Rise, 28 Eighth Ave (Corner of Guildford Rd), Maylands

To all members: Full Agenda papers will be sent out to members before the meeting. Please take the time to read the papers before the meeting and think about nominations for the different committee positions and Award Recipients. Don't forget that you need to be a member to be able to vote at the AGM, if you have forgotten you will need to renew your 2019 membership before the meeting.

You will need to email Doug Allen, if you have any items that you wish to add to the Agenda: info@ctawa.asn.au.

We look forward to seeing you at the AGM.

AGENDA

1. Welcome

2. Apologies

3. Minutes of the last Annual General Meeting (25 February 2018)

4. Reports

- (1) President
- (2) Treasurer
- (3) Rides Coordinator
- (4) Tours Coordinator
- (5) Achievement Rides
- (6) Social
- (7) Clothing
- (8) Website
- (9) Editor
- (10) OYB

5. Awards

- (1) *Achievement Ride Recipients*
 - i. Merit Series
 - ii. Achiever Series
 - iii. Challenge Series
 - iv. Super Achiever Series
- (2) *Newsletter Article of the Year*
- (3) *Ride of the Year*
 - i. Single Day Ride of the Year
 - ii. Multi Day Ride of the Year
- (4) *Cycle Tourist of the Year*

6. Election of Office Bearers for 2019

8. General Business

- (1) Subscriptions
- (2) Appointment of Auditor
- (3) CTA Address
- (4) Other

Achievement Rides Series

Merit Series – 50 and 100 km, and 5000 in 4.

Achiever Series – 50 and 100 km, and 5000 in 4 *plus* any one of: Century Challenge *or* 200 km *or* 300 km *or* 10,000 in 8 *or* 200 km in two consecutive days.

Challenge Series – 50, 100, Century Challenge and 200 km, and 10,000 in 8.

Super Achiever Series – 50, 100, 200 and 300 km, and 10,000 in 8.

Newsletter Article of the Year

This award is chosen by the Editor of the Chain Letter and recognises the best article submitted during the year.

Ride of the Year – Single day and multi-day

This is an opportunity for you to nominate your favourite ride, weekend away or tour. Choose the ride you enjoyed the most – nice weather, great atmosphere, interesting destination, good food, great company, achievement or fun? Two awards are given for Ride of the Year – one for a single day ride and the other for a multi day ride (weekend or tour). A list of all rides provided during the 2018 calendar year will be available at the AGM for members to vote for both categories. This award is an opportunity for you to show your appreciation to a ride organiser, and allow the club to recognise and reward their effort. Note that the On Your Bike Tour cannot be nominated.

Cycle Tourist of the Year

Nominations are called for the 2018 Cycle Tourist of the Year. The award is made by the CTA to the member who, in the opinion of the membership, has contributed the most to cycle touring and the CTA throughout the year. *Criteria for Cycle Tourist of the Year criteria provided on p. 4 of this Chain Letter.*

Note: If you believe no member has suitably demonstrated the qualities required for this award, you may nominate "No Award". If the number of "No Award" nominations exceed the total number of member nominations, then no award is made that year.

The closing date for nominations for 2018 Cycle Tourist of the Year is

11 February 2019.

Election of Committee Members for 2019

Nominations for President, Vice President, Secretary, Treasurer and seven (7) committee members for the positions of Rides Coordinator, Achievement Rides Coordinator, Tours Coordinator, Social Coordinator, Editor, Webmaster, and Clothing Coordinator can be received up to and on the day of the AGM. All nominations shall have a proposer and a seconder, and shall be announced at the AGM. Nominees, proposers and seconds must all be voting members of the CTA. A summary of the roles and responsibilities for each of these positions is given below.

President:

Provides direction and leadership for the club and committee members. Has a vision of why the club exists and where it should be going. Communicates this vision to others.

Vice President:

Stands in for the CTA President in the President's absence. Assists the President and other committee members when needed. Helps to coordinate the committee and club functions. Acts as the club safety officer.

Secretary:

Attends meetings and takes minutes of the meeting. Retains records of CTA committee meetings and sends meeting reminders at least one week prior to meeting. Attends to any outgoing correspondence as required. Prepares documents for the AGM and ensures notice of meeting is sent to all members at least 42 days prior to the meeting.

Treasurer:

Keeps the financial books/electronic files up to date for the CTA, including a proper record of all payments and monies received and the current cash at

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bank. Processes membership subscriptions and reports on the current membership numbers and new members monthly.

Rides Coordinator:

Prepares the CTA Rides Calendar for the year, including updating the rides list and calendar on the CTA website and prepares rides information for the bi-monthly newsletter. Organises ride leaders for Wednesday and Sunday rides.

Tour Coordinator:

Liaises with Rides Coordinator to plan additional Multi-day tours during the year.

Achievement Rides Coordinator:

Works with the Rides Coordinator to schedule all achievement rides throughout the year, including updating the CTA website. Arranges support for the achievement rides and maintains the list of all riders who meet criteria for the various AR series. Arranges badges and awards for the AGM.

Editor:

Produces the CTA's bi-monthly newsletter "The Chain Letter". Corresponds with contributors to The Chain Letter and helps to set formatting standards for CTA publications. Formats the main events calendar and includes this in the January/February newsletter.

Webmaster:

Maintains the CTA website.

Social Coordinator:

Organises the social events held by the CTA. The main events are the regular Social Nights held for members and the Annual General Meeting.

Clothing Coordinator:

Ensures that adequate supplies of CTA clothing are held on hand, and are distributed to buyers in a timely manner. Maintains adequate records of sales and money. Ensures all stock is securely stored and reports to the CTA committee (monthly) and at the AGM on stock and sales during the year.

Committee positions are open for 2019, please send Expressions of

Interest to Stuart at :

president@ctawa.asn.au or
phone 0409 882 931

**Nomination form for 2019
Office Bearers:**

http://ctawa.asn.au/ctawa_files/administration/AGM%20Nomination%202019.pdf

Social Night dates 2019

Due to increased demand for room bookings at the Loftus Community Centre, the Social Night dates for 2019 are still to be confirmed. At this stage, a change from Thursday nights may be necessary.

Members will be notified once dates have been confirmed, including times and venue change (if applicable).



Nominations - 2018 Cycle Tourist of the Year

Nominations are called for the 2018 Cycle Tourist of the Year. The award is made by the CTA to the member who, in the opinion of the membership, has contributed the most to cycle touring and the CTA throughout the year. Criteria to assist in selecting the Cycle Tourist of the Year is provided below. Note: If you believe no member has suitably demonstrated the qualities required for this award, you may nominate "No Award". If the number of "No Award" nominations exceed the total number of member nominations, then no award is made that year.

Criteria

Nomination for Cycle Tourist of the Year may be based on:

Tour Achievement: The person may have realised a personal goal to cycle tour (perhaps across Australia or overseas) and involved the CTA by organising and leading it as a CTA tour. The achievement of a personal challenge on its own is not as important as meeting that challenge and assisting other members in that goal.

Leadership: The person demonstrated an outstanding display of leadership, which provided direction to the CTA during the current, or previous year. This may have been a drive towards more touring, or social endeavours, or cycle education, or a membership drive, etc. Generally this would relate to CTA Presidents, but this is by no means a necessary condition.

Club Support: The person has consistently been there for the Club over a number of years. This award would be in recognition of their services in a Committee role, Ride Leader role, Ride Organiser role, Tour Leader role, and Public Relations/Social role over the current and/or previous years.

Innovation: The person may have introduced a radical change in thinking for the club membership in general, or altered the customary thinking of the role or proposed direction of the CTA. Innovative ideas may have been the introduction of club uniform, or major improvements to newsletters or ride descriptions. The introduction of an Achievement/Challenge series,

progressive dinners, evening social rides or other ideas which galvanise and focus the general club membership.

Note 1: The Cycle Tourist of the Year is not a reward for completing all the Achievement or Challenge series, or having ridden a given number of kilometres etc., since these are personal goals which do not reflect the needs or involvements of the general membership.

Note 2: The above criteria was compiled as a guide to help people understand what they are voting for. Someone may fit into one or more of the criteria. You may feel someone deserves it for other reasons. If you feel someone deserves the award, nominate them, but if you feel no one deserves it, then you may cast a no award vote.

Cycle Tourist of the Year nomination form is on the CTA website under 'Documents' to be sent in by 11 February, 2019

2018 OYB Annual Tour "Toasting the Valleys"

Saturday, 20 to Sunday, 28 October 2018

By Sue Urbaniak

The jury is still out for a collective noun for OYB cyclists:

- * A plague – while in the coffee shop;
- * A Brethren/sorority/alliance - when in the pub;
- * A swarm – when on the road;
- * A gaggle – at meal times.

Day 1 – Dardanup to Donnybrook

Around 130 cyclists gathered at the Dardanup Primary School for the start of the 2018 tour, with lunch provided by the P&C. The vibe was electric as past cyclists reunited and newby OYB cyclists familiarised themselves with the drill.

There was a grim start to the day's ride, the predicted rain began as we rode off. The roads were reasonably quiet from



Jenny, and two Sue's at the secured car parking at St Aidan Winery (thanks to the winery for allowing the OYB riders to leave their cars at the winery).

traffic as we passed through rolling hills with a few showers. Most riders had a quick stop at the infamous Gnomesville in the Ferguson Valley, with its ever increasing population of gnomes. Onwards and upwards with a welcome tailwind as we reached the peak of the

ridge, before a descent down the Preston Valley into the town of Donnybrook and a climb to the Country Club to our digs for the night. The tents were erected on a retired bowling green, some were lucky to escape the rain, others were caught short. Nothing like a hot shower and out of damp clothes, coupled with a beverage or two, or more for some! The 3 course BBQ dinner was welcome, especially the warm soup for starters. The rain persisted throughout the night.

Day 2 – Donnybrook to Balingup

The tent pack up process for the campers was hampered by early morning rain. At the start of the riding day there were some early showers, causing on and off with wet weather gear! There were two substantial hills through some quiet back roads, we were lucky to be assisted by tail winds. The scenery to morning tea was breathtaking; rolling hills, lush farmland, green hills and natural bush which had a splattering of yellow as the wattle bushes were in flower.

The morning tea stop was at the quaint little town of Kirup. After morning tea we rode parallel to the highway on quiet roads through farmland, orchards and native bush, a great combination of scenery. Dams and creeks were full of water, attracting a plentiful variety of bird life; commercial orchards had metres of netting to protect the apples from birds. The native bush was attractive with a variety of colour, with bright green fronds of bracken fern against the charred trunks of gums; indicative of a bush fire or prescribed

burn, with other splashes of colour from wildflowers. The long downhill increased the excitement of the riders before arriving in the quiet town of Balingup, the local bakery and cafes welcomed many of the riders for lunch and beverages. The rain passed and tents were able to dry out, many riders taking advantage of the sun to do their washing. Nice hot showers, what more could one ask for. Another wonderful dinner provided by the Country Club. Unfortunately two poor cyclists mistook directions and ended back in Donnybrook!

Day 3 Balingup to Bridgetown

We had a short shower at 6 am to wet the tents before pack up. Colourful (in every sense of the word), Colin redesigned the directional signs that even a blind man would see; not quite da Vinci, however very effective, no excuses for anyone taking the wrong turn!

Another lovely ride through rolling hills with farmland and jarrah woods sprinkled with wildflowers. We passed a few B&B's and vineyards nestled amongst the bush (great location for a weekend tree-change). The silence was broken as we approached the timber mill outside the town of Greenbushes; our morning tea stop. The town has an historic look with original signage on some buildings, interesting to see that the Shamrock Hotel was built in 1900. The town's cafes were brightly painted, and the Discovery Centre showed a well-marked heritage trail, plus several local walking trails. Definitely an interesting

town and worthy of a future revisit. Exiting the town, we passed by the Lithium Operations that is doubling in size by 2019, from the road it appears to be massive in size.

Some more scenic views as we climbed towards Bridgetown. We passed by inquisitive and friendly cattle; farmland and river views to distract the attention of the climbs



Riding around the sweeping green hills of Balingup

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ahead. Our last descent into Bridgetown via the flowing Blackwood River was very welcome. In town, the bakery was doing a great trade with what appeared to be supersized cakes and pastries. We camped overnight at the showgrounds which is very secluded and a short walk into town. Our evening meal was supplied by a local caterer who provided a delicious meal, featuring local produce, in particular the Sicilian sausages were to die for. Sadly, one of our cyclists came off second best while navigating a railway crossing, resulting in a fractured hip.

Day 4 – Bridgetown to Nannup

A dry day and no wind, perfect! A steady climb out of Bridgetown warmed the body on the chilly start, followed by rolling hills. We passed by more farming country, even seeing a group of wild emus amongst a mob of sheep, a kookaburra flying up from the roadside to a nearby tree. Dams were full and attracting waterbirds, worthy of a photo shot was an amazing large flowering Paulownia tree by a dam, which caught the eye of many passing cyclists. Soon

the farmland dissipates and the road is enveloped in forest. Approaching our morning tea stop at Donnelly River Village, it felt like we had shrunk into the forest as it closes in and becomes dense and the trees are taller. The cottages are a timely reminder of the past, with even an old red telephone box and petrol browsers. Emus and kangaroos greet us on arrival at our morning tea stop.

Another 30 km to Nannup with gentle rolling hills through more forest, the keen eye would have noticed cowslip orchards on the roadside. Upon leaving the forest we rode into farmland before a great descent into Nannup, both for the view and the downhill thrill. Cyclists getting high on endorphins, such a wonderful ride!! The small township of Nannup is filled with cafes, how many cafes are in this town? We found all of them! Our overnight accommodation was at the community centre.

The evening meal was provided by the Nannup CWA, a wonderful spread, enjoyed by everyone.

Day 5 – Nannup to Prevelly Park

A nice cool start for the 82 km ride to Prevelly, there was the threat of an occasional shower. The morning tea stop was at 32 km, it was a challenging ride over rolling hills with forest on each side of the road interspersed with colourful wild flowers.

Continuing on after the morning tea stop, the hills became easier and the landscape changed to farmland; sheep, cattle and the odd emu. The little township of Rosa Brook features a general store, school and a small housing community. Unfortunately the heavens opened and rain continued quite heavily through to the campsite at Prevelly Park, 9 km from Margaret River. Most riders stopped briefly in Margaret River hoping for a reprieve from the rain, but no such luck, fortunately the sun came out and the saturated riders were able to pitch their tents in dry conditions; some riders taking advantage of accommodation in onsite cabins. Showers, washing machines and

dryers were very welcome. A visit to the beach, or beverages at the local cafe was a nice end to the afternoon as the weather cleared with fine weather promised for the remainder of the tour. The local shop had a wine tasting session which was enjoyed by many. A local catering company provided our evening meal.

Day 6 – Rest Day – Prevelly, Margaret River

Stunning morning! The early risers appreciated the short walk to the beach; very still with several local surfers catching some good sets. Some were enjoying breakfast and/or coffee at the local cafe/restaurant with pristine views.

Our cycling colony spread out in all



“Home Sweet Home”

directions on this wonderful day, beach walks on the many walking trails; a bus into Margaret River to dine at a local craft brewery; walk or cycle into town and browse at the local shops; or just laze around.

The evening meal was particularly special for some of the past OYB Leaders who presented their experiences of the early days; followed by a Quiz night with the addition of a 30th Anniversary Cake.

Day 7 - Prevelly to Yallingup

A lot of twists and turns to keep the brain activated, coupled with different surfaces on the rail trail. Spirits were high, everyone being fresh from the rest day and lovely sunshine.

We passed by Cape Mentelle vineyards on the way out of Prevelly, with many kangaroos grazing in an opposite paddock. The forest rail trail, with its many bridge crossings, could have been a bit tricky for those with narrow tyres, especially through the soft patches of

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Lift out Rides Calendar for 2019

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.

Perth Stadium BBQ Ride

Sunday, 6 January @ 8:30am

50 km: moderate

Meet at the Loftus Community Centre, Leederville. There will be a second pick up for members living on the south side of the river at 9.00 am under the Narrows Bridge north side. This ride involves following most of the Swan River upstream to Guildford stopping at Tranby for morning tea and toilet stop and back via new Perth Stadium.

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

River to Ocean

Wednesday, 9 January @ 8:00am

45 km: moderate, flat

Meet at Narrows Bridge (South side near toilet block). Enjoy river views on relatively flat roads, with maybe an incline or 2. Breathe in the ocean air while enjoying a Coffee and a chat on the beach and a leisurely cycle back to starting point.

Leader: Rita 9385 2562, 0423 056 595;

Wade in the Water at Walter Ride

Sunday, 13 January @ 8:45am

45 km: Leisurely, some hills

Meet at the Raffles, Canning Bridge with your bathers and towel for a "Come for a Swim Ride". We head North on the Freeway PSP to the Narrows, then pass through all the picturesque suburbs as we hug the river to Fremantle. After crossing the Swan, it's only a short distance to our break at Point Walter, for a swim, wade or coffee before heading back. Leader: Kleber 9354 7877 or kleberc@bigpond.com;

Wednesday, 16 January

(Please check website)

Night Ride: To Alfred's Kitchen

Thursday, 17 January @ 6:00pm

30 km: leisurely, flat

Meet at East Perth Railway Station, East Parade, East Perth. Leisurely ride along the river paths. Build up an appetite before arriving at one of Perth's last remaining outdoor Hamburger Institutions, Alfred's Kitchen in Guildford. Return via the Principle Shared Path. **Must have good working front and rear lights.**

Leader: Noel 0419 964808;

Downtown Dawdle

Sunday, 20 January @ 8:00 am

43 km: leisurely, flat

Meet at the Raffles Hotel, Applecross for a leisurely meander on quiet roads and bike paths through inner suburbia and the city. We will stop for coffee at the Zamia Café in Kings Park, then it is a short ride on bike paths back to the Raffles. Leader: Christine 9457 4779 / 0400 570077;

Shelley Jaunt

Wednesday, 23 January @ 8:00am

42 km: moderate, flat

Meet at Cannington Train Station for a flat ride around the river with coffee at Kent Street Weir.

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

Australia Day Long Weekend Guilderton Spoke Tour

Saturday, 26 January—Monday, 28 January

100 km: Moderate, some hills

A new exciting spoke tour to Guilderton

is planned for the 2019 January Australia Day long weekend. We have a three bedroom house with full kitchen and bathroom with room on the back lawn for tenting. There is no safe way to cycle to Guilderton, especially since it is a long weekend so car transportation is in order. **See next page for full details.**

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

Wednesday, 30 January

(Please check website)

Night Ride: Pizza/Pasta/Mexican/Burgers/Fish n Chips ????????

Thursday, 31 January @ 5:45pm

35 km: moderate, some hills

It will be a surprise. Meet under the Narrows Bridge north side. We will take a leisurely cycle enjoying the sunset over western skies. Join us for a balmy summer evening in good company with great food. **Must have good working front and rear lights and hi-vis clothing.**

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

9 Rounds of Golf Ride

Sunday, 3 February @ 8:00am

70 km: moderate, some hills

Meet at the Narrows, South side, near the toilet block. No we are not going to play golf. We are to cycle 9 golf courses and why do you ask. Well, golf courses usually have flattish bits in between them but around them they sometimes are hilly and quite picturesque.

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

Tour of the Lakes

Wednesday, 6 February @ 7:15 am

50 km: moderate, flat

Meet at the Burswood near the western carpark (near toilet block) Lovely mainly flat ride through the western suburbs to pass by six lakes.

Leader: Connie 0407 640 012;

Night Ride: In the Burbs

Thursday, 7 February @ 6:00 pm

25 km: leisurely, mountain bike, touring bike, flat

Meet at Loftus Community Centre. There are some trails and limestone tracks around the beautiful Herdsman Lake. At this time of the year there should not be any wet stuff so touring bikes are the go but bring your mountain bike for comfort if you like. The ride is flat and not far., dinner place to be decided.

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

Crystal Climb

Sunday, 10 February @ 8:00 am

67 km: moderate, some hills

Starting at the toilet block in Charles Paterson Park at Burswood it's flat ground until the only significant climb of the day (the short but steep climb up Crystal Brook Road) to Lesmurdie. After coffee at '42 on Haynes' we have the lovely roll down the Zig Zag to Helena Valley and back on the bike path to Burswood.

Leader: Stuart 0409 882 931;

Mary's Ride

Wed, 13 February @ 8:00 am

45 km: moderate, flat

Meet at narrows bridge (South side near

toilet block). Mary Street Bakery has a new location - and we all know how yummy their selections are. Join me to find out where they just have opened their 5th shop. Familiar route on roads and shared bike paths.

Leader: Rita 9385 2562, 0423 056 595;

Achievement Ride: 50 km

Sunday, 17 February

(Please check website for details)

Wednesday, 20 February

(Please check website for details)

Night Ride: Dining at the Dome After Dark Ride

Thursday, 21 February @ 6:00 pm

30 km: leisurely, flat

Come and join the President of the Night Riders Association of WA as we celebrate the final South of the River Night Ride of the season, organized by the now nationally recognized, Perth Night Riders Cycling Club. We will cycle all the way to Point Walter on shared paths with the beautiful Swan River in view, passing through Applecross and Attadale. On the return to our dinner appointment at the new Dome at Deep Water Point and finish at the Raffles. **Must have good working front and rear lights and hi-vis clothing.** Leader: Kleber 9354 7877 or kleberc@bigpond.com;

CTAWA Annual General Meeting

Sunday, 24 February @ 10:00 for 10:15 am

The venue is The RISE Community Centre, 28 Eighth Avenue, Maylands. Agenda papers will be sent out closer to the event. Please take the time to read the papers before the meeting. See page 3

for the Agenda.

Gracefully to Gracies

Wed, 27 February @ 8:00 am

57 km: moderate, some hills

Meet at the Burswood near the toilets. It could get hot in February, so no big hills, just some tiny little ones. Reward is a coffee at Gracie's in Forrestfield.

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

The Long Weekend, One Day, No Pannier Tour (Again)

Sunday, 3 March @ 8:30 am

100 km: moderate, flat

Meeting at the Mandurah TS for a 8.30 am start. Members participating in the CTAWA 2019 Victorian Goldfields Tour run by Trevor, are encouraged to do this ride, as it would be good training prior to the tour. **Please note, if the weather is exceptionally unkind, the ride will be shortened.**

(Please check website for full details)

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

2019 Australia Day Long Weekend Guilderton Spoke Tour Saturday, 26 January—Monday, 28 January 2019

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

A new exciting spoke tour to Guilderton is planned for Australia Day long weekend. There is no safe way to cycle to Guilderton, especially since it is a long weekend, so car transportation is in order. Members wishing to participate may want to car pool.

To get to there:

From the Yanchep National Park turn off, you continue onto the Indian Ocean Drive approximately 36 km and turn left onto Guilderton Road eventually becoming Mortimer Road. Approximately 200 m after the Moore River Road House, Burnett St is the first turn on the right. The address is #6 Burnett St, Guilderton. (see info on our accommodation on next page)

Itinerary:

Saturday—Australia Day

Please arrive around 10.30 am so we can settle in and for those wanting to put up tents.

After a cup of tea, it is planned to ride into town (not far), for lunch, or bring your own in an esky. Weather permitting we may just ride all the quiet roads of Guilderton. There is the Guilderton Light House, with a small amount of limestone road to get there.

Today is Australia Day. It is planned to have a picnic dinner on the beautiful green lawn on the river foreshore. You will need to bring your own picnic. BBQ facilities are available or you can order fish and chips from the nearby General Store. And of course, bring something 'Ostralian' to wear.

I think around 4.30ish sounds good and if hot enough, a dip in the Moore River will be in order. Depending on the atmosphere

down on the foreshore, we may have a few quiet ones down there or back at the house.

Sunday, 27th January 2019

If really hot, we may go for a very early morning ride back up the Guilderton Road to the new hamlet of Woodridge, off the Indian Ocean Drive where there is the Verge 301 Cafe for brecky, or morning tea, approximately a 30 km ride return. We can check out all the quiet roads there too.

Back at the house, we can go swimming at the beach or the river, go canoeing or kayaking (if you have one bring it) or, explore the river mouth and river. Members may want to do a spot of fishing early in the morning or evening. Photography may be in order this weekend.

Lunch and the evening meal to be decided. Again, either bring your own or obtain from Road House/ General Store.

Monday, 28th January 2019

I guess most members will want to beat the traffic so after clean up, it is planned to leave probably late morning.

Accommodation:

The house has a good kitchen and has 3 bedrooms, 2 with 2 single beds and one with a double bed. First in best dressed. A fold out double bed in the lounge area. There is a large room upstairs with views and to catch sea breezes which can be used for sleeping. Or tenting on the lawn at the back. Only one bathroom and one toilet.

Food and what to bring, what is

supplied:

You are to bring all your own towels, toiletries and bedding, food and drink, esky (there is only one fridge and ice can be obtained from the General Store or Road House), kayak/canoe, beach gear, wine glass/stubby holder, fishing gear, Frisbee, football, cricket bat, 'Ostraliana' clothing, Aeroguard, picnic chair. Also your bike because we are a cycling club.

For those into golf, you may want to bring your golf clubs, but first check if you can play a round at the Guilderton Golf Club.

Costs: \$10/person/night.

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. What type of accommodation you require (see above).
3. A damn good sense of humour and your best Ozzie accent.
4. To help me, please email ASAP.



The Overnighter of Choices: Saturday, 1 Dec to Sunday, 2 December 2018

We definitely have chosen well: tailwind on both days! The ride started in Midland with an overnight stay at Northam Caravan Park. The two choices were on the road or Kep track (87 km on Kep Track and 100 km on road). The seven roadies: Stuart, Sally, Rita, Kleber, Christine, Liz and Mal (photo of roadies group on the left)

Our support crew: Ian, Lynn, Richard, Cayden, Charlize and Charnae
The two kep trackers: Mark and Teresa (*Tour Leader: Liz Marshall*)

By Steve Napier (Social Coordinator)

The Long Table lunch at the Tradewinds Hotel was enjoyed by over 30 members and friends and despite not being able to book we made ourselves at home and soon the place was buzzing with cycling stories from the past and plans for the future. Six rode from East Perth station and the Arena to make some attempt at offsetting a lunch out and we welcomed an interstate guest from Tasmania who'd flown over to take part in the Munda Biddi ride which started the next day. As it was a cool, mild day we used the restaurant area which provided a pleasant alternative to the garden bar.

2018 Long Table Lunch—25 November 2018



OYB 30th Anniversary Celebrations!

The CTAWA celebrated the 30th On Your Bike anniversary at Prevelly during the 2018 annual OYB tour.

Leaders from past tours were invited to come along to celebrate the occasion in recognition of the tremendous contribution and legacy they have given to the club.

We sincerely appreciate their support over the years.

(Photo supplied by John Bell)

Munda Biddi Ride—Southern End

Monday, 27 November to Friday, 7 December 2018

by *Jeremy Knowles*

Participants:

Steve Napier (Organiser and Leader), Chanchal, Dave, Jeremy, Louise, Noel, Silvia, Trevor.

Route:

Manjimup to Albany- 442km via Quinninup, Pemberton, Northcliffe, Yirra Kartta Hut, Kwokralup Hut, Walpole, Jinung Beigabup Hut, Denmark, Albany.

We all gathered for a group start outside the Manjimup Caravan Park at 10 am on Tuesday 27 November 2018. Steve led the way up the highway, straight past the Munda Biddi turn off and disappeared into the distance, Silvia and Jeremy headed back into town for a last coffee while the rest headed along the track for the start of an adventure of unforgettable fun filled experiences and camaraderie. Somewhat surprisingly we all arrived in Quinninup at about the same time and settled in at the Eco Tourist Park and lamented the fact that the pub had burned down last year. In the late afternoon the grassy campground was invaded by grazing kangaroos. Many had babies on board who now and then popped out from their mother's pocket to spring around on leg stretching jaunts.

The next morning we set off in dribs and drabs. Silvia and Jeremy chatted to the care-takers at the camp, Dave left and soon came back for his forgotten wrist

watch but we all again met up along the track and enjoyed an uneventful ride through some big trees, quiet tracks and roads until we got to Pemberton.

We enjoyed a boisterous evening at the Pemberton Sports Club. The locals, from time to time, looked at us rather askance as we discussed the meaning of "normal". No unanimous conclusion was reached, but as in other later discussions regarding such things as "the point", "global warming" and "the position" vis a vis left wing and right wing of WA bike riders, a majority position was usually reached!

One of the highlights of the ride awaited us the next day. From beside the Gloucester Tree, the Munda Biddi dropped over 100 metres on single track switch backs over about 3 km. No pedalling and plenty of braking; a mountain bikers dream. The track then continued gently downward along old railway formations to the Warren River which we crossed on an old trestle bridge, a good place for food and photos. We generally agreed this part of the track is one of the best stretches in the whole 1000 km.

Northcliffe gave us the opportunity to stock up on extra food to see us through the following two nights, when we would be staying in Munda Biddi Huts. The co-op on Middleton Road, run by volunteers, had lots of fresh vegies and

scrumptious muesli. Catering alliances were formed amongst the riders, then reformed to share cauliflower, broccoli and fresh baked bread.

The next two days, as well as being great mountain biking days, also gave us all the opportunity to show off our gourmet cooking on camp stoves. Creations ranged from shepherds pie, cous cous, Heinz Big'N'Chunky Steak and Mushroom to Trevor's gourmet creation which was about 2½ hours in preparation. After dinner Ludo and cards kept us entertained until it was time to go to bed. We arrived in Walpole about lunchtime on Sunday, and after a quick lunch headed to the Coalmine Beach campground to catch up on washing and a bit of bike maintenance.

Monday was a rest day in Walpole. First job was to go to the hardware shop to get a new tire and tube for Silvia, a lock for Chanchal's bike, a jubilee clip for Louise's seat post and other assorted bits and pieces. Steve visited the DBCA office (Dept of Biodiversity, Conservation and Attractions), as the next part of the track had closures gazetted due to planned prescribed burns. Parts of the track had been closed for a year due to planned burns. Steve was told in no uncertain terms that our group could not go through the closed area even though there was no fire and no danger. It seems hard to believe that a 90km section of an internationally famous 1000 km mountain bike trail must be closed for a year to facilitate a prescribed burn taking a couple of weeks in early November!

Plans were changed and the Denmark Nornalup Heritage Trail proved to be a satisfactory substitute in getting from Walpole to Denmark. Steve, Silvia and Jeremy made a diversion along the closed track (as agreed to by DBCA) and stayed in the Jinung Beilgalup Hut near Denmark while the others went to Denmark for an extra night of luxury.

Between Walpole and Denmark the group was almost rent asunder by what became known as the CASE OF STEVE'S MISSING SANDWICHES which as it



Sylvia doing the "limbo dance" under the tree on the Munda Biddi track

(Continued on next page)

transpired was closely related to the equally intriguing case of DAVE GOES SOLO.

On the evening of the rest night in Walpole we had a BBQ at the campground. Steve procured the ingredients, Trevor chopped and scraped and produced the salads and everyone chipped in with wine and meat. It was a great night with food left over for sandwiches the next day. Steve made up his sausages and salad sandwiches, wrapped them in foil and put them in the fridge. Dave wrapped up his dry BBQ'd lambs liver and also put it in the fridge.

Next morning, just as we were about to leave, an inspection of the fridge revealed one remaining wrapped package. Dave was asked if it was his. "No, I've got all the food I want" came the cryptic reply. Dave had his own things to do (The late Capt. WE Johns would probably have been interested in the plot of DAVE GOES SOLO. It would fit in with 'Biggles Hits the Trail' and 'Biggles in Australia'. But you will have to talk to a participant for more on Dave Goes Solo) so we looked in the package and discovered Dave's BBQ'd lambs liver which we left in his helmet. Not until lunchtime on the side of the track did Steve discover his sandwiches were not where they should be. Each of us (except Dave goes solo) was questioned as to whether we had mistakenly packed his sandwiches. "No" came six replies! Meanwhile on another part of the track Dave was opening his package and biting into beautifully prepared sausage and salad sandwiches which came from he knew not where and trying unsuccessfully to palm off his dry lambs liver to two English cyclists he met on the track.

Wednesday night we were all back together again in Denmark and enjoyed an Indian Curry feast delivered to our chalet at the caravan park. As the rain lashed down outside we sipped our wine, ate our food and studied the weather forecast for the next day.

As the next day arrived it was still drizzling so we delayed our start until 10am. By then it had cleared and we



Munda Biddi group: Left to right—Jeremy, Dave, Steve (Organiser and Leader), Noel, Trevor, Chanchal, Louise, Sylvia

started off on the delightful part of the track alongside Wilson's Inlet and soon arrived at Youngs Siding for morning tea. There was a lengthy chat with the delivery man in his ute filled with alcohol for the general store/bottle shop and the local who was getting ready to sell up and move to Lombok to live. Conversation ranged from development in the Lower Denmark Road area, earthquakes at Lake Muir and Mataram, booking.com, surfing in Lombok and Margaret River to when we should start cycling again and what was the point of it all! When we finally got under way again the route from Youngs Siding to Elleker (where we had a late lunch) took us around Hortons where we had lovely views across bucolic farmland dotted with hay bales to the distant Porongurup Ranges. The track also included the Torbay Rail Trail which in many places was a single track avenue bounded on each side by flowering kangaroo paws almost at head height which grabbed at our arms and helmets. Mid-afternoon on Thursday we arrived in Albany. Photos were taken at the Southern Terminus outside the Albany railway station and we congratulated ourselves on completing the track and finishing with happy memories that will stay with us for a long time.

Because of the hut closure we had an extra day in Albany so for his finale our esteemed leader led us up Mt Clarence. More correctly, he led us $\frac{3}{4}$ way up then almost all the way down, along a bit more, then to an unrideable footpath up

which his devoted followers pushed their bikes and mumbled words bordering on insurrection. Five of us reached the top and the only thing stopping us being Famous was that Timmy wasn't with us.

Thanks to Steve for organising a wonderful trip and thanks to the other adventurers for making this such a memorable, fun filled couple of weeks.

Footnote- General Advice- Things learnt

1. check the recipient's phone number before sending "miss you" messages
2. look for a little raspberry on bottles of pepsi. Raspberry cola is terrible and vanilla cola is worse
3. don't linger too long over sorting washing from a joint wash
4. never forget "mountain biking is fun"

(Continuation of OYB story)

days; followed by a Quiz night with the addition of a 30th Anniversary Cake.

Day 7 - Prevelly to Yallingup

A lot of twists and turns to keep the brain activated, coupled with different surfaces on the rail trail. Spirits were high, everyone being fresh from the rest day and lovely sunshine.

We passed by Cape Mentelle vineyards on the way out of Prevelly, with many kangaroos grazing in an opposite paddock. The forest rail trail, with its many bridge crossings, could have been a bit tricky for those with narrow tyres, especially through the soft patches of mud and pea gravel. After the morning tea stop we were back on the road and having to keep an eye out for directions. Amazing country with gentle hills covered in vineyards. Opportunities were endless for the foodie and wine buff, not to mention the 'to die for' nougat and chocolate factories; and the many eateries linked to wineries and galleries.

The camping was on manicured lawns of the caravan park with a new ablution block and large camp kitchen, a great relaxing atmosphere to just chill. A nice walk down to the beach and stop at Caves House for a beverage or two was a good way to spend the remainder of the afternoon. A local caterer provided a great meal in the community hall.

Day 8 – Yallingup to Capel



It was a gentle ascent on leaving Yallingup and then a descent towards the outskirts of Dunsborough. The ride then hugged the coast through to Busselton and beyond, weather was perfect and calm; sea an awesome aqua blue, with even a splattering of beach goers. The riders were quite spread out, some taking advantage of eateries in Busselton. We passed through the Tuart Forest after leaving Busselton, on the way riders were swooped by some friendly magpies who took a dislike to people invading their territory. The town of Capel had a good bakery and café, ideal places for lunch stops before heading to the Country Club to pitch the tents for the final time. In the afternoon riders were entertained by a home cricket game, with the locals appreciating the support. The evening meal was provided by the bowls club in the same precinct. Another great meal coupled with a live band, not to mention the thanks to the OYB team and volunteers.

Day 9 – Capel – Dardanup

Last tent pack up and ride day, no pressure, however we were expected to be in Dardanup by mid-morning for the bus

transport to Perth and for cars to be picked up at a local winery. Firstly, a headwind to start the ride, followed by a tail wind. We passed by Boyanup with a local market attracting some extra traffic on the roads. The local P&C at Dardanup Primary School again excelled in providing lunch as cyclists collect their baggage/bikes and bid farewell to fellow travellers with a 'see you next year on the OYB'.

It's been a great week!!!



Wonderful OYB Committee: Left to Right, Terry (OYB Leader), Ann, Tony (behind Ann), Sue, Miranda and Brian



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.

NEW MEMBERS

Michelle Jelleff
Michael Buckler

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 for any enquiries or orders.

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.



By Noel Eddington

Wednesday, 14 November 2018 ride “What Tree is That?”

We had a lovely ride this morning. There were 12 on the ride

which is a good turnout for a Wednesday ride. Was it the weather, was it the later start time, was it the following of the ride leader, was it the location, or simply a combination of all of these things? As you can see perfect weather nice group of people. **If you have a day off in the week, come and join us on a Wednesday morning ride. (photo of group on the left)**

Photo on the right: Mark and Teresa on Liz’s “Overnight of Choices” - the Kep track pair.



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>. 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**

