

THE CHAIN LETTER

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

July August 2019

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PRESIDENT'S REPORT

The good and the not-so-good. Relax, no riders came to harm.

First, the good. Sally, a Personal and Master REHAB trainer, took members through an evening of muscle theory and demonstration at the May Social Night. The enthusiastic and terribly toned Sally showed us how to get them gluteus maximi working. It was a very entertaining and well received couple of hours followed by snacks and chat. Well done Sally and social organiser Teresa. Also excellent was the WA Day Long Weekend at Bindoon. Our hosts fed us morning and night while the Bindoon Bakery filled in the gaps and provided fuel for the Chittering Hill on the way back. Miranda baked an enormous and sinfully sweet cake for our beloved Treasurer Christine's birthday on the Sunday!

Now the not-so-good. On the WA Long Weekend Greg's bike suffered a

catastrophic mechanical failure. The steering tube (the tube at the top of the front forks that the handlebars connect to) broke completely through letting the front wheel disappear from his bike. Fortunately this happened at low speed as the CTAWA bunch slowed for a corner and Greg wasn't injured. Randall was behind Greg and managed to avoid running over him, which could have really hurt.

Robyn and Boris helped Greg to return to our lodgings at Windmill Farm and later to get back to Perth.

Greg's accident reminds us of the need to keep our bikes well maintained for safe riding (although the position of the failure on Greg's bike meant that the fatigue crack would not have been picked up on a normal bike service). Greg's helmet was substantially damaged in his fall so, again, a reminder to wear your helmet! It is also a good idea to carry identification with you so

that responders can contact your nearest and dearest should something happen to you on the road. Having the free Emergency+ app on your phone is a good idea too (available on Google Play and Apple App or online from <https://emergencyapp.triplezero.gov.au/>). The app includes one touch calling for medical and police assistance and can also put you in immediate voice contact with a paramedic for first aid advice.

It is great to see that the cooler weather has got many CTAWA riders out for the Wednesday social rides, the Friday Hills Training runs and the traditional Sunday rides. I extend our welcome to the new club members who are fitting in well with the old hands on all our rides.

Stay safe and enjoy the road ahead

Regards Stuart

Events & Information

Next Social Night

Thursday 25th July, The Rise, 28 Eighth Avenue, Maylands

Join us for a presentation by Alan Nabar about Touring & the History of Bicycle Gears

Add to this, discussions on recent cycle tours in Victoria and Bali, and you are in for a good night. Trevor will provide insights into the recent CTA tour in Victoria, and Steve will introduce us to the world of touring through Bali.



recent cycle tours, then join us for an evening of both.

Alan Nabar, from the Historic Cycle Club, will discuss the history of bicycle gearing. Back in the good old days, if you

were wealthy enough to own a bike, multiple gears were not an option. It has taken more than 100 years to get to the easy changing, multi wide ratio gears of today. Questions to consider during the night will include:

What worldwide catastrophe occurred in 1815 that inspired the first cycling craze in 1817?

Why are gear ratios measured in inches (or centimeters)?

Can one get into another gear by pedalling backwards?

How would you feel about reaching down to the chain wheel whilst riding to move the chain with your fingers?

Tours

2019 OYB - "Southern Ranges Tour"

26 October—3 November

This circular tour, starting and finishing in the small township of Kendenup, will provide participants with the experience of riding through a wide range of scenery.

The tour passes through the Mount Lindesay National Park to Denmark. We then follow the unspoilt coastline and beautiful beaches to Albany. Before heading north to the majestic Porongurup National Park and then on to the Stirling Range National Park before returning east to the start.

2019 Retirees Run 24-29 November (see Page 8 for details)

:Midland- Northam- Beverley- Pingelly- Boddington- Pinjarra- Armadale.



Advert from 1920s/30s

Ever wondered what it was like cycling 100 years ago. Want to hear about some

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

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.

160k AR 18 May

- Bruce Robinson
- Stuart Crombie
- Michael Penklis

10,000 in 8 on June 8th was cancelled due to inclement weather.
 Stuart Crombie recently completed the 100 k and the 5,000 in 4

See achievement ride descriptions on the CTA website <www.ctawa.asn.au> for more details.

200K Saturday 17 August

300K Brevet, Saturday, 14 September

ANZAC DAY Reserve Rail Trail

By Rita Millar

A day to remember... 14 keen CTA mountain bikers assembled at the Midland Train station under sunny conditions and a very gentle warm easterly wind. It was great to have some "new members" or at least members that don't frequent our rides often. John, Natalie, Sally and Randall were welcomed. Kleber brought us UTD with upcoming events and we set off.

Coffee and of course the normal noisy conversation was had at the Artisan Bakery in Mundaring. After that it was all downhill back to our starting point of Midland.

We will have to put it on the rides calendar again soon.



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

What is an Undies and Towel tour?

By Randell Holland

Saturday June 1, 2019

When I first read about the 'Towel and Undies' Tour in The Chain Letter (CTAWA newsletter) I wondered if this could be true? Would people really walk around and sleep in one set of cycling gear all weekend, or worse, is it nudist cycling trip? Surely not. Thankfully it's a code for 'you can travel light, not requiring any tent, sleeping gear or food.'

The trip was just as much about socialising as cycling with 27 other cycle folks united in their passion for hitting the road with lots of coffee, cake and conversation along the way. Travelling in groups also has the safety advantage as motorists can easily see all our brightly coloured cycling gear from afar and there's plenty of drafting opportunities following the group to save some leg energy.

The Cycle Touring Association of WA celebrated this Western Australia Day holiday with a 3 day cycle to Bindoon and return. The weather gods looked after us with sunny, cloudless days around 25 Celsius and some easterly winds which became stronger over the tour.

Day 1: Midland Train Station to Windmill Farmstay, Bindoon

Saturday June 1 2019, 82 km (51 miles) - Total so far: 82 km (51 miles)

The happy CTAWA cyclists assembled at the Midland Train Station at 8.30am, signed on and were given a run down of the days ride by Kleber, the tour leader. I unwittingly shewed a fly away when they asked for a volunteer to write up the trip (not true of course) then we were guided through the suburban rat-race. Once across Roe Hwy and into the rural zone we were split up into three groups depending on your average cycling speed with a leader at the front and a tail-end Charlie to make sure we didn't lose anyone along the way. The first stop was at Gingers Roadhouse for coffees, catching up and the purchase of lunch for later. After Bullsbrook we encountered our first decent hill through the Darling Scarp then a sweeping downhill past the vineyards, orange groves and forested hills. Along the way a mob of kangaroos hopped alongside us and fortunately didn't cross our path. The fields had a veneer of green due to some rain a few weeks ago but normally would be lush this time of year.

At the Julimar Road turn off we settled into a lackadaisical lunch stop when in a Tortoise and Hare situation, the least fast group (can't call them the slowies, it wouldn't be proper) went flying past and beat us to the Bindoon Bakehaus for coffees and treats.

We settled in at the Windmill Farmstay up the road and enjoyed a BBQ dinner and trifle for sweets prepared by Joan and Milton.

A great cycling day

Day 2: Bindoon to Gin Gin and return

Sunday June 2, 2019, 54 km (34 miles) - Total so far: 136 km (85 miles)

After a good nights sleep then a cooked breakfast the coffee addicts headed to the Bindoon Bakehaus for their caffeine fix, whilst our group left about 9am for the CU@park Café in Gin Gin. The first section along Gt Northern Hwy was busy with some road trains but had a nice shoulder. Then just before the turn off to the Bindoon-Moora Rd disaster struck. Suddenly with no warning the cyclist in front of me went straight into the tarmac and luckily I managed to brake and swerve in time to avoid running him over and crashing myself. We were travelling at about 10kmph. Greg was visibly shaken and slowly picked himself off the road. Upon inspection his bike's steering tube had collapsed. I've never even heard of this happening before and thank goodness he wasn't going downhill at 50kmph, that would be seriously bad. Robyn came and picked Greg up and took him to the Bakehaus where nurse Connie did an examination. The damage report was a sore shoulder, stiff neck and a dented and cracked helmet (unless you only have rocks in your head, always wear a helmet).

Alas the ride must go on. After a steep climb there were rolling hills in the parched landscape all the way to Gin Gin. The CU@park café was in a delightful green, grassed oasis with a waterwheel, lake, ducks and old stone church with graveyard which we walked around later after some CCCing (coffee, cake, conversation). On the way back we turned down Cresthill Rd which had a lovely downhill into town, to, you guessed it, Bindoon Bakehaus.

Afterwards I headed 5kms up the road to the Scottalian Hotel which was the only place to see the West Coast Eagles game around. We won..Hurrah. It was 6pm when the game finished and pitch dark, I

attached my lights to the bike and rode down the highway. It was surreal cruising down the dark, quiet highway with the occasional road train lit up like a Christmas tree going by. If ever I was going to be a victim of an alien abduction it would have been here.

Back at Windmill Farmstay we had a roast meal for dinner, my favourite and for sweets it was a scrumptious Lumberjack cake with a toasted shredded coconut topping made by Miranda for our celebration of Christine's birthday, it was seriously good

Day 3: Bindoon to Guildford

Monday June 3, 2019, 87 km (54 miles) - Total so far: 223 km (139 miles)

Kleber negotiated a deal last night with the coffee addicts that we would depart The Bindoon Bakehaus at 9am this morning. We formed into the three groups and headed home with a nice easterly tail wind. There were some ups and downs, then around Maryville Downs Estate began a perfect descent to Muchea which required no pedalling or braking for about 10kms, just gliding down the road. We stopped at Muchea Roadhouse where many bought lunch and I talked to an interesting local who is a beekeeper. We followed a road that ran parallel to the railway then through the maze of roads of Ellenbrook. We used the pointer system where a cyclist peeled off and indicated where to turn, then caught up with the pack. Along West Swan Road an inexperienced cyclist turned onto the cycleway without looking colliding with some of our group, some blood but not serious injuries.

At the Margaret River Chocolate Factory it was totally packed with tourists so I opted not to join the mosh pit inside and joined the gang in amongst the grass and vines outside. Final goodbyes were said then it was a pleasant ride to Guildford Train Station to be picked up by Team Dutchy and transported home.

BTW heavy rains are predicted this weekend which should make the farmers happy and was perfect timing for our ride, everyone's happy.

Social Night – 23 May 2019

Fitness and Ageing with Good Health

By Doug Allen

There was an excellent turn out of over 40 people who attended the CTA Social Night on 23 May.

Fitness and aging with good health was the theme for our social night. Sally, a Personal and Master Rehab Trainer, was the presenter and spoke on the importance of cross-training for cyclists in order to get the most out of your riding. The information was very relevant and well received by the large number of members present.

Each of us have different reasons for taking up cycling whether it be for fitness, social, or just to tour somewhere different. Whatever our motive, if we can minimise injury or aches, the more we will enjoy our cycling. Sally acknowledged that having sound quadriceps and gluteus muscles (quads and glutes), that is, the front thigh and bum muscles, were the two muscle groups most involved in cycling. However if we disregard the other muscle groups in our body we are more prone to injury. Sally then went on to discuss:

Sally demonstrating a squat



Exercise

Six exercises were suggested, which can all be done at home using your own bodyweight. They are: lunges, squats, push-ups, pull-ups, step-ups and dead lift.

* lunges - feet are slightly apart so as to be in line with hips and the front leg 90 degree angle at knee.

* Squats – thighs are also at 90 degree angle at the knee to the lower leg at the deepest point of the squat. Use a chair to hold on to for better balance.

* Push-up – if a full push-up too difficult, try placing hands against the kitchen table,

then as you improve try from a lower table.

Stretch the calf muscle and achilles tendon by raising and lowering body by placing toes on the edge of a block or step to allow full movement at the ankle. This movement may aid in the treatment of plantar fasciitis.

Typically 10 to 15 repetitions for each exercise, however when first starting out do only enough not to cause discomfort the next day (s).

It is important not to limit our exercise to cycling. If we have poor

muscle development in other areas of our body we may compensate by an incorrect riding technique to protect perhaps a weak lower back or shoulders. Regular, incidental exercise e.g. gardening translates to giving the body an overall benefit.

Sally, Noel and Mary—posture training



Nutrition

Reduce eating refined

carbohydrates (carbs).

Try to eliminate sugar as much as possible. Sugar is added in many of our foods such as: tomato sauce, cake, ice cream, etc.

Eliminate all low fat anything.

Eat lots of vegetables, good carbs, good fats, nuts. Limit fruit to two serves a day as they contain a lot of sugar (fructose).

Full fat dairy products O.K.

Eliminate all soft drinks and tonic water (substitute mineral water when you have Gin!).

It is Ok to eat the fat around the meat as well as the meat.

All things in moderation.

Massage

The slightly crouched position of a cyclist, in particular, when the pedal reaches the highest position, brings the thigh closer to the chest and shortens the muscles around the front of the hip (the hip flexor muscles), resulting in tightness and even pain. Regular remedial massage, that includes trigger point therapy, will help pinpoint these areas of tension, assist the muscles in relaxing and reduce the build up of lactic acid which will result in a quicker recovery time.

In conclusion, stay active, be involved.

Many thanks to Sally and also Teresa for organising such an interesting and relevant topic.

Social Night – 23 May 2019

Fitness and Ageing with Good Health, continued Exercise Handout

Trysport Handout from Social night



Stretching Program (TRY TO DO THIS ROUTINE 4-6 X/WEEK)

1. Lower Back Stretch



2. Back Arch Stretch



3. Abdominal Stretch



4. Outer Hip Stretch



5. Gluteal Stretch



6. Piriformis Stretch



7. Quadricep Stretch



8. Hip Flexor Stretch



9. Hamstring Stretch



10. Adductor Stretch



11. Calf Stretch(Gastrocnemius)



12. Calf Stretch(Soleus)



13. Peroneal Stretch



14. Plantar Fascia Stretch



N.B. Perform each stretch(in order) 2-3 times 45-60 seconds.

You will get the most benefit from doing this session after you have exercised.

Lift out Rides Calendar for July/August 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.

Going where the wind blows us

Wednesday July 3 @ 8:00am

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

Meet at the toilet block on south side of the Narrows bridge @ 8am approx 45km to 50kms. Moderate pace. Going where the wind blows us on the day....it may mean a hill or two. A coffee stop along the way. Come ready for a great morning on your bike. If the weather looks iffy.....give me a call or txt.

Leader: Rita 9385 2562, 0423 056 595;

Smell the Roses

Sunday July 7 @ 8:45am

42km: Moderate 20-25km/h, Road bike - Hilly

Meeting at Kenwick Train Station at 8.45, up Crystal Brook Road, a loop around Pickering Brook before we have coffee at Mason Mill Gardens. After refreshments straight back to the start.

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

Tour of the Lakes

Wednesday July 10 @ 8:30am

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

We will ride through the western suburbs along 5 lakes. Meet at the Burswood eastern carpark near the toilets.

Leader: Connie 0407 640 012;

CTAWA Christmas in July

Saturday July 13 - Sunday July 14

Moderate 20-25km/h, Road bike - Some hills, Tour, Touring bike.

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

Wednesday July 17– see website for details.

Leader Noel

Jarrahdale Mundabiddi MTB

Sunday July 21 @ 9:00am

30km: Leisurely 15-20km/h, Moderate 20-25km/h

Meet at the old Jarrahdale General Store 8.45 for a 9.00 am departure. Please park nearby to leave room for Store patrons. We will ride North to the remains of the Balmoral POW Camp. Bring some fruit or muesli bars to eat while exploring the area on foot. Retracing our wheel tracks we will arrive back at Jarrahdale for a well earned Jarrahburger or whatever you fancy for lunch. Bring your mountain bike or gravel grinder.

Leader: John 0400 361 406 or achievements@ctawa.asn.au;

Swanning to the Farm Cafe

Wednesday July 24 @ 8:30am

48km: Moderate 20-25km/h, Road bike - Some hills

Meet at Midland Train Station at 8.30. Starting with small undulations before it becomes a mainly flat ride through the wine and horse country. Coffee at the Farm Cafe in Baskerville.

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

Go South

Sunday July 28 @ 8:15am

54km: Moderate 20-25km/h, Road bike - Flat

Meet at Bullcreek Station at 8:15am. We will head south on quiet roads on the eastern side of the Freeway to Anketell Road. After crossing over the freeway, we then make our way back to Bullcreek on more quiet roads, this time on the western side of the Freeway. The coffee stop will be at around 40 Kms.

Leader: Christine 9457 4779 / 0400 570077;

Coasting to the Coast

Wednesday July 31 @ 8:45am

65km: Moderate 20-25km/h, Road bike - Flat

Meet near toilets at southern end of Narrows Bridge. We will head to Port Coogee via Fremantle (north of river). After coffee at Port Coogee we will return to the Narrows via Beeliar wetlands and the Freeway Bike Path.

Leader: Jeremy 0466271481 or silvia_jeremy@hotmail.com;

Cruising the Canning

Sunday August 4 @ 8:30am

40km: Leisurely 15-20km/h, Road bike - Flat

Meet at Bull Creek Train Station. This will be a pleasant and relaxed ride on PSP's and quiet back roads as we head South on the

Kwinana Fwy. and West on the Roe Hwy. to meet up with the Canning River. The essential coffee stop will be at the Lo Quay Café in Riverton. We continue cruising the river through Shelley and Rossmoyne to the finish at Bull Creek Train Station.

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

Forrestfield Loop

Wednesday August 7 @ 8:00am

50km: Moderate 20-25km/h, Road bike - Some hills
some bikepaths and some rural. Meet at the Burswood eastern carpark near the toilets.

Leader: Connie 0407 640 012;

Leisurely with Brian

Sunday August 11 @ 8:30am

41km: Leisurely 15-20km/h, Road bike - Flat

Leave from toilet block Narrows Bridge Via Shelley, Kent st. Waterford, Narrows Coffee at Kent St Weir.

Leader: Brian 0438 110 571;

Going where the wind blows us

Wednesday August 14 @ 8:00am

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

Meet at the toilet block on south side of the Narrows bridge @ 8am approx 45km to 50kms. Moderate pace Going where the wind blows us on the day....it may mean a hill or two. A coffee stop along the way. Come ready for a great morning on your bike. If the weather looks iffy.....give me a call or txt.

Leader: Rita 9385 2562, 0423 056 595;

200k Achievement Ride

Saturday August 17 @ 6:00am

200km: Achievement, Moderate 20-25km/h, Road bike - Hilly

200km Hard, 6:00am for a 6:30am sharp start. Start and finish at Deepwater Point, Mt Pleasant. Riders must register with achievement rides coordinator! New safer and more varied route, with much less distance on major roads, and options of catching the train if you need. Note the ride is unsupported. Riders must meet qualifying criteria (see The CTA Achievement Ride Series) or similar. Contact achievementrides@ctawa.asn.au with details by email. Time Limit 13 hours 20 mins (average 15km/hr). Lights are a must. achievementrides@ctawa.asn.au

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

Coffee at the Weir

Sunday August 18 @ 8:45am

Roundabouts

Have you even wondered why?

By Doug Allen

One of our members recently queried with the Main Roads Department, how exposed they were, while riding on a designated cycle path section on a road and arriving at a roundabout where the cycle lane disappears and was wondering why?

They phoned the Main Roads department to enquire why this happened. No it wasn't an oversight. The reason the cycle lane disappears is bikes need to be in a lane

where there is an option of continuing going ahead or turning. If intending to do a right hand turn on a roundabout, the bike needs to be on the right hand side of the road. If the cycle lane had continued through the roundabout then the cyclist would have to leave that lane, which cars wouldn't expect.



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

Meet near the toilet block south side of the Narrows bridge for a ride along the Freeway, Roe Highway and Canning river cycle paths. We will stop at the Kent Street Weir cafe for refreshments before heading back to the Narrows.

Leader: Silvia 0466271481;

Coffee at Tranby

Wednesday August 21 @ 8:30am

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

Leave from toilet block Narrows Bridge Ascot Waters, Guildford, Bassendean, Narrows. Coffee at Tranby House.

Leader: Brian 0438 110 571;

John Forrest National Park and Gidgegannup

Sunday August 25 @ 8:45am

90km: Moderate 20-25km/h, Road bike - Hilly

Meet at Midland Train Station at 8.45. Get your lumps in on Coulston, Darlington and Oxley Roads, while riding on quiet forested roads through John Forrest National Park and Parkerville to Gidgegannup. Enjoy the big Gidgegannup downhill before we cut back to Chidlow and Mt Helena for coffee and cake at the bakery in Mundaring. Once refueled it is mostly downhill on Philips and Thomas, Ryecroft and Coulston Roads to finish back at Midland railway station. Contact Stuart in case of bad weather or other enquiries: 0409882931. We recommend checking the CTAWA website at <http://ctawa.asn.au/events/list> for last minute changes.

Leader: Stuart 0409 882 931;

Let's do some Hills

Wednesday August 28 @ 8:30am

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

It's not as bad as it sounds: Meet at Midland Train Station at 8.30am. From there up through Darlington and the John Forrest National Park to Mundaring for coffee MO-JO. After the break it's mainly downhill!

Leader: Liz 0423 207 258; 9293 0398 or elsbeth-marshall@gmail.com

September rides—see website

Retirees Run – 24-29 November 2019

This year the route will be :Midland- Northam- Beverley- Pingelly- Boddington- Pinjarra- Armadale.

This is an unsupported ride, I will send out the gpx files and maps in due time. The daily distances are between 94 and 53 kms.

The first night in Northam we all sleep in the hotel, the Duke's Inn. The other four nights you have a choice of either sleeping in your tent in the caravan park or enjoying the comfort of a bed and a roof over your head. On some nights it may be necessary that we share rooms.

Costs are \$130 for campers and \$250 for bedders (accommodation only, no meals included)

Send me an e-mail and I will send you my banking details. Only when you have paid for your accommodation, your place will be secured.

Liz Marshall

elsbethmarshall@gmail.com



Beverley Train Station



Left: Brian & Mike at Chittering Road on way to Bindoon



Birthday Girl Christine getting ready for BBQ dinner at Bindoon



Leaving Bindoon (the others are at the Bakery)!

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 deliberately 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.

Members Out and About

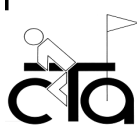


Above:
Tandem ride around Joondalup 28 May 2019

Right: Hills Training ride, Mojos café
Mundaring



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

New members can join by pressing the Join Us Now! button on

our website <ctawa.asn.au>. Existing members can log into the website using their CTA username or email address to renew their membership. Payment can be made by bank transfer (see the membership page for details) or by cheque to the Cycle Touring Association, PO Box 174, Wembley WA 6913. A receipt of payment will be emailed to you. You can also apply by filling in a CTA Membership Application form and posting it to us.

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.