

THE CHAIN LETTER

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

January/February 2020

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PRESIDENT'S REPORT

It is hot! No news to anyone but this has been the hottest start to summer on record in WA and it looks to stay hotter than usual until autumn. So remember to keep drinking that water (I work on a litre an hour during hot weather but everyone is different) and don't try to do too much in hot conditions. Also 'slip on a sun-blocking shirt (perhaps long-sleeved), slop on copious amounts of sunscreen (a teaspoon per limb and face), slap on a hat/helmet cover and seek shade (easy enough with a coffee and cake in hand).

Liz's famous 'Retiree's Run' through the western wheatbelt via Northam, Beverley, Pingelly, Boddington and Pinjarra in November was a highly enjoyable sell out in spite of the warm weather. Well done riders! The On Your

Bike 'Southern Ranges' Tour was great fun. This year's OYB was notable for the good humour and easy-going approach of everyone participating which really contributes to the overall success of such an event. Also, long-time OYB organiser and committee member Tony Humphreys announced his stepping down from OYB committee after the 'Southern Ranges' Tour. On behalf of all of us who have enjoyed the smooth running of the OYB tours over the year I thank him on behalf of the CTAWA for his decades of service.

During both tours I heard many positive comments from people in the country towns we visited about how they appreciated the opportunity to show off their area and were grateful for the boost to local businesses.

The Christmas Lunch was held at Pinelli's Winery in Caversham this year. A lovely venue and greatly enjoyed by a large turnout of members. Thankyou Teresa and Rosalee for organising that.

Sadly, bicycle theft has been a growing problem in the last year. While every loss is a personal tragedy the loss of one bike from outside a coffee shop in Victoria Park with the owner mere metres away and another when the heavy duty 'D' lock was cut under street cameras outside David Jones store in the Murray Street Mall stand out. (see my article on *Bikelinc* on page 13)

I wish you all a Happy Christmas, ride safely and soberly, and I hope we will meet soon on the road.



Regards, Stuart

UPCOMING EVENTS

ANNUAL GENERAL MEETING

Sunday, 8 March 2020

The Rise, 28 Eighth Ave, Maylands WA 6051, start time of 9:45 am for 10:00 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

(08) 6107 7962

2020 OYB - "Tiny Towns Tour"

Saturday 3 to Sunday 11 October 2020

Bright skies and big horizons await this cycling adventure exploring open landscapes and the tiny country towns dotted throughout Western Australia's eastern Wheatbelt region. Cycling along quieter, sealed rural roads, this loop tour of 550km starting and finishing in Calingiri predominately follows the designated tourist route of the Wheatbelt Way trail.

Participants will have the opportunity to see open farmlands, rocky outcrops, salt lakes and wildflowers, as well as having time to visit museums, collections, historical sites and heritage trails within some of these smaller country towns located in this less travelled area of our State. The tour will overnight in the towns of Wongan Hills, Koorda, Beacon, Mukinbudin (Rest Day), Bencubbin, Wyalkatchem and Goomalling.

For general enquiries, please contact: Trevor Knox (Tour Leader); (H) 9345 1048

(M) 040 202 9608; (E) teebs50@gmail.com

2020 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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Please send all correspondence to:
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 CTA Email: info@ctawa.asn.au
 Website: www.ctawa.asn.au

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 2019

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.

300 k - 7/12/19	10,000 in 8—20/12/19	Jeremy Knowles
John Farrelly	John Farrelly	300k—20/12/19
Bruce Robinson	Eric Tockock	Christine Liddiard
	Linda Tompkins	

Achievement Rides 2020

50K, Sunday, 16 Feb
 5000 in 4, Sunday, 29 Mar
 100K, Sunday, 19 April
Check website: "Upcoming Events" for rides after 19 April. Achievement ride descriptions and details are also on the CTA website.

DEADLINES: Contributions for the next issue (March/April) should be sent to the Editor (editor@ctawa.asn.au) no later than **6 February, 2020.**

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.

Sad passing of Tony Speechley

Tony was a CTA member who participated in a number of OYB bike tours, he was great company for fellow riders and even slept with his bike in his tent while on tour! (thank s to John B for sending in this information).

Welcome to our new member: Michael Holland

Annual General Meeting

Sunday, 8 March 2020, 9:45 am for 10:00 am start

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

To all members: Full Agenda papers will be posted on the CTAWA website and you will be advised by email when this occurs. 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 2020 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 (24 February 2019)
4. Reports
 - (1) President
 - (2) Treasurer
 - (3) Rides Coordinator
 - (4) Achievement Rides
 - (5) Social
 - (6) Clothing
 - (7) Website
 - (8) Editor
 - (9) 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 2020

7. General Business

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

AWARDS

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 2019 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 2019 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 2019 Cycle Tourist of the Year is 28 February 2020.

Election of Committee Members for 2020

Nominations for President, Vice President, Secretary, Treasurer and committee members for the positions of Rides Coordinator, Achievement Rides 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.

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 2020, please send Expressions of Interest to Stuart at :

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

Note:

There will be a link set up on the CTAWA website with nomination forms for Committee positions; 2019 Cycle Tourist of the Year and the different Awards. Members will be advised by email.



Nominations - 2019 Cycle Tourist of the Year

Nominations are called for the 2019 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 28 February 2020

2019 OYB Annual Tour “Southern Ranges Tour”

Saturday, 26 to Sunday, 3 November 2019

On Saturday, 26 October everyone arrived at Kendenup to join this year's Southern Ranges OYB tour that would take us through Mount Barker, Denmark, Albany, Porongurups, Stirling Ranges and Cranbrook. Most people arrived by car or travelled on the bus from Perth, however, our President Stuart, decided to ride from Perth to the start of the tour for a return trip of around 750 km!

Kendenup to Mt Barker

The Kendenup School P and C provided an early lunch for everyone. Tony our Tour Leader gave some brief instructions before everyone started the ride to Mount Barker. The ride was very pleasant, on a good road with a smattering of wildflowers. Sitting very starkly in one of the paddocks was an interesting construction of inter-connecting white domes. We found out that it is a dwelling, constructed out of bags filled with local soil. According to the owners their house will only cost around \$30,000 – apparently fire and flood proof! The new Mt Barker Rec centre was our camping place for the night.

After setting up tents and showering a few riders headed to the bar area to have refreshments and watch the World Rugby match between NZ and England that was showing on TV. The Mt Barker Ladies Football association catered for a superb evening meal.



Dome house near Kendenup



Mt Lindesay NP on the Denmark-Mt Barker Rd

Mt Barker to Denmark

The next morning started with the traditional serving of porridge, assortment of other cereals and toast, all sustenance for the 63 km ride to Denmark. The ride took us through Mount Lindesay National Park, with a few steeper sections, the rest rolling hills and with favourable winds. Pockets of colourful wildflowers lined the side of the road.

Denmark is a scenic coastal town, located close to Wilson Inlet, with a good assortment of shops and cafés. Many riders stopped in the town's centre for lunch before heading out the 11 km to our accommodation at Ocean Beach Caravan Park, nestled not far from the Wilson

Inlet and Great Southern Ocean. Tents were erected amongst trees with views across the paddock to grazing kangaroos. Dinner was a 2 km walk to the Denmark Boating and Angling club, apparently one of the oldest angling clubs in WA. The views towards the inlet and ocean from the lawns of the clubhouse were superb, as was the fantastic meal provided by a local catering company. The highlight of the evening was

the handing out of the commemorative casual tops, as usual lots of swapping of sizes! Breakfast was back at the Angling Clubhouse in the morning.

Denmark to Albany

Pat had an unfortunate start with a broken chain, fortunately Pedro the bike mechanic, soon had him on his way to Albany. For the 74 km ride to Albany most riders started on the

scenic Denmark Heritage Trail with views looking out onto the Wilson Inlet. Nice riding, however poor Bert had the misfortune to have his derailleur damaged by a stick on the trail, resulting in major damage to his bike. This entailed a long walk back to the Lower Denmark Road where he was eventually picked up by the sag wagon. Riders had a beautiful tail wind all the way to Albany, with many stopping at the local eateries for lunch. Unfortunately the strong winds that we enjoyed on the road also brought the

rain, causing a few challenges when trying to erect tents at the North Albany Football oval. Some riders set their tents up in the shelter of a nearby shed! As



Mon, Jacqueline and Cesar on Denmark Heritage Trail

(Continued on next page)



Sunset over North Albany Football oval

usual any discomforts in setting up tents etc were forgotten at dinner time when everyone enjoyed refreshment or two and a superb meal supplied by the North Albany Football club.

Rest Day—Albany

The weather was cool on the rest day and busy for many riders, all undertaking several different activities around the lovely city of Albany. Neville and company rode out to Whaleworld at a nice swift pace, Tony and company went for a local ride and many others took in the local sights and cafes. Another superb meal in the evening added to the day's enjoyment. A football club member told us about the unfortunate accident that one of their young talented local footballers had experienced, resulting in him being left severely disabled. Christine D took the hat around for donations, the OYB'ers all donated generously, which raised a substantial amount towards the ongoing care of the

young person.

Albany to Porongurups

A few riders decided to get on the road early for the 48 km ride to the Porongurups, due to the forecast strong winds (fortunately not head winds). There were a few trucks on the Chester Pass road, so cautious riding was required, however minimal traffic on the Porongurup Road, with great views towards the Stirling Ranges. Tents were set up in windy conditions at the

Porongurup Caravan Park.

Rest Day—Porongurups

Another rest day followed with riders all setting out on various activities around the area. The cold and blustery conditions did not deter the riders, a few set off to do the Castle Rock walk (about 5 km ride), with its granite skywalk and Nancys Peak walk was also popular, Ironwood Winery and Porongurup Tearooms were great places to enjoy wine, lunch and a coffee. Dinner for the two nights was enjoyed at the historical Karribank Tavern. A large marquee had been erected for riders to enjoy their breakfast for the two day stay. The hospitality and helpfulness of the caravan park owners was also greatly appreciated, especially the camp kitchen which was a very cosy place to hang out.



Group of riders at the entrance to Porongurup National Park

Porongurups to Stirling Ranges

Cautious riding was again required on the 57.4 km ride to the Stirling Ranges due to the likelihood of trucks travelling along the road. Fortunately the traffic only ended up being minimal, however many riders had a drenching of rain along

the way. Views of Bluff Knoll and the other surrounding mountains could be seen as we cycled along. The Stirling Range café was a welcome lunch venue before heading off to find a place for tents or to seek a chalet or cabin to stay in the night. The marquee from the Porongurups was relocated to the Stirling Ranges for the evening meal and breakfast next day. The night's proceedings commenced with a presentation to all the volunteers as a show of appreciation for their help during the tour. Another highlight of the evening was a presentation to Tony Humphreys who will be stepping down from the OYB committee. Tony has done 27 OYB tours, been on the OYB



Di, Maureen and Rosalee at Stirling Range Retreat entrance

committee for 23 years and led 5 tours. He was presented with a framed poster showing a gallery of all the tours he has led, in appreciation of his efforts over the years. The Gnowangerup School P and C catered for the evening meal, no mean feat considering some of their helpers had travelled over 50 km to present a magnificent meal in the marquee for everyone.

Stirling Ranges to Cranbrook

It was a cold start for our 70 km ride to Cranbrook, with the ride taking us along the western side length of the Stirling Range National Park (on the Mt Trio side), colourful wildflowers adorned the side of the road. The head wind seemed to strengthen once we turned into Salt River Road, although no serious hills, crops and pastures in some areas were still fairly green. Although Cranbrook is

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Lift out Rides Calendar for 2020

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.

Note: also refer to website for update on rides.

Your Way or the Highways

Wednesday, 1 January @ 7:00am

60 km: Moderate - Flat

Beat the Heat start at 7am It's an early start! We will go along Great Eastern, Tonkin, Roe and finally Kwinana highway. The traffic should be minimal on this day. Coffee will be somewhere that is open, probably the Dome at Deep Water Point Distance approx. Meet at the Burswood western carpark near the toilets. Leader: Connie 0407 640 012

No Turkey - No Ham

Thursday, 2 January @ 5:45pm

35 km: Leisurely - Night ride

Meet at the Narrows Bridge (Toilet Block) A short ride (35 km round trip) to enjoy a casual meal together - share your New Years resolutions and plans for 2020 with your cycling mates. Good working front and rear lights a must.

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

Shelley Loop

Sunday, 5 January @ 8 am

~40 km: Moderate, flat

Meet "Frasers Restaurant", Kings Park, uninterrupted ride via Canning Bridge, Mt Henry Bridge, Riverton Bridge, Causeway and finish at Kings Park.

Leader: Greg, 0409 750 653

Ocean Views

Wednesday, 8 January @ 7:45am

45 km: Moderate, some hills

With summer temperatures we will start earlier in January. Meet at the Narrows Bridge (toilet block)- (remember to check the signs in the area as some areas now attract a parking fee.) Heading into the western suburbs through quiet streets... over a few" inclines "to enjoy coffee at the beach before heading back to the hustle bustle of the city.

Leader: Rita Mobile: 0423 056 595

Tour of the Lakes

Sunday, 12 January @ 7:00am

50 km: Leisurely - some hills

Beat the Heat start at 7am We will ride through the western suburbs along 5 lakes. We will ride the full loop of 50kms and have coffee at the end of the ride Approx 50km Meet at the Burswood western carpark near the toilets.

Leader: Connie 0407 640 012

Pub Night

Thursday, 16 January @ 5:30pm

40 km: Moderate - Night ride, - Flat

Meet 5:30 pm at East Perth railway station for a cycle along the river to Midland where we will have dinner at the Grand Central hotel before heading back to East Perth along the railway line. Good working front and rear lights a must! Leader Silvia: 0466242971 or 0466271481

Ocean and Stadium

Sunday, 19 January @ 7:15 am

49 km low to Moderate, some small hills

Meeting early to beat the heat at the southern end of Narrows Bridge. Will ride to ocean and back to the stadium for coffee and then back to the Narrows (8

km). Leader: Christine, 0400 570007

Swanning to the Farm Cafe

Wednesday, 22 January @ 8:00 am

48 km: Moderate— Some hills

Meet at Midland Train Station at 8am. 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;

Come for a Swim on Australia Day

Sunday, 26 January @ 8:30am

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 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 to the Raffles.

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

Karinya Bush Ride

Monday, 27 January @ 7:30am

44 km: Moderate—Mountain bike

Meet in Kalamunda at the start of the Bibbulmun Track (opposite Coles car park) On single and wider tracks we ride to the first hut of the Munda Biddi. Take some substantial snacks and plenty of water, refreshments at about 36 kms. If it is very hot, don't stay at home, we will do a short bush ride. Leader: Liz 0423 207 258; 9293 0398 or elsbethmarshall@gmail.com;

Canning Loop

Wednesday January 29 @ 8:30am

50 km: Moderate - Flat

Meet at 8:30 am at the toilet block south side of the Narrows for a ride along the Canning river, stopping at Riverton bridge cafe for refreshments before heading back to the Narrows along the other side of the river.

Leader Silvia: 0466242971 or 0466271481

Beaufort Buns

Thursday, 30 January @ 6:00pm

28 km: Leisurely - Flat (Night Ride)

Meet at Burswood Park Playground at 6 pm for a ride around the southside bicycle routes to Bayswater before weaving our way back to Beaufort Street for supper. Good working front and rear lights a must!

Leader Stuart 0409882931

Beach Ride

Sunday, 2 February @ 8:00am

55 km: Moderate - Flat

Meet at the Claremont Train Station and be ready to take in great ocean views as we head south along mainly bike paths. Coffee somewhere with a view.

Leaders: Rita & Cliff 0423 056 595 or 0401 951 919;

Ocean Views

Wednesday, 5 February @ 7:45am

45 km: Moderate— Some hills

With summer temperatures we will start earlier in Feb. Meet at the Narrows Bridge (toilet block)- (remember to check the signs in the area as some areas now attract a parking fee.) Heading into the western suburbs through quiet streets... over a few" inclines "to enjoy coffee at the beach before heading back to the hustle bustle of the city.

Leader: Rita 0423 056 595;

Kalamunda Cakes

Sunday, 9 February @ 8:00am

55 km: Moderate, hilly

Meet at Burswood Park Playground at 8 am for the classic Kalamunda route, out through Welshpool and Queens Park to Crystal Brook Road, Lesmurdie Road and Esthers Cafe in Kalamunda before the Zig Zag and the back blocks of Kewdale back to Burswood.

Leader: Stuart 0409 882 931;

Northern Suburbs Meander

Wednesday, 12 February @ 7:00am

50 km: Moderate- Some hills

Beat the Heat start at 7am We will go up to Kingsley, discover some great bike paths and a beautiful lake. Coffee in Landsdale and back through Yokine and Inglewood Meet at the Burswood western carpark near the toilets.

Leader: Connie 0407 640 012;

Dining at the Dome After Dark

Thursday 13 February @ 6:00pm

30 km: Leisurely - Flat

Meet at the Raffles, Canning Bridge. We will cycle all the way to Point Walter on shared paths, with the beautiful Swan River in view, passing through Applecross and Attadale. The ride continues through Wireless Hill Park to our dinner appointment at the new Dome at Deep Water Point. It's then only a short ride back to the start at the Raffles. Good working front and rear lights a must.

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

50K Achievement Ride

Sunday February 16 @ 7:30am

50 km: Moderate - Some hills

Meet at the corner of Chittering Road

and Great Northern Highway in Bullsbrook for registration and map/ride description. The time limit of 3 hours 20mins (average 15km/h) should ensure that everyone has a chance of completing the distance. Contact: Email: achievementtrides@ctawa.asn.au

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

Amongst the Vines

Sunday, 23 February @ 8:00 am

Approx 45 km: Moderate—flat ride

Meet at Midland Train Station for a loop around the Swan Valley with a coffee along the way.

Leader: Randell, 0468767405

Kalamunda Bush Ride

Wed, 26 February @ 7:45am

25km: Moderate, Mountain bike

Meet at the start of the Bibbulmun Track (opposite Coles car park). There is a mixture of single tracks and wider paths with some undulations and sandy parts. Coffee at the end of the ride in Kalamunda.

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

It's Steak Night

Thursday, 27 February @ 5:30pm

30 km: Leisurely, MTB—Mountain bike/ Touring Bike - Some hills

Meet at Midland Train Station. Either touring or mountain bikes (trail surface is not suitable for road bikes) for a cycle up the north side of the Reserve Rail Trail to Parkerville Tavern for dinner. Please ensure you have front and rear lights fully charged. We will return on the north side back to Midland Train Station.

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

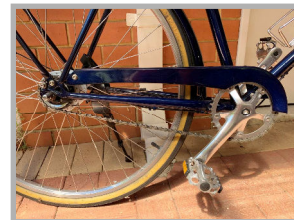
For Sale

Shimano SPD cycling shoes, size US9.7/EU44; good overall condition, minor scuffing on toes; cleats not included. (\$40)

Paillionaire commuter – 8-speed internal hub gears; includes SP dynamo hub PV-8 (retail value ~\$160) for rear light; Brooks leather saddle (broken in); used occasionally, bought new from Captain Walkers Cycles, Fremantle, 2 years ago; note – this is a large frame (59 cm seat post). (Price by negotiation)

Handlebar bag – Arkel (Canadian brand) 26 x 18 x 14 cm deep (medium/large); front zip pocket, top clear map case, shoulder strap; aluminium brackets. (Price by negotiation).

Contact: Stephen White; Ph: 0430 921 929/Email: southwind07@icloud.com



only a small town we were able to find great hospitality at two local cafes for our lunch before heading to the Sports Ground for our overnight stay. As with all country towns we were served a fantastic meal that was catered for by the Cranbrook Bowling ladies. After dinner we were treated to some great music by a band from Albany called 'Big Men Working' with a lot of riders showing off their superb dancing and jigging skills until a bit later than normal into the night.

Cranbrook to Kendenup

Next morning was our final 26.3 km ride back to Kendenup, the weather was perfect for riding, and the gravel stretch of around 15 km was on a reasonably good compacted road, with no traffic to contend with. Congratulations to Roy who not only provided the hot water for the dishes every morning, but along with Kleber and Brian did a great job piloting Mike on the tandem. Mike apologised to Roy about the minor fall at Cranbrook when they started the ride!

Once again we appreciated the lunch the Kendenup P and C supplied for our trip back to our homes. Cars with bikes attached were packed up, the people heading back to Perth got their seats on the bus and Stuart got on his bike to ride back to Perth.

Thanks to the OYB Committee for another fantastic tour: Tony Humphreys (Leader), Ann Wilson, Terry Bailey, Sue Piesse and Brian McAuliffe, without this dedicated team the OYB tour would not have been so successful.



New bike lane to Middleton Beach (Albany)

2019 OYB Annual Tour "Southern Ranges Tour"



Campsite at the Porongurup CP and group ready to do Castle Rock walk in Porongurup NP



Tony with his award in appreciation for his work and involvement over many years with the CTA

Retirees Run

Sunday, 24 November to Friday, 29 November 2019

The group of riders gathered at the Midland Train station for the start of this year's unsupported Retirees Run.

Day 1: Midland to Northam

At Midland, Kleber arrived a bit the worse for wear after having a nasty fall two days before, however nothing was going to deter this seasoned tourer from a 6 day bike ride! Our first day's ride took us up through the picturesque Avon Valley for our overnight stay at Duke's Tavern, Northam, a distance of 88 km.

The ride took us along the Railway Reserves Heritage Trail for about 16 km, some riders took the option to continue on the Kep Track, however soon headed for the bitumen due to some loose gravel and deep sand on the track. Bruce spent the longest time on the Kep Track and mentioned it was a bit slippery. Bruce and Hilary clocked up the longest ride of the day of over 116 km to Northam, they had started their journey from home to Northam. The six campers arrived hot and bothered, their bikes being loaded with their clothes and camping gear, the tandem pair of Brian and Mike only had to contend with two full panniers. Rob kindly took the bob-trailer up on the previous Wednesday with their camping gear to help lighten the load going up and over the escarpment. The rest of riders shared various rooms at the Tavern, after a bit of a shuffle and reorganisation!



Stop off for morning tea at Wandering Community Resource Centre

Day 2: Northam to Beverley

The next day's ride to Beverley (67 km), took us through York, which sits on the bank of the Avon River. At York, Brian and Mike had to repair two broken spokes on the tandem. Unfortunately a strong head wind followed us all the way to Beverley. It was good to see the Beverley Hotel at the end of the day's ride.

Day 3: Beverley to Pingelly

Some riders opted for the shorter route for our next day's ride to Pingelly which took us directly down the Great Southern Highway (54 km), while a few more energetic riders like Linda (who left at 5:30 am), Bruce, Liz and Stuart, took the long route (81 km), via Westdale Road. The warmer weather, predicted head winds and some gravel deterred the shorter route riders.

Pingelly and the surrounding districts were well into their harvesting program, views of headers working in paddocks could be seen during our ride, with road trains carting the grain to the local CBH bins. The Great Southern Highway goes through the town of Pingelly, and although only a small town has much on offer. The campers found nice shaded areas at the caravan park for their tents and the hotel occupants were very comfortable and relaxed in the 1889 heritage Pingelly Hotel. The evening meal had a great selection on offer. At dinner, the manager gave us a brief history about the hotel, it was interesting to hear about the events over the years and even the mystery of a possible ghost that inhabits the hotel from time to time!

Jane told us to keep a look out for riders undertaking a 4 day endurance event of around 1400 km that would be passing through Pingelly. We watched and waited for the riders to pass by all heading to Perth for their final destination, offering them cold water as it was still very hot on the road.

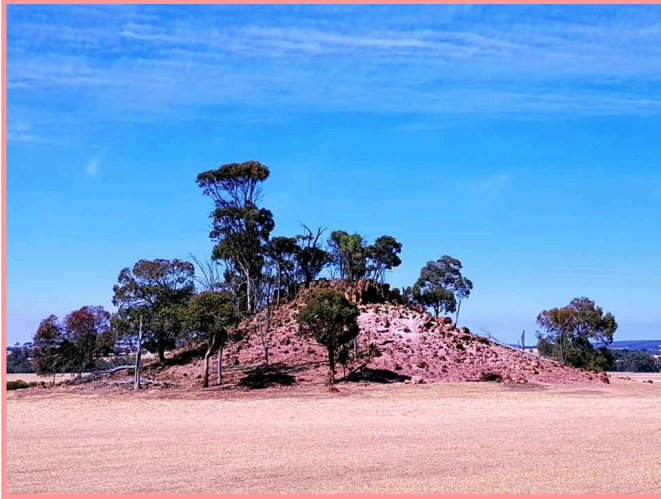
Day 4: Pingelly to Boddington

The next day's ride to Boddington (75

(Continued on next page)



Rita, Cliff, Connie, Noel and Trevor on the road to Pingelly



This rise in the landscape caught the eye of riders, according to Stuart it is an ancient land form created by a peripheral uplift of the 2.5 Bn year old Yilgarn Craton!!

km) had friendlier winds with minimal rises. A few riders stopped at the historical site of Codjototine (on the way to Wandering), the area was first settled around the 1860's, and over the years the small nearby creek was used for swimming (part of the Hotham River tributary), the area had a cricket oval, school and picnic places. It was then onto Wandering for riders to take advantage of an offer by the CRC for coffee, chocolate muffins and Lions fruit cake for a morning tea break (riders are a hungry bunch). Boddington had a good array of cafés for lunch and a good camping ground and kitchen for the campers, while the other riders were comfortable in the Boddington Hotel and Motel. Boddington shire sits in the Peel region of WA with the Hotham River running through the town. There is a nice shaded walk along the Hotham River foreshore to the Lions Weir. At night drinks and dinner was enjoyed at the Boddington Hotel. It was interesting to

find out about the Boddington gold and copper mine which has become one of the largest operating mines in Australia and is located about 13 km northwest of the town.

Day 5: Boddington to Pinjarra

Our ride from Boddington to Dwellingup along the Pinjarra-Williams Road, took us up what seemed to be a lot of long hills, especially the first one out of Boddington and then another long one

before Dwellingup. On the way we passed over a bridge and could see below the overland conveyor belt carrying bauxite along a distance of 50 km to a refinery near Collie, apparently the longest conveyor belt in the southern hemisphere. There were views across the landscape to the mining operations, eventually we started heading into some nice forested areas, along the fairly windy road, fortunately only minimal traffic to contend with. It was a nice morning tea stop at the Blue Wren café at Dwellingup, especially for Brian and Mike after their strenuous ride up the hills on the tandem towing the bob-trailer. The down-hill run into Pinjarra was fantastic, nice gentle tail wind helped us on our way. Many cafes in Pinjarra catered well for lunch.

We all arrived at the Pinjarra Caravan Park in one piece, considering the roads, winds and hotter temperatures it was a tour well done by

everyone. The Pinjarra CP swimming pool was a great place for riders to have a cool dip and relax around. Connie organised with the Pinjarra Golf club to provide the evening meal with great hospitality and food.

Day 6: Pinjarra to Home!

The next morning everyone was up and ready to leave for the various final legs of their journey's home, some riding to Armadale and onwards, while others rode on a shorter route to the Mandurah train station and then homeward.

Many thanks to Liz for her fantastic organising of the ride, accommodation, gpx route files (along with cue sheets), not an easy feat, organising over 27 riders. Along the way we found that our small country towns need our support, the towns folk are very hospitable and thoroughly enjoy seeing people visiting and staying in their towns. Another interesting observation was that one of the riders had an electric bike on the tour, all done very efficiently and certainly something that needs to be considered by tourers in the future.



Maureen on the Wandering Road—giving way to some heavy traffic



Brian and Mike on the tandem towing the bob-trailer with Richard following

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.

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):

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!**



CTA Socks

Orange/blue socks with CTA logo — \$10 a pair

CTA previous years OYB jerseys

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.

PRESIDENT'S REPORT (Cont'd)

Why Use Bikelink?

The WA Police advise that even when bikes are recovered, problems in identifying owners means that many are not able to be returned to their homes.

Accordingly, I strongly recommend that members register their bikes on the free online Crime Stoppers register at <https://bikelink.com.au/> to make re-uniting recovered bikes with their owners easier for police.

Registration is straightforward, requiring your contact details, a description of your bike including serial number, make, colour, and preferably with a photo of the bike.

One for 2021 Calendar—Rail trails, bunya nuts and yowies!!

A tour of south-east Queensland. I am proposing a self-supported pannier tour of flatter parts of south-east Queensland starting after Easter around **23 April 2021**. More info in next newsletter. Leader: Stuart

Le Petite Grand Tour Compagnie

The Petite Grand Tour Co recently sent the CTA information on a tour that they are conducting in 2020.

The tour is over 8 days/7 nights from 26 June to 3 July 2020, riding some of the Tour de France routes (Alpes d'Huez and Galibier) and seeing live 4 stages of the tour in 2020. Contact: Petite Grand Tour Co—Email: petitegrandtourco@gmail.com

The Swagfamily!

The Hughes family from Tasmania spent a year long, 14,000 kilometre ride around Australia with two kids on tandem bikes.

Many adventure-seeking families take the opportunity when the kids are young to set off to travel the country, but it usually involves a campervan!

<https://www.swagfamily.com.au/journey/>



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

2020

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.