

THE CHAIN LETTER

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

Autumn 2021

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PRESIDENT'S REPORT

Hello fellow Cycle-tourers

The Covid 19 restrictions are now being lifted progressively and hopefully this will have minimal effects on rides within WA in 2021. On this premise, plans for the 2021 On Your Bike "**Heart of the Great Southern**" tour are being finalized and it looks like a great excuse for riders of all abilities to stretch their legs in the wide open spaces. Several shorter multi-day tours are also being planned for 2021 and will be announced closer to their dates. Interstate and international rides are still so uncertain that planning for them is not possible but be assured that several group rides outside Western Australia are being considered for when restrictions are lifted. Keep your eyes on the 'Tours' page of the CTAWA.asn.au website for developments.

The Annual General Meeting was held successfully on 21 February. All current committee members were re-elected unopposed and Trevor was brought onboard to co-ordinate tours. The good financial position of the club has allowed us to reduce membership fees for 2022 while a recruitment drive to maintain our active rider base is being considered.

Some committee members have held office for several years now and It would be good if people who haven't served on the committee previously nominated to bring new ideas and energy to the club in 2022.

If you are interested in a specific office or have ideas that you would like to promote I urge you to have a chat with a current committee member to see what is involved.

Congratulations to two of our very special ride organisers who were recognised for their efforts at the AGM. Rita was recognised with two awards (**Multi-day Ride of the Year** and **Cycle Tourist of the Year**) for her outstandingly successful Busselton Retiree's Spoke Tour. Liz was recognised with a special award for her efforts in leading the **Most single day rides in a year** (it was 16 rides). We applaud also the efforts of stalwarts Liz, Rita and Connie in organising Wednesday and Sunday rides. The regular, well paced rides have been key to getting 20-30 riders turning out regularly. Well done ride leaders.

Hopefully, 2021 is going to be a year of progressive relaxation of the restrictions around Covid19. Keep having fun and I'll see you on the tracks.

Regards, Stuart



UPCOMING EVENTS

Tours. Put these ones in your calendar.

- * Grain Silo Art Tour **Booked Out**- Saturday 17 April 2021 to Saturday 8 May 2021 (See Page 17 for details)
- * On Your Bike 'Heart of the Great Southern' tour—Saturday, 2 October to Sunday, 10 October 2021 (See Page 15 for details).

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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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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: <https://www.transport.wa.gov.au/activetransport/online-hazard-report-form.asp> and/or enquiries@mainroads.wa.gov.au (send a copy to info@ctawa.asn.au).

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.

WELCOME TO NEW MEMBERS

Terri Poole	Ashley Carruthers	Juliann Lloyd-Smith	Julie Tighe
Patrick Clancy	Yew Li Cheng	Kelly Murray	Paul McDade
Suzanne Ross	Norma Josephs		

DEADLINES: Contributions for the next issue (Winter 2021) should be sent to the Editor (editor@ctawa.asn.au) no later than **25 May 2021**.

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.

Annual General Meeting—Briefs

Sunday, 21 February 2021

President's welcome

Stuart Crombie (President and chair) welcomed members to the meeting.

It was noted that the constitution requires a quorum of 10% of the voting membership be present at the meeting and that the 38 members present met this requirement.

Stuart thanked Hilary Beck and Ann Wilson for taking on the duties of returning officers.

Stuart's formal report, as well as all other committee reports were posted on the website on the 15 January 2021 several weeks prior to the AGM. For expediency they were not read out at this meeting. They do however provide an historic summary of CTAWA's operations during 2020 and are therefore included as an attachment to these minutes.

Stuart thanked the committees of OYB and the CTA.

It was acknowledged the effect covid-19 had on 2020, but nevertheless the CTA had a good year. Members have been supportive, inclusive and contributed to undertaking a variety of rides. Even outside a CTA sanctioned ride small groups of members might go on a group ride. All this no doubt has resulted the number of participants in single day rides increasing. This was now an issue. Do we want the club to increase in numbers, recognizing there are advantages and disadvantages. Even with the slightly greater numbers riding on some of the single day rides in 2020 the ride leader has had to be more mindful as to whether the café planned for the coffee stop could serve this number of customers in an acceptable time. A large number of riders may also cause long delay for other customers.

Treasurer Christine Liddiard

CTAWA's total reserves increased by approximately \$3,000 in 2020 over the 2019 balance. The combined funds of both the CTA accounts and OYB accounts is approximately \$64,000. This is a substantial amount for a club of this size, however OYB has a large equipment base which needs to be maintained, there were significant merchandise costs in 2020 as well as old stock needing to be written down or written off. How we see this surplus should be handled would come under General Business.

A graph showing the membership trend over the last 20 years was displayed. Membership for 2020 was 233 an increase of 7.

Rides Coordinator Connie Van den Ende

The number of single day rides conducted in 2020 and participation numbers amounted to a very successful year. Connie was able to recruit a number of new ride leaders as well as receiving good support from regular ride leaders who continued to consistently agree to lead a ride.

Tour coordinator Connie Van den Ende

There were three tours in 2020, Serpentine Falls, Kep-ing or Road-ing to Northam and Retirees Spoke Tour Busselton. All were well supported and enjoyed.

Achievement Rides John Farrelly

Still not a huge number doing these rides. For 2020, 28 riders participated in the 7 Achievement Ride options. The previous year only 20 riders. The achievement rides allow people to attempt their personal best starting from the 50 kilometre ride to the 300 klm ride.

Social Carmini Cilli

During 2020 there were 3 social nights, all were well attended, the presentations varied and enjoyed by those present on the night. Charlie thanked the presenters and Robyn for the cakes.

The social format this coming year will be similar to last year (3 social nights and Christmas lunch). Charlie invited anyone who would like to give a presentation at a social night to contact him as new speakers/ topics are always welcome.

Clothing Liz Marshall

New to the CTA clothing this year are nose sun protectors. Liz was able to advise that they are selling very well.

The CTA this year has contracted a new supplier of jerseys and the material used is superior to the previous jerseys and the CTA price is less than last year's.

Website Angus King

Noel spoke of the recent development of the website which now includes the capacity to readily inform viewers of past routes simply by nominating a starting point. It has a simple function to either reduce or expand the parameters of the search. This is a very handy aid for anyone wanting to lead a ride. GPS information is also available. A ride can be planned on previous routes or modified to suit.

The question of how to place a ride on the web was asked. This can be best done by contacting either Noel or Gus.

Newsletter Randell Holland

Six newsletters were published in 2020. The first two produced by Rosalee and Hilary. Randell acknowledged Rosalee's assistance in an efficient handover of this job

and thanked members for the articles he had received and updates relating to club information.

The move from paper newsletters to on-line and the greater use being made of the web was briefly mentioned. Kleber acknowledged the benefits of the web as it allows for late changes, should that be necessary (weather, illness).

OYB 2020 tour – Trevor Knox

Trevor spoke briefly about the highlights of the Tiny Towns Tour as they are covered in the formal report.

Covid-19 necessitated delaying many decisions to the last minute as government restrictions determined ride numbers and meal arrangements. As from 2020 OYB operated using Visa debit card, which was a much-improved method of payment. This tour had to proceed without a bike mechanic. Several CTA members shared this duty. The CTA has now purchased the tools that may be required to meet OYB riders' mechanical problems. This system worked well and will be continued for future OYB tours. This will result in entry fee reduction. The evening meals were reduced from 3 course of previous years to 2 course. Members were happy with this arrangement and again reduces entry fee. Roy and Terry will undertake training for a truck driver's license to give OYB more flexibility in their committee's roles. Until now it has sometimes been a problem getting a truck driver.

OYB 2021 tour – Ann Wilson

The 2021 OYB team will be the existing committee of Brian (OYB leader), Trevor, Terry, Sue and Ann and new committee members Christine and Roy. The tour is the 2nd to 10th October 2021 commencing at Narrogin and taking in Williams, Wagin, Katanning, Nyabing, Darkin and Wickepin. All venues and caterers are booked. The brochure should be available in the first or second week of March.

Awards – John Farrelly

Achievement Ride Recipients – John presented awards recognizing they represent a club and individual celebration.

Merit Series – Kleber Claux, Stuart Crombie, Richard Marshall and Liz Marshall.

Achiever Series – Don Ward, Linda Tompkins and Greg Atter.

Challenge Series – John Farrelly

Super Achiever Series – Bruce Robinson and Christine Liddiard. Bruce and Christine completed the 300 klms in 18.5 hours.

2020 Newsletter Article of the Year – presented by Randell Holland to Christine and Linda for their article Girls Do The Gibb River Road.

2020 Ride of the Year

Single Day Ride of the Year – presented by Stuart. This award was tied. Liz for "Let's do some hills" and Silvia for "Pub night".

Multi Day Ride of the Year – presented by Stuart, awarded to Rita for organizing "Retirees Spoke Tour Busselton". (Side note: 4 people rode their bikes to Busselton).

2020 Cycle Tourist of the Year – presented by Stuart, awarded to Rita.

Person who lead the most rides during 2020 – presented by Connie, awarded to Liz.

Connie, being the rides coordinator abstained from recording her own votes. Liz led 16 rides.

Election of Committee Members for 2021

The following were elected:

President – Stuart Crombie, Vice President – David Grubb, Treasurer – Christine Liddiard, Secretary – Douglas Allen, Achievement Rides Coord. – John Farrelly, Clothing – Liz Marshall, Newsletter Editor – Randell Holland, Rides Coordinator – Connie Vanden Ende, Social Coordinator - Carmine (Charlie) Cilli, Tours Coordinator – Trevor Knox, Webmaster – Angus King.



The 2021 CTAWA Committee. (absent David Grubb and Angus King)

GENERAL BUSINESS POINTS (please consult the CTAWA website for more details)

- CTAWA postal address will remain the same.
- 2020 auditor appointed for 2021.
- Discussion on clubs surplus funds.
- Reduction of membership fee by \$5 in 2022.
- Membership size.
- Need for more ride leaders.
- Could the sign in sheets be computerized
- Colouring of OYB jerseys.
- Australian Masters Games in October.



Congratulations to Rita, 2020 Cycle Tourist of the Year



FAMILY BIKES

RIGHT: Charles Steinlauf and his family take a ride on his invention, a four-position bicycle which also contains a built-in sewing machine. Charles rides on top, with his son Fred manning the rear pedals. Mrs. Steinlauf rides amid-ship, sewing on her sewing machine, as daughter Ruth rides in front.

BELOW: Hold on tight kids.



CTA Retirees Spoke Tour 2020 Busselton

30th November to 4th December 2020

Cloudy skies threatened to dampen spirits, but it was not a deterrent... 71 CTA members gather and settle in for a week of activity. Most of us arrived with vehicles laden with bikes and associated gear – but 4 of our members chose the trusty cycle to get them to Busselton. Kleber arrived on Sunday afternoon about 4:30 having completed the entire distance in the day.

Monday afternoon saw the arrival of Christine, Hilary and Jane, their journey with a more leisurely pace of 2 days riding. Monday afternoon we kicked it off with a ride along the bike path from our home for the week (RAC Holiday Park) to Dunsborough – 34kms round trip. (Of course, consuming the first of many coffees to be had over the 5 days). Our daily catch up at 5pm @ THE HUB on Monday night set up the format for the week, everyone signed in and received a “RAC Show Bag”, this included a map of the region, some brochures for ideas of what to see and do, along with a tube of sun screen supplied by the Cancer Council and either an energy gel of bar supplied by WINNERS the Sports Nutrition Company. Choose a ride, start time, distance, pace and destinations were explained. Some lingered with a drink or 2 but some caught an early night in readiness for the morning.

Tuesday, rides to Capel, Peppermint Beach, Cape Naturaliste, and the Wonky Wind Mill Farm. Rosalee challenged her leisurely group and they arrived back in camp having cycled 70km. A PB for some on that ride. The Tuesday 5pm daily catchup outlined Wednesday which was called “Free Wheeling”. Jeremy and Dave Oakley leaders of the Mountain bike enthusiasts, who heading out to Margaret River. Trevor had made arrangements with the Busselton Tennis club for a social morning of tennis with their members. Rita (moderate pace) & Keith (fast pace) went to Cowaramup and MR Choco Factory – 80km. Others did a swim, walk or made up their own ride/activity.



Tuesday night was movie night – a showing of “All For One” drew a big crowd – technical issues were sorted out quickly by Gus. Rob Boggs and Gus King stole the show – with mid movie chair collapses- thankfully, they both were ok. Wednesday 5pm catch up, sign in for rides on Thursday, which had 2 groups heading to Canal Rocks with Liz & Rita, Capel for a faster pace with Noel & Jane, Anniebrook Flower Farm for the leisurely groups (2) lead by Brian and Robyn (Charlie as 2ic). The group BBQ was planned for the evening, great facilities in the BBQ area and the camp kitchen.

Thursday morning Dave Oakley rounded up his Kayaking team and they set off for a beautiful morning around the Meelup Bay area. Overhead helicopters highlighted there may be a shark in the area. Thursday 5pm catch up – our penultimate night. Rides for Friday explained which included Canal Rocks for the fast pace

lead by Trevor, Goanna Gallery at a moderate pace – leader Rob Boggs, and the leisurely groups (2) also heading to Goanna Gallery, this time Gus and Stu leading the way. Having missed out on the ride to Cowaramup on Wednesday, John U. organised a group to head out that way again. Our Dunsborough CTA member Greg joined this group and gave them the inside local knowledge taking them off the main street to a hidden coffee gem in Cowaramup. We also recognised the ride leader volunteers and ride leaders who did a great job of keeping us on the purple line and bringing us safely back to camp. The RAC had provided us with a great prize – a 2 nights’ accommodation voucher for the RAC Karri Valley Resort staying in the Lakeside room. Ride leader Rosalee found the lucky RAC Logo hidden in her balloon- not only a worthy winner – BUT an extremely excited winner!!! (does anyone have the video of Rosalee jumping up and down?)

Thursday night was our 2nd movie night – Wendy and Vicki got the popcorn machine working as well as the fairy floss machine. MAMIL’s (Middle Aged Men in Lycra) was shown – it highlighted the importance of the comradery that is generated in cycling clubs. A great way to meet people, keep fit physically and mentally. Don’t underestimate the need for all of us to say “R U OK”.

Friday another beautiful day on the bike but the wind was a definite factor heading away from camp- it was forgotten though as long downhill with wind assist finished off all the rides of the day. The Ship Inn was our last hurrah – drinks and a meal we all enjoyed the last evening together.



Saturday morning – after repacking the tents, bikes and caravans we all returned to Perth safe and sound and ready for our next adventure.

A big “Thank you” to all the participants for the enthusiasm you brought to the tour. You made it a huge success.

Rita & Cliff



CTAWA CHRISTMAS LUNCH

6th December 2020

The Annual CTAWA Christmas lunch was held at The Henley Brook restaurant in the Swan Valley and a great time was had by all. The food was top nosh and their sweets were rather unusual with ETON APPLE which was Almond biscuit, cinnamon cream, vanilla meringue + freeze dried apple and CEREAL-SLY which was Confetti sponge, fresh strawberries, fruit loop cream + fairy floss.



The long table



Eton Apple

Peripheral Vision, Road Positioning and Defensive Cycling

Some thoughts on safer cycling by David Grubb

We all know that if we have an accident whilst riding our bike, that no matter whether the accident is with a vehicle, pedestrian, other cyclist or just plain old falling off or over, we are likely to come off second best and, possibly injured, or worse?

One therefore needs to take care and ride defensively to minimise the ever present possibility of an accident.

Firstly, a bit about peripheral vision. We humans have the ability to “sense” something, particularly movement, in our peripheral vision, call it part of the hunter / survival instinct. The only problem is, peripheral vision is pretty unreliable. I remember an article I read a few years ago about peripheral vision and cycling. It was written by an RAF pilot instructor, and how defence force pilots are trained not to rely on their peripheral vision, the reason being your peripheral vision skips over things and has gaps. It is like joining the dots in a picture puzzle, with the brain filling in the bits between the dots. If it is not “glimpsed” as a dot in the peripheral vision scan, it does not exist, the brain just fills in a blank. Not a good result for a fighter pilot missing seeing an enemy aircraft. Pilots therefore are trained to scan precisely by turning the head and eyes to their possible limits and actually looking at their surroundings, and what they can see. Not just a glance and relying on peripheral vision to fill in the missing bits with nothing, but a proper scan. Try it yourself when you are driving, or riding, it does make a difference to what you see and notice – no assumptions.

Unfortunately, most drivers, cyclists and pedestrians do rely on peripheral vision – how often have you heard “sorry, didn't see you”, they literally didn't actually see you, although you were there. This happened to me a few years ago on a roundabout on Hackett Drive, a car pulled out straight in front of me, leaving me nowhere to go but into the side of the car. No significant damage as I was able to turn so that it was a glancing blow, but those were his exact words: “where did you come from? I didn't see you!” This despite the fact I was dressed like a giant yellow canary!

Motorists arriving at an intersection often glance a bit to the right and left and rely on peripheral vision to fill in the gaps. They will probably see a large solid object, such as another vehicle, because that is what they are looking for towards the centre or middle of oncoming lanes. If they don't see a car, truck or bus, all OK, “oops didn't see that cyclist all the way over there near the kerb”, crunch!

There are a few things we can do as cyclists to help road users see us.

Obviously, bright visible colours are preferable, it does help.

Secondly, road positioning. Near the kerb approaching an intersection and a cyclist is tucked away almost at 90 degrees to another vehicle / driver, particularly those vehicles on the left. Moving out from the kerb places you more in the driver's line of sight, rather than at the extremes of his or her peripheral vision.

Thirdly, as a cyclist you should assume that a driver has not seen you and your defensive riding technique should have an escape route, or a plan, if said driver pulls out in front of you. Avoidance, stopping, whatever, that is, don't rely on the other person. “But I had right of way” is all well and good, but not so good when you are splattered all over the asphalt!



The cyclist's mindset should be “every other road user is trying to kill me, I don't want that!” This leads to the theory to “make eye contact”, so that you know the other person has seen you. That, however is not the end of it!

When that they have seen you, you should then assume that now they really are trying their best to kill you. (This applies particularly in Western Australia, not so much in, say, France or Germany where cyclist vs motorist culture is somewhat different?)

A few more defensive riding strategies to help avoid placing oneself in danger. Certainly, riding defensively means one's journey may take a little bit longer, however a few seconds lost on the ride is preferable to having an accident, or just a near miss, and the downside resultant of that.

This one seems to happen to me every few rides, where a vehicle will pass, then immediately move to the left, turn left (probably without indicating), meaning the cyclist is cut off, forced to slow, or forced to the kerb. Seems a bit better now the 1 metre passing rule is “out there”, but is still a regular occurrence. Seems that once a vehicle has passed a cyclist, the cyclist is forgotten, “that cyclist is behind me, they are only slow, no longer a concern”, This also happens regularly at roundabouts, vehicle speeds up, passes cyclist, slows / stops / or turns left? The motto is “be prepared.”



Similar, are vehicles towing a trailer / boat / caravan. The driver passes a cyclist, forgets about the cyclist as soon as the car is past, forgets about the trailer, closes back over to the left, with the trailer mere centimetres from the cyclist. If I spot a car towing behind me, I expect to be close shaved by the trailer, and start thinking “can I exit left to a driveway if needed?” Particularly relevant near boat ramps, such as along the esplanade in Mt Pleasant near The Dome.

This leads to “pinch points”, roundabouts being high on the list. Traffic “calming” measures are another, think the riverside path near the Left Bank in East Freo. The “curves” to slow traffic puts vehicles in the bicycle lane as they cut the corner. The old road may not have been as smooth, but at these points there used to be a kerb separating the bike lane from the car lane. Now on quite a few it is just a white line. Not good.

Finally, I think it is very dangerous, (and it is illegal), for us cyclists to pass a vehicle on the left side of that vehicle. Many vehicles don't indicate a left turn, they just turn. Even on our group rides motorists will even “push through” the line of cyclists to turn. This is particularly relevant at traffic light controlled intersections, it is not a good idea to creep past on the left of stopped vehicles.

Enough, I could go on, but you know what it's like!

I guess, defensive cycling can be summed up as being aware of your surroundings, anticipate potential dangerous situations and think of an exit plan, or strategy for when it all goes pear shaped.

Here are some links to websites for further reading if you are interested.

[What is defensive cycling? | The Edinburgh Bicycle Cooperative](#)
[How To Cycle Defensively On The Road | realbuzz.com](#)
[road positioning | Cycling UK](#)

I know we are all mostly experienced cyclists, however it is good to be reminded of the basics.

Safe Cycling

Cheers, David

OUT AND ABOUT

In these Covid19 self-isolating times many of the CTAWA crew are keeping fit and riding around the city. Social group rides (with some conditions) have now resumed. Here's some photos.



Heading up the Zig-Zag to Kalamunda.



A well earned dinner at The Vault in Kalamunda



View from the back of the tandem on the Christmas ride.



The starting point of many CTAWA rides at the south end of The Narrows Bridge.



Coffees at Leighton Beach on the Christmas ride.



Night ride to King's Park for a picnic.

IF DOGS COULD RIDE BIKES



VLOGS AND BLOGS

1. Phil Gaimon of Tour De France Fame, visits Perth in his series 'Worst Retirement Ever'. [Cycling in Perth - Worst Retirement Ever - YouTube](#)
2. Reed and Lisa Neubert cycle their tandem around Europe [Bavaria, Tyrol, Dolomites Tandem Cycling Adventure Part 1 - Prep, Munich, Bavaria, Zugspitze - YouTube](#)
3. Vince McCarthy is currently cycling around Australia from Canberra. [A happy ride around Australia \(second attempt\) - CycleBlaze](#)

Above is a few vlogs and blogs (journals) that fellow cycle travellers have put together about their journeys. If you can't be out there on the open road yourself, the next best thing is following other cycle tourists I reckon. If you find any other journeys on the internet that you enjoy, please let me know.

Regards

Liz's Kep track ride to Northam

November 14, 2020 to November 15, 2020



Liz marshalling the troops



Jeremy out ahead at the old railway cuttings

My lovely wife dropped me off at the Midland TS where I joined the CTAWA crew for a weekend, overnight ride to Northam and back. Connie offered to take our panniers in her car so we could ride a little lighter, which got two big thumbs up from me. Soon around 25 of us were heading up the gravel rail trail through the National Park for our first coffee break at Chidlow. We have had an unusually wet and cold record breaking start to November. The skies were cloudy and the waterfalls along the way were flowing nicely although not raging. I was riding alongside Stu for a while then when I looked around he had stopped about a kilometre behind. I waited for a while, contemplated going back, then rationalised that there were quite a few riders behind us, some with excellent mechanical skills, so see you at the coffee shop. Alas, I maybe getting a reputation as a cycling partner 'ditcher' or 'dumper'.

We all made it to the coffee shop, I had a coffee and award winning carrot cake as the rain came down. Stu tried to ride his bike but the jockey wheel had disintegrated and ball bearings had gone everywhere. After his dramas in Covid Canada and dehydration in the Kimberleys his luck hasn't changed. Everyone knows these things happen in threes, so he should be OK now. ("That's illogical" said Mr Spock). Connie in a car to the rescue, she purchased a new jockey wheel and picked him up.



Just before ball bearings went everywhere

The showers came and went and the track became a series of puddles still it was nice and cool, much nicer than a 40 celsius day in my opinion. The next stop was at Bakers Hill for lunch, where I tried a cheese and spinach pastie, not bad. Shortly after we left Steve lost control on the gravel track right in front of me. He was OK, just a bit of skin removed by his handle bars. Another victim of our pea gravel. At Clackline I opted for the road via Spencers Brook as I was a little sick of the gravel and it's very quiet. The majority of the cyclists kept on the Kep Track all the way, which has a reputation of being infested with double-gees but no flats were experienced. At Northam I had a little ride around seeing the sights and then had a beer with the gang at the Dukes Inn. Charley and Robyn turned up. Charley had attempted to ride out from Northam to Clackline but was thwarted by a roaming 'hound from hell'. It's nice to see a grand old hotel that's been nicely renovated. There's so many of them falling apart in the smaller, more remote towns in WA. which I recently rode through on the Tiny Towns Tour.

I shared a room with Stu who kindly offered to let me have the double bed as the single bed was about 5 inches shorter, thanks mate.

That night we all had diner in the pub. My mains of chicken Caesar Salad was nice, then I ordered the Apple Crumble. As I ate my crumble I discovered that there was no crumble on top, none at all and the others were just the same. I know there are starving children in the 3rd world, but what's happening here. Could the chef have forgotten to put crumble on three servings or did he just think nobody would notice and/or complain or even worse was he the only chef in Australia who didn't know how to make an Apple Crumble. Of course I didn't send it back for good reason. Chefs can be vindictive and take revenge on your food when hidden in the kitchen, well that's what happened in the movie Roadtrip, which obviously left a lasting impression on me.



Mandatory stop at the famous pie shop.

Sunday was a reverse trip of yesterday apart from a few extra kilometres for me to ride home. Had a great sleep with a whole double bed to spread out on and no snoring from my room mate. I was expecting a cooked breakfast (full English) downstairs as it wasn't cheap but it ended up being a bowl of muesli and toast so next time I'll find a café in town. Everyone headed off about 8.30am with most doing the Kep Track to Bakers Hill. Stu in his repaired bike and I took the Spencer Brook road again to Clackline, then a 10km section of Gt Eastern Hwy to Bakers Hill which wasn't too bad with a 700mm shoulder. After another pastie, vanilla slice and coffee I headed back on the gravel which had dried out and many of the puddles from yesterday had gone too. The sun came out apart from a few brief light showers. At Chidlow I went solo straight home and arrived before 4pm totally worn out.

Liz and Richard push their bikes through the creek



CYCLING HOLIDAY SNAP

Dave can't wait to check out the silo art on the CTAWA 2021 GRAIN SILO ART TOUR in April. Here's a photo of him outside the silo at Albany on a recent trip. *Send me a photo of yourself and your bike on a trip. the editor.*



Ride Guidelines and Information

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

For any other general information refer to: <http://ctawa.asn.au/ride/general-information>

LIABILITY DISCLAIMER:

The Cycle Touring Association of WA (CTA), its officers and ride leaders, may not be liable for loss or damage whilst taking part in any CTA activity. It is important to note, that 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.

Riders must wear an approved safety helmet and obey all road rules (eg not use a mobile phone while riding). If a rider leaves a ride, they must make sure that the rider is informed of this.

Do you have a redundant bike still in good condition, that you no longer ride or need?

GIVIT (givit.org.au) is an online charity where people can go to donate to people in need. Currently on the GIVIT website there are a number of charities asking for donated bikes for their vulnerable clients (adults and children's size bikes).

If you have a used bike in good condition, that you no longer need, they are asking if you would be willing to donate to GIVIT.

Donating your old bikes might help a child get to school and a job seeker get to an interview. For vulnerable WA people bikes are an essential means of transport and would be so appreciated.

If you need further information on how GIVIT works you can check out their website or contact: Sarah Visser, Engagement Officer – WA, Sarah.Visser@givit.org.au (0480 223 840)



2021 OYB ANNUAL TOUR – “HEART OF THE GREAT SOUTHERN”

2 OCTOBER to 10 OCTOBER 2021

The 2021 On Your Bike tour will be in its 33rd year, we are hoping you can come along and join us. The tour starts in the lower fringes of the Wheatbelt Region at Narrogin, crossing over and sometimes following the Great Southern Highway and Great Southern Railway (now only used for freight). The tour route will make its way through rolling plains, encompassing rich farming land, along the way staying at Darkan (a longer day ride option will be offered on this route from Williams to Darkan), Wagin, Katanning, and then heading eastwards to Nyabing, north to Dumbleyung, Wickepin and back to Narrogin. The rest day is in regional Katanning that likes to be recognised as the ‘heart’ of the Great Southern. The town that started at the end of the 19th century is sprinkled with heritage buildings and is now known as a town with a rich cultural diversity and interest. The massive All Ages Playground that sits alongside the Great Southern Highway and main entrance to the town centre, is now recognised as one of the most iconic playgrounds outside the metropolitan area.

More details will be in the tour brochure, which should be on the CTAWA website by the end of May 2021 or you can contact Brian McAuliffe on 0438110571 for further information.



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)**



John presented the awards recognizing they represent a club and individual celebration. A great effort by the participants and if you complete 3 rides you receive a CTAWA mug and legendary status. The next Achievement ride (50km) is on the 7th March.

Merit Series – Kleber Claux, Stuart Crombie, Richard Marshall and Liz Marshall.

Achiever Series – Don Ward, Linda Tompkins and Greg Atter.

Challenge Series – John Farrelly

Super Achiever Series – Bruce Robinson and Christine Liddiard. Bruce and Christine completed the 300 kms in 18.5 hours.

CTA clothing is available as follows:

CTA jerseys: \$55 Short Sleeve, \$60 Long Sleeve.

Short Sleeve sizes S, M, L, XL, 2XL and 3XL, \$55

Long Sleeve sizes S, M, L, XL and 3XL, \$60

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 and Red/yellow socks Sizes 2-8, 7-11, 11-14 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 improved vision of vehicles and 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.

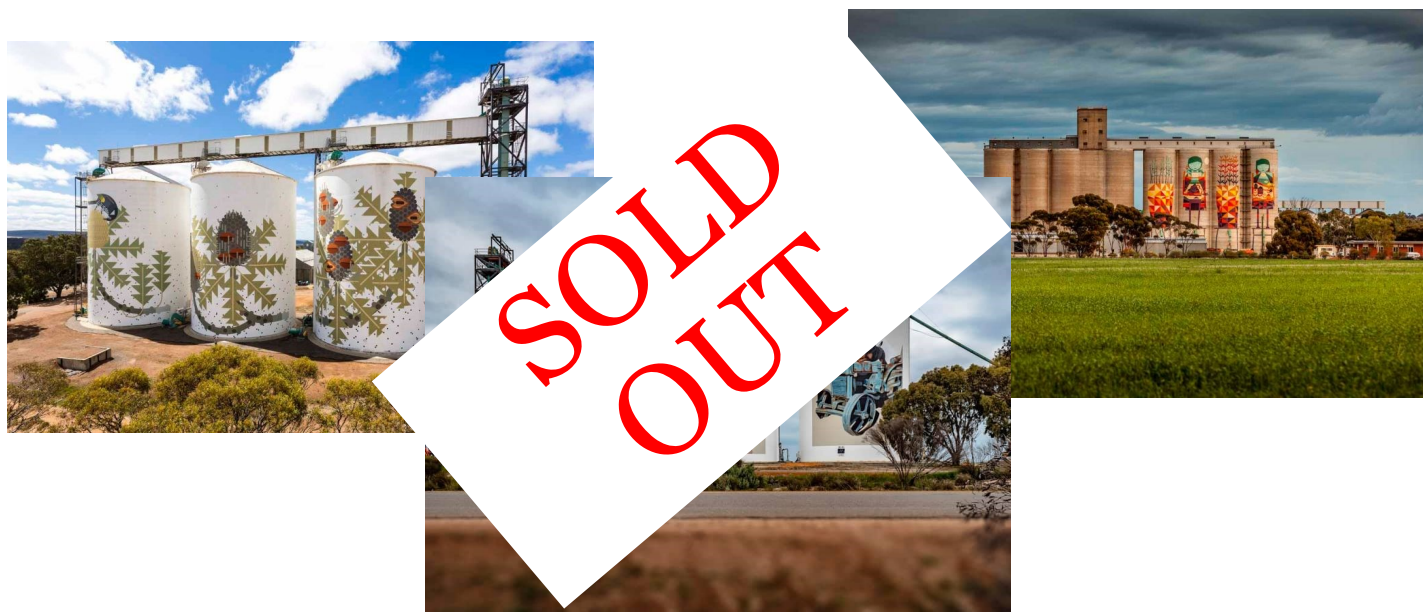
Contact : Liz, 0423207258 or email clothing@ctawa.asn.au for any enquiries or orders.

Nozkons Give protection to your nose from damaging UV rays. See Page 17



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.

CTAWA 2021 GRAIN SILO ART TOUR
 Saturday 17 April 2021 to Saturday 8 May 2021



Based upon FORM's PUBLIC Silo Trail which showcases world class murals painted on grain silos in unexpected towns across the State, this 22 day event (starting and finishing in York) is an unsupported tour of 1238 km taking in 6 of the seven painted silos.

Three rest days in the towns of Katanning, Ravensthorpe and Narembreen have been factored into the itinerary to allow participants time to recuperate and explore the area.

Participation is for CTA members only with collective reservations (and payment) made on behalf of participants camping on their selected dates.

Organisation of any other style of accommodation (cabins, villas, en-site caravans, B&Bs, motel/hotel rooms), either pre & post tour, the entire event or on any of the rest days is entirely the responsibility of individuals for arranging their own bookings and direct payment.

Trevor Knox
Event Organiser

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



NOZKON

The most stylish and versatile nose sun protection device to date, the NozKon (pronounced "nose cone"). Simply attach the adjustable hook & loop strap onto your glasses or goggles and go! NozKon.com - [The newest technology in sun protection for the nose](http://NozKon.com). The CTAWA has bulk-purchased some tan Nozkons and are available for \$12-00 each.

Contact : Liz, 0423207258 or email clothing@ctawa.asn.au for any enquiries or orders.

CTA WEBSITE UPDATES

Gpx tracks in the Metro Area

The Rides Coordinator (Connie assisted by Noel) and Webmaster have been working to improve availability of GPX tracks (aka routes) for the daily rides centred around the Metro area. The aim is to make it easier for members to lead a ride or to choose rides in their area of the city. There are some new **Rides** menu options to enable this, based around the concept of a starting venue (location) for a ride.

The first new option is [Find a Ride – Tracks List](#) which allows you to find tracks that either start at a venue or pass within a certain distance of the chosen venue.

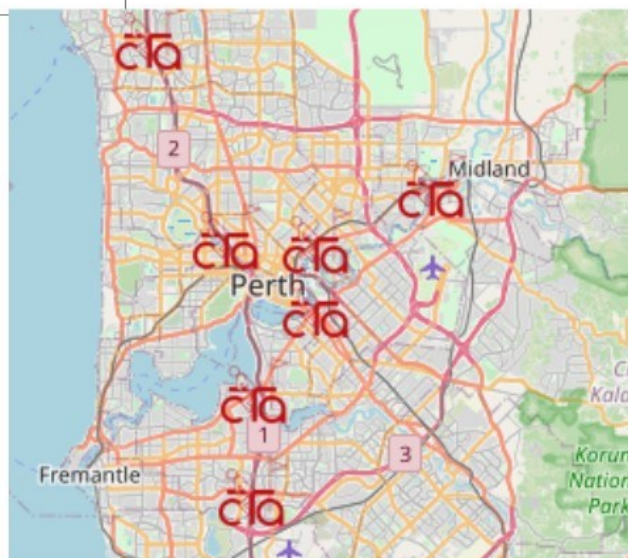


Find a Ride – Tracks List

This is a "work in progress" to assist in finding CTA tracks (rides) within a certain distance of a chosen venue or location.

Choose the range and venue from the dropdown list and press **Find Tracks**. If you choose a range of 0 a list of (only) tracks that start at the venue will be shown. Alternatively, you can enter a latitude and longitude.

Range: Km from Venue:
 Lat: Lon:

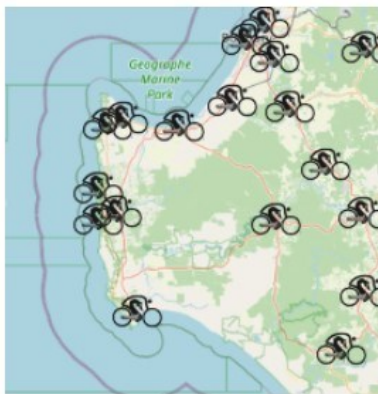


The second new option,

[Venue Maps](#)

will display three maps with locations of venues indicated by a CTA logo. The first of the three maps will show the starting venues for daily rides happening in the next month or two. The second map will show those venues that have GPX tracks available on the website. To add a GPX track to the website contact the Rides Coordinator, rides@ctawa.asn.au. To "qualify" the GPX track must have been or will be a CTA daily ride. The third map shows all (currently) possible venues.

The third menu option, [All Ride Routes](#), lists all available GPX tracks.



Finally, while working on this the webmaster thought it might be useful to provide a map of the towns that have hosted an OYB tour (either overnight or start of a tour). This is accessed by a new [OYB Towns](#) menu on the **Touring** menu.

While you're there check out some of the other **Touring** options to plan your own trip around the south west.

ROBYN'S SUPER SEED CRACKERS RECIPE

Ingredients:

200gms sunflower seeds
 60gms pepitas
 60gms linseed
 100gms sesame seeds
 15gms psyllium husk
 5gms fine salt
 1 level tablespoon cornflour

Options to add:

1/4 cup nut yeast + 1 teaspoon onion powder
 Or
 2 teaspoons Italian herbs
 Or
 1/2 teaspoon chilli flakes + 1 teaspoon curry powder

Method:

Pre-heat oven to 160 degrees

Mix all ingredients with 490mls water and let stand for 15 minutes. Stir and spread evenly over 2 trays. (I cover the trays with baking paper so they don't stick).

Bake for 1 hour, score and return to oven for 30-60 minutes.

Turn oven off and leave to dry for at least another hour.



Ride Leaders Needed!

Do you have a favourite ride that you regularly do or have an idea about a tour? If so, the Ride Coordinator would love you to hear from you. You could even go out on a recci by yourself for a suggested ride in future!

Check out the website to give you some tips and information on leading a ride.

http://www.ctawa.asn.au/ctawa_files/rides/CTA%20How%20to%20be%20a%20Ride%20Leader.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

2021

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.