

THE CHAIN LETTER

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

March/April 2019

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PRESIDENT'S REPORT

The Annual General Meeting was held on the 24 February at 'The Rise' community centre in Maylands. Thirty eight members attended to review events and highlights of 2018 and what is proposed for tours and rides in 2019.

The executive committee for 2019 was returned with few changes from 2018. Hopefully this was a vote of confidence in our work over the previous year! We welcome back ex-president Teresa as Social Co-ordinator.

Club activities will change a little in 2019 as we continue to adjust to the internet age (advertising club rides and tours on more online spaces and greater use of email in communications) and in recognizing that members have more calls on their time

from families and interests in other clubs (e.g. achievement rides by brevet). You will see that in 2019 the minutes of the club AGM have been posted on-line with instructions on how to access them. Members without digital devices will be advised separately on how to access this information (eg library services).

To help with maintaining club vitality we are encouraging members to become CTAWA ambassadors by wearing their CTAWA jerseys and attending Bikeweek and other events to get the CTAWA message of relaxed social bicycle touring out there.

Technology is even affecting our bikes with several older members asking to use electric bicycles on club rides. While we are

concerned about possible risks from the greater speed and weight of electric bikes the club will accept them on rides on a case-by-case basis while we see how they fit in with traditional bikes on group rides. We ask that anyone wishing to bring an electric bike to a ride first discuss this with the ride leader to ensure safety and compatibility with the style of riding being undertaken in each instance.

Overall, welcome to 2019. I hope that you will embrace the tours, rides and social activities the CTAWA has to offer in 2019 and ride with us again.

Regards

Stuart

Events & Information

Social Night

Thursday, 23 May 2019

The Rise, 28 Eighth Avenue, Maylands

Details will be sent out closer to the date.

Tours

WA Day Long Weekend Pannier Tour

Saturday, 1 June to Monday, 3 June 2019 (see page 6)

Leukaemia Foundation Fund Tour

RESCHEDULED to 24-26 November 2019

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.

www.liferide.org.au



P 3/4 — AGM Briefs



P 7—CTA Survey Summary



P 8—Report—Guilderton Long Weekend



P 9/11—Optus Stadium Lights Up!

2019 OYB - "Southern Ranges Tour 26 October—3 November

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 will start and finish in Kendenup with rest days in Albany and the Porongurups. Brochures will be sent out towards the beginning of April.

**Castle Rock in the Porongurup
National Park.**



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The Chain Letter

The Chain Letter is published by the Cycle Touring Association of WA (Inc.) every two months.

We welcome articles and photos on:

- Rides you have done, in WA or elsewhere in Australia or the world
- Articles on bicycles, cycling gear, maintenance or safety
- News of members—whether related to rides or not
- Health, physiology, exercise programs or anything else related to the rider
- Riding tips or techniques
- Cycling trivia or quizzes
- Letters to the Editor...

The Editor will be grateful!! Copy and photos (at least 500kB) should be sent to: editor@ctawa.asn.au.

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Achievement Ride Successes

According to our records, the following people have completed Achievement Rides. Please contact Achievement Rides Coordinator, John Farrelly, by email achievementrides@ctawa.asn.au if any details shown seem to be wrong.

Stuart Crombie	Kleber Claux	Arie Lemson
Connie van den Ende	John Farrelly	
Noel Eddington	Chris O'Brien	
Christine Liddiard	Udeni Gunasekera	

Achievement Ride Dates for 2019

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.

WELCOME TO NEW MEMBERS

Peter le Breton
 Corallee O'Dea

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

CTA—Annual General Meeting Sunday 24 February 2019

There was a good attendance at the AGM on Sunday, 24 February 2019, which was held at The Rise in Maylands.

This year members were able to access all AGM notices, including Agenda, associated papers and full committee reports on our website in a section dedicated for this purpose well before the AGM.

BRIEF NOTES FROM THE AGM

President, Stuart Crombie welcomed everyone to the meeting. He was delighted to say that it has been a busy year for the CTA members with a lot of week long, weekend tours, Sunday, Wednesday and night rides on offer. The yearly OYB tour, "Toasting the Valley" which is the CTA's premier event, ran smoothly with riders even coming as far away as Victoria, NSW, Queensland and even New Zealand and Germany.

Stuart urged members to continue to promote our club by participating in our events and spreading the word of our activities throughout the general cycling community. The CTA committee has sent letters to the Minister for Transport outlining the need for improved cycle paths and the importance of instigating the container deposit scheme to reduce glass on cycle paths.

The CTA continues to have a good safety record, with only one major injury that resulted in a broken hip during 2018. Unfortunately there have been a few issues with people coming off their bikes on non club rides.

There has been some recent discussion on organising a new club jersey, however as we still have existing stock it was decided to leave this for the time being. Members are however asked to use their existing club jerseys/OYB or similar, as a way of promoting the club when on a ride.

Stuart expressed his appreciation for the fantastic work that the committee members have undertaken through out the year, also to the OYB committee who continue to run a great OYB event each year. He also said that 2019 is already shaping up to be another fantastic year for the club, with many organised tours and rides planned. He encourages all members to join in and take advantage of these activities.

Treasurer: Christine again presented a comprehensive report on the financial

statements of the club (the report was emailed to members prior to the AGM). The club continues to be in a healthy state, with 237 members for 2018. Membership fees have been reduced due to cost savings through phasing out printed copies of the newsletter.

Rides Coordinator: Liz thanked all ride leaders for their help during the year. She was quite happy with the response from members willing to lead rides. She also said that it was important to be aware of the riding pace of the group you are leading.

Tour Coordinator: Stan, presented his full report to the meeting (also previously emailed to members prior to the meeting). He said that it has been a relatively successful year, with a variety of weekend overnights, long weekends and larger tours, with a good participation on most tours. Looking at the numbers he feels that the membership does seem to support the larger premium tours with a duration of a week or more. Weekend tours have tended to see less members participating.

Stan said that the membership needs to consider that organising any of the events can take up to 6 months or more in planning, with this amount of work the reward for the leader is the participation by the membership. He took the opportunity to thank Kleber for his willingness to put his hand up to lead weekends away and also for helping on the rides and tours that he lead. Kleber's experience, support and advice (all which is second to none), was sincerely appreciated.

Achievement Ride Coordinator: Arie, said that 2018 was another quiet year for the Achievers series. A total of 43 rides were completed of which 18 were brevets or take twos with numbers down compared to the 2017 participation. Due to the falling numbers it has been decided to remove the take two option in 2019. Also the longer distances are now ridden mostly solo, or in very small groups and the brevet option works well in this case.

Social Night Coordinator: Steve said that participation by the members in 2018 was good, with a wide range of topics on offer. Unfortunately, the Loftus Centre is now no longer available on the nights that we usually have our meetings. In future, we will use the Rise, Maylands which is close to the Maylands Train Station and

bike path. He thanked everyone for their support during the year, also he will now be finishing up in his role as Social Coordinator.

Clothing Coordinator: Jane said that there had not been a lot of clothing sales in 2018, apart from mirrors and socks which seemed to sell well. She suggested that perhaps we could look at a casual polo shirt for the club and would be happy to hear any ideas.

Website Coordinator: Gus gave a brief report (his full report was previously circulated prior to the AGM). He said that the website is tracking along reasonably well, the membership system has a few glitches from time to time that can sometimes be hard to manage. One initiative this year was the archiving, electronically, of all newsletters since the club's inception. These issues have now been added to the website. Nicole Gentz, a long term member and the original editor, who now lives in Berlin, did a great job scanning older copies and sending in to upload on the website. Another initiative, was a survey sent to members and to date around over 40% have responded, the survey to members will be available on the website until the end of March. Gus encourages all members to explore the website which now has a huge amount of content to be viewed.

Editors: Rosalee, on behalf of her co-



Group of Award Recipients

(Continued on next page)

editor Hilary, advised that six newsletters were produced for the year. The workload has been reduced due to newsletters now being only available electronically (no printing, folding and posting work). There was a reasonably good contribution from members throughout the year, any articles, information or photos are always very much appreciated. She also thanked Gus for his support in notifying members when the newsletter was available for circulation.

OYB Leader: Terry said that the 2018, 30th On Your Bike Tour: "Toasting the Valleys" was well supported with 127 participants, including 6 coming from the Eastern States, 3 from New Zealand and 2 from Germany. There were 20 first time OYB participants and the ratio of men to women was roughly 50:50. Tony Humphreys will be leading the 2019 "Southern Ranges Tour" which will start and finish in Kendenup commencing on 26 October and finishing on 3 November.

AWARDS

Achievement Ride Recipients: Merit – Kleber Claux, Achievers – Stuart Crombie, Liz Marshall and Arie Lemson, Challenge Series – Christine Liddiard and John Farrelly, Super Achiever – Bruce Robinson.

Newsletter Article of the Year: Cliff and Rita Miller for their interesting and informative article on the cycle trip they did in Queensland – "A Cycling Trip in Queensland" in the March/April 2018 edition of the newsletter.

Ride of the Year Recipients:

Single Day Ride of the Year: was awarded to Kleber Claux for his ride called "Flying Freeway Mark III on 18 November, 2018.

Multi Day Ride of the Year: was awarded

to Stan Wiechecki for "The Great Southern Full Pannier Tour over 7 days, that started on 11 March, 2018.

Cycle Tourist of the Year:

Four nominations were received by the Committee for the 2018 Cycle Tourist of the Year.

After votes were counted, it was decided that Trevor Knox was the winner of the award. Trevor takes an active role in organising tours for the club. His organising abilities are second to none, including not only choice of route, but the logistics of accommodation and so forth. His abilities are reflected in the popularity of his tours.

GENERAL BUSINESS

Subscriptions: The 2019 subscriptions were reduced in line with newsletter savings that are now only available electronically to members.

Full (General) member: \$35 per year (if paid by 31 January) otherwise, \$40 per year.

Pensioner/Student: \$25 per year.

New 'Full Member': \$35 per year.

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

Survey Results

A summary of the results will be in the March/April newsletter. So far 100 people have responded and the survey will now be left open until the end of March 2019.

Electric Bikes

After some discussion members felt in general that electric bikes could be accepted on social day rides, however it would be important to contact the ride leader prior to joining the ride.

Thank you to Steve Napier, our outgoing Social Coordinator for organising lunch and morning tea.

2019 NEWLY ELECTED COMMITTEE

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



AWARDS : L-R Stuart presenting "Cycle Tourist of the Year" to Trevor Knox, Hilary and Rosalee with winners of "Newsletter Article of the Year" Cliff and Rita Miller, Anne presenting Stan with the award for Multi-Day Ride of the year.

Lift out Rides Calendar for March/April 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.

Western Suburbs Meander

Wednesday, 6 March @ 8:00 am

45 km: moderate, some hills

Meet at south of Narrows Bridge by the toilet block. Maybe a hill or two. But the view of the ocean and fresh sea breezes make it all worth while. Coffee along the way - let's try someplace new.

Leader: Rita 9385 2562, 0423 056 595;

Night Ride: Seafood Saunter 2019

Thursday, 7 March @ 6:00 pm

30 km: leisurely, some hills

Join Steve for a ride from the Raffles to Fremantle where you can enjoy fish and chips or other seafood. **Must have good working front and rear lights and hi-vis clothing.**

Leader: Stephen 0420 224 911 or snap22@iinet.net.au

City to Rusty Things in Beach Sand

Sunday, 10 March @ 8:00 am

40 km approx: leisurely, some hills

Meet at State Theatre, Cnr William and Roe St. Perth. The ride heads west to 'sundries by the pylon'. Oh Oh sorry... I mean Sculptures by the Sea!

Coffee near the rusty things.

Leader: Chris O, 0434 720 620

CTAWA 2019 Victorian Goldfields Tour

Monday, 11 March - Sunday, 24 March

Because Kristina asked me to
Sunday, 17 March @ 8:30 am

50 km: moderate, some hills

Meet at the Narrows, South side, near the toilet block. The ride ends at the Stirling Train Station. Kristina asked me to lead a ride to the Lavender Café in the Swan Valley (behind the Chocolate Factory) and not wanting to endure her wrath, I agreed to. So, starting from the Narrows we will skirt our beautiful Swan River to Guildford then onto the café for morning tea.

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

Easy Golf

Sunday, 24 March @ 8:00 am

40 km approx: moderate, some hills

Meet at State Theatre, Cnr Roe and William Streets Perth. While most members are away in Victoria, this will be an easy ride and only a 'short putter' out to the green at Wembley Golf Course for that (greatly recommended) café we missed on the nine. Will encounter some hills, but will avoid the steepest.

Leader: Chris O, 0434 720 620

Wednesday, 27 March @ 8:00 am

45 km: moderate, hilly

It's not as bad as it sounds: Meet at Midland Train Station. From there up through Darlington and the John Forrest National Park to Mundaring for coffee at the Dome. After the break it's mainly downhill!

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

5000 in 4 Achievement Ride

Sunday, 31 March @ 7:30 am

55 km: moderate, hilly

7:30am for an 8:00am sharp start. Meet in

the car park on the left cnr of Gilwell Ave and Page Rd across Albany Hwy from Kelmscott Train Station for registration and map/ride description. Please note it is best to park at Kelmscott Station due to parking restrictions at Gilwell. The course promises 5,000' of uphill and down dales around the Armadale & Roleystone area. Time limit is 4 hours. achievementrides@ctawa.asn.au

Contact: John 0400 361 406 or achievementrides@ctawa.asn.au;

Forrestfield Loop

Wednesday, 3 April @ 8:00 am

50 km: leisurely, some hills

Meet at the Burswood western carpark near the toilets. We will head east to the foothills along bike paths and through rural countryside.

Leader: Connie 0407 640 012

100 K Achievement Ride

Sunday, 7 April @ 8:00am

100 km: moderate some hills

8.00am for an 8.30am sharp start. Meet at Armadale Train Station for registration and map/ride description. A pretty but demanding ride taking in Mundijong, Serpentine Dam (coffee stop), keep going uphill to Jarrahdale, and then back to Armadale. The middle section is hilly. Time limit is 6hrs 40mins. This works out to be a leisurely pace average. achievementrides@ctawa.asn.au

Contact: John 0400 361 406 or achievementrides@ctawa.asn.au;

Western Suburbs Meander

Wednesday, 10 April @ 8:00 am

45 km: moderate, some hills

Meet at south of Narrows Bridge by the toilet block. Maybe a hill or two. But the view of the ocean and fresh sea breezes make it all worth while. Coffee along the way - let's try someplace new.

Leader: Rita 9385 2562, 0423 056 595

Singletons Sensational Snackery

Sunday, 14 April @ 9:00 am

58 km: moderate (at lower end of scale), some hills

Departing Mandurah Train Station. On the ride you will do 375 meters of elevation gain. The bakery at Singleton is well known in these parts for good coffee and snacks ,that's as good a reason to go there as any. Leaving Mandurah we go through roads less travelled, at least until Stakehill. We will cross into Golden bay and down the coast until we get to Singleton (43 km approx at 11 am) for a break. Then its only 15 km to Mandurah.

Leader: Mal 0487 695986

Leederville-Hillarys Loop

Wednesday, 17 April @ 8:00 am

44 km approx: leisurely , some hills

Meet at Britannia Reserve Leederville in the car park at corner of Britannia Road and Kalgoorlie St. Coffee stop at White

Salt in Sorrento. Coastal path north, rail-way path home.

Leader: Charlie, 0447 263 706

carminecilli@bigpond.com

City to Surf

Sunday, 21 April @ 8:00am

50 km: moderate, some hills

Meeting at State Theatre, Cnr William and Roe Streets Perth. Riding along PSP's and roads you will encounter some hills but will endeavour to avoid the steepest. Coffee and eats about halfway at a nice beach-side cafe near City Beach or Floreat. If inclement weather forecast check with ride leader .

Leader: Chris O 0434 720 620

Cottesloe and Back

Wednesday, 24 April @ 7:45 am

50 km: moderate, some hills

Meet at South side Narrows Bridge (by the Toilet Block). Head to UWA, through Nedlands; Shenton Park; Claremont; Swanbourne on quite back roads. Returning around the river. Coffee stop in Cottesloe.

Leader: Noel 0419 964808;

Anzac Day

Thursday, 25 April @ 8:30 am

45 km: moderate, hilly, mountain bikes

Meet at Midland Train Station. (Approx 24 kms up gradual incline). Now that summer

temps have eased - what better way to enjoy the bush than on our mountain bikes. We will head up the Reserve Trail on the south side, stopping in Mundaring for morning coffee and whiz down the north side. If you plan to ride the tunnel, bring your lights!

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

The Tandem Loop Ride

Sunday, 28 April @ 8:30 am

40 km: leisurely, some hills

Meet at Greenwood Train Station. We follow the Freeway PSP through Kingsley and Woodvale then head West to the coast at Ocean Reef. After taking in the beautiful Indian Ocean for a few kilometres we then head East to our morning tea stop at the Dome in Joondalup. After our fill, we circumnavigate Lake Joondalup and Lake Goollelal on shared paths as we return to the start at Greenwood Train.

Leader: Kleber 9354 7877 or kleberc@bigpond.com

WA Day Long Weekend Pannier Tour
Saturday, 1 June to Monday, 3 June 2019

Leader: Kleber

Contact: 9354 877

kleberc@bigpond.com

What better way to celebrate our WA than cycling through quiet back roads and the

Chittering Valley to Bindoon's Windmill Farm.

We will be well looked after by our hosts, Milton and Joan, with the excellent shared accommodation and meals that we have experienced on previous occasions.

Sunday will see us cycling to the "CU in The Park" café in Gingin for lunch. Monday we will return to Guildford train station via Muchea and the Swan Valley. **Full details will be in the May/June Chain Letter.**

Check out new additions to website

A Touring History of the CTA <http://ctawa.asn.au/touring/a-touringhistory-of-the-cta> was mentioned in the November December newsletter. It now has links to newsletter articles for most of the 100+ rides in the timeline.

Maybe of special interest to our country riders. Are there any OYB (and other) routes near your town? <http://ctawa.asn.au/tours-for-town-list> allows you to search for routes within so many kilometres of most towns in the south west (the algorithm for finding routes is intentionally very simplistic, one or more bounding boxes, and may lead to false positives in the list - a trade off between performance and accuracy). The list of routes contains a few (four) non-OYB routes. If people send me the details of others, I can add them to the website as well (Angus King, Webmaster)

2018 CTA'S Cycling Statistics

By Angus King

FYI, on the Single Day Rides, I tallied number of riders by distance to come up with about 35,500 km travelled by 726 riders (Average 10 riders per ride, 49 km distance).

I just did a similar exercise for the Multi Day Rides and came up with about 32,500 km travelled by 118 riders (average 17 riders, 249 km distance)

So, even ignoring OYBs, that's 68,000 km ridden by CTA riders over the year (ignoring all their training, ...). OYB adds about another 56,700 km.

There are many benefits for everyone to keep cycling, see page 11.



Summary—CTAWA Survey Results

In mid-October the club initiated a survey of members. The committee believe the survey is a valuable way of assessing members views on our rides, tours and general CTA events. We were hoping to utilise Survey Monkey for the survey, however found out there are limits on usage and suitability. Fortunately, Angus (our Webmaster), was able to devise another way of publishing the survey on our website. **It is planned to leave the survey open for another month, so more members (and non members) can participate. The survey is available at:**

<http://ctawa.asn.au/forms/ctawa-survey>.

To date we have received 96 responses, or about 40% of the membership. Thank you to those who responded. The survey was divided into a number of sections.

General

OYB tops the list of events most respondents are interested in (85% of respondents), followed by Multi-day rides and Sunday rides (about 65%). Social nights (51%) also featured well. Suggestions for other events included "spoke tours" and a variety of pannier tours.

Based upon post code, survey responses (other than interstate, which was somewhat lower) were evenly spread across the membership and reflect the overall (geographic) demographic. The breakdowns were :- North Metro (43% of responses; 45% of membership), South Metro (33%; 30%), Country (18%; 17%), and Other (4%; 8%).

About 50% of respondents are members of other cycling clubs (a very loosely defined term). Over 55's is well represented with 21% of respondents.

Sunday Rides

The preferred ride speed for Sunday rides is Moderate (20-25 km/hr; 75% of respondents) with Leisurely (15-20 km/hr; 36%) the next most popular, followed by Brisk (25-30 km/hr; 19%). The preferred ride distance is 40-60 kms (70% of respondents) followed by 60-80 km (35%).

The majority of respondents don't mind what the terrain is (57%) although there is some preference for mostly flat with some smaller hills (45%). There is a strong preference for bike paths/on-road bikes lanes (60%) and sealed roads (54%).

There was reasonably strong interest in Sunday mountain bike rides (44%).

Start/finish near trains stations was also of strong interest (48%). The most popular start time was 8:00am to 8:30am (40%). Some comments suggested taking into account train timetabling to ensure riders could arrive in time to start a ride, and to adjust start times to be earlier in summer. Midday is the preferred finish time (33%).

There were quite a few comments on Sunday rides and these will be considered when timetabling rides.

Wednesday Rides

Responses for Wednesday morning rides were similar to the Sunday rides with the same preferences for speed (Moderate), distance (40-60 km), and ride surface (sealed rides and bike lanes). Some respondents would be deterred by unsealed roads and this is also reflected by somewhat less interest in Wednesday mountain bike rides (37%).

Multi Day Rides

There was strong interest in the various forms of Multi Day rides with pannier touring with hotel/cabin accommodation (71%), edging out full pannier and supported (55%; 54%). For those who chose multiple options full pannier was most preferred.

The preferred duration for these rides was 3 to 5 nights (71%) with 1 to 2 nights (44%) and 6 to 10 nights (40%) also popular.

Most respondents don't mind the chosen terrain (60%) but the preferred terrain is mostly flat/some hills (40%). Sealed roads is the preferred surface (61%) with quite a few respondents not concerned by the terrain (38%).

There is wide interest in the destination for Multi Day rides with the South West the most preferred (82%) followed by the Great Southern (71%). Overseas destination were the least preferred but are still of interest to 38% of respondents.

There is also much interest in Multi Day mountain bike rides (44%).

There were a number of comments on Multi Day rides. Most comments were

complementary and positive. It is most gratifying to read that touring in WA has given some members confidence to do interstate and overseas rides.

Achievement Rides

About one third of respondents (35%) expressed interest in Achievement Rides with the 100 km ride (82% of respondents) edging out the 50 km, 5,000 in 4 and 160 km (all 71%). Comments suggest that for the CTA the Achievement Rides may have achieved their purpose. This is reflected in the numbers attending such rides.

Social Nights

The Social Nights are popular (77% of respondents) with 'Talks by members (with photos) of past tours' being the most popular topic (81%).

Other comments and suggestions

The final survey question asked for any comments and suggestions. 40% of survey respondents gave some feedback. It is very pleasing that many comments are very positive which makes us all proud of the job we are doing for the club. It is especially pleasing the positive feedback on touring activities.

There are some positive suggestions that the committee will examine to ensure we keep CTA as the premier cycle touring club in WA and a club for all members.

Many thanks to Christine and Gus for all their work in organising the survey and the members who participated in the survey.



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

A poem by Boris Roglich

*The Guilderton Ride was character building
The Guilderton Ride was friendship fulfilling.*

*When riding into testing breezes from East then West,
We intrepid riders stuck to them and did our best!*

We rode with Leader Stan to the River Moore on Oz Day,

Passing dry pastures and curious cattle on our way.

The River Moore, we found, though pretty, isn't so wide,

We could cross it in almost a step, if we tried.

We mingled with some of the 'great unwashed'.

But, we kept our cool and did not get coshed!

*Along with our riding, we did touristy things:-
Water sports, BBQ and yes, coffeing!*

*In our comfortable rustic abode with ocean views,
Our taste buds were tempted by nutrition gurus!*

*Together with chillin' and talking topics populist,
There was exciting bird watching for the purists!*

All in all, it was a weekend of healthy banter and fun,

Showing how an intimate group spent days in the sun.



Guilderton Photos
Above left: John and Boris near turn off to Guilderton
Above right: Hilary on the way up to the Guilderton Lighthouse.
Bottom left: Stan and Kleber at the Guilderton Lighthouse
Bottom right: Mary riding to the Guilderton Lighthouse



Optus Stadium Lights Up!

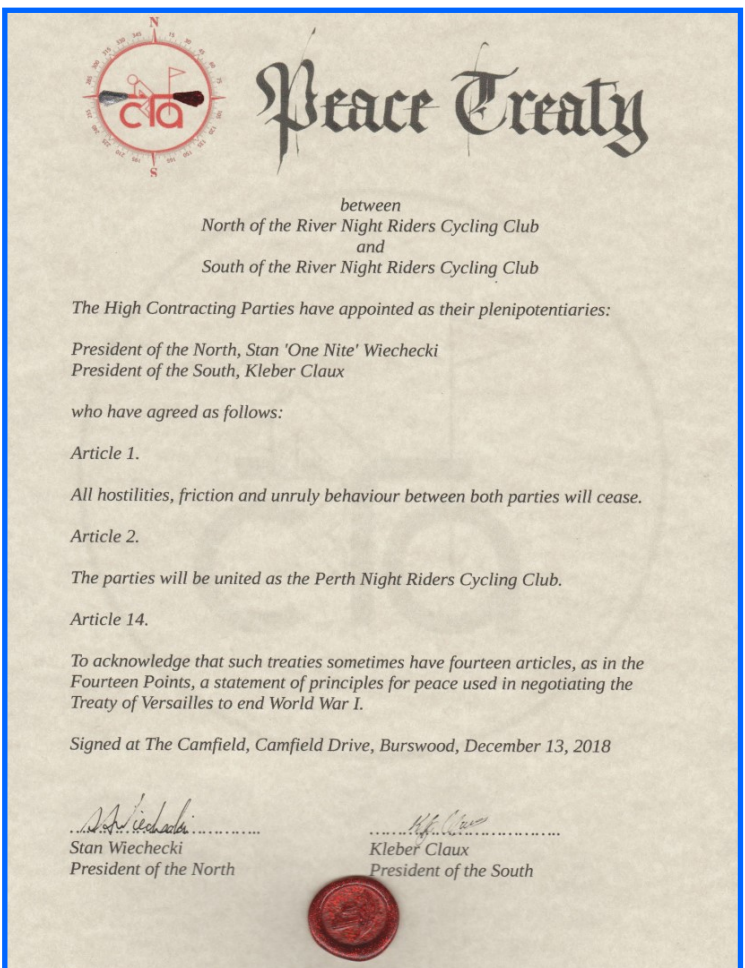


On 13 December, thirteen members of the CTA were present at an auspicious event to witness the cessation of hostilities between the North of the River Night Riders Cycling Club and the South of the River Night Riders Cycling Club. The new Camfield Restaurant, near Optus Stadium, was chosen as the venue for the event. Due to the significance of the event the lighting systems of the stadium and nearby Matagarup Bridge were activated to add to the sense of occasion. In anticipation of a successful outcome the negotiating parties of both clubs commissioned King and King L'Eagle to draft a peace treaty to be signed on the conclusion of negotiations.

The general public were present in the hundreds to boisterously celebrate the event, so much so, that the actual signing of the treaty took place near the bicycle racks outside the venue – a most fitting location. At the conclusion of the signing the members present rode together as the new united 'Perth Night Riders Cycling Club'. All CTA members are automatically members of this club and are most welcome to join future night rides.

An Apology

Recently, I led a ride on the 6 January called the Perth Stadium BBQ Ride. I thought of doing the right thing for my fellow riders by bringing tongs, spatula, cooking oil, napkins, Purell, etc, etc. But I forgot the TOMATO SAUCE. I unreservedly humbly apologise for this oversight to my fellow riders and most particular to Stuart and Chris who were shaking their heads with dismay. I promise this will never happen again. Please forgive me. (Stan, Tour Coordinator)



Treaty continued on page 11

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 Sale!

CTA clothing is available as follows:

CTA jerseys:

- Short Sleeve Unisex (full zip)
- Short Sleeve Womens (short zip)
- Long Sleeve Unisex (short zip)
- Long Sleeve Womens (short zip)
- Long Sleeve Unisex (full zip)



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. Also the prices are now reduced!**

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.

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

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.

KING & KING
SOLICITORS

Dear Sir / Madam

Because of your excellent advice and the presence of your senior partner Mr. Angus King at the historic meeting between the North of the River Night Riders Cycling Club and the South of the River Night Riders Cycling Club, there was

overwhelming agreement between the members of both clubs to end all hostilities between the two clubs. Subsequently, Mr. Angus King then read out the Peace Treaty document provided by your office, and the Peace Treaty was then signed by the presidents of the two clubs. Those present, with the help of Mr. Angus King, agreed to form the Perth Night Riders Cycling Club.

Sincerely,
Kleber Claux
Ex President.



South of the River Night Riders Cycling Club.

Health and Physical Benefits of Cycling

Stuart, our President, recently forwarded an article for the newsletter, that we thought may be of interest to our members on the benefits of cycling regularly, whether by commuting to work, to appointments, for shopping expeditions or to our CTA social rides and meetings. The following is an excerpt from an article written on the topic, see the link below for the full article.

“The lack of physical activity is a major contributor to Australia’s rising obesity levels. Overall health and well being, quality of life, and reduced risk of morbidity and mortality are all dimensions of the benefits for adults achieving at least moderate intensity physical activity on most days of the week. There are a number of specific health and disease outcomes that are prevented by regular physical activity (*Note: the full article lists the epidemiological evidence for each of the major health conditions prevented by physical activity*).

As a form of moderate-vigorous physical

activity, cycling can contribute to the multiple health benefits of physical activity. Cycling has a number of additional benefits:

- As a low-impact form of physical activity, it appeals to people who cannot participate in high-impact activities;
- As a form of active transport and recreation, it enables many people to combine physical activity with transport and recreation;
- There is also evidence that the public generally prefer unstructured forms of physical activity and cycling certainly fits into this category;
- It appeals to people across the age spectrum, from childhood to adults;
- The promotion of ‘lifestyle’ physical activity such as walking and cycling is more cost-effective than promotion of structured exercise programs;
- As a form of active transport, cycling contributes to the additional benefits associated with reduced car use (improved

air quality, reduced greenhouse gas emissions, reduced noise pollution, improved community liveability and social connectedness)”.
http://www.goldcoast.qld.gov.au/documents/bf/bnop-report_section2.pdf



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 (If paid by 31 Jan)	\$40 \$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.