

THE CHAIN LETTER

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

Spring 2021

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PRESIDENT'S REPORT

Stay upright!!!! Please!

Since the autumn, three of our senior riders have had bad accidents resulting in weeks off the bike at best or hospitalisations at worst. Two of the accidents were riders half-wheeling the bike in front and having their wheel hooked when the leading rider swerved. Seriously people, we need to be very attentive when riding, especially in the larger groups we are getting now.

Be careful, especially now that our bi-weekly groups are getting bigger and we are riding a bit faster. You know the protocols; ride in straight lines, don't overlap wheels, leave room for unexpected movements of riders around you, don't ride faster than you feel comfortable and in control. Remember too that if you feel something is risky you should talk to the ride leader about it.

First Aid training has been organised for all members to help us be more prepared should an accident happen. The courses are being run on Thursday 16 September and include both a full day, accredited First Aid and CPR course (\$50) or a 2 hour lecture only demonstration of what to do (\$10). See the CTAWA.asn.au website for details.

Register now.

The spring riding season is going to be a ripper. We start with the 'Heart of the Great Southern' On Your Bike tour, continue with the 'Southern Dams and Murals to Collie' and finish with a week of hills on the 'Bridgetown Spoke Tour'.

I look forward to riding (safely) with you on the paths in the beautiful spring days ahead.

Stuart



UPCOMING EVENTS

Tours and Events. Put these ones in your calendar.

- Social Night at The Rise, Maylands. -Thursday, 7pm 23rd September 2021. Two presentations. The Silo Art Tour from the back of a tandem and 12 great rides of the South Island, New Zealand.
- On Your Bike 'Heart of the Great Southern' tour—Saturday, 2 October to Sunday, 10 October 2021, *See Page 16 for details.* **SORRY, NOW BOOKED OUT**
- Collie Tour-Monday 1st November to Monday 8th November 2021. *See Page 18 for details*

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DEADLINES: Contributions for the next issue (Spring2021) should be sent to the Editor (editor@ctawa.asn.au) no later than **25 November 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.

The Chain Letter

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

Charlies Country

By Gary Pinnegar

I hear a shout from down the lane leading to a jumble of rusty cars, outbuildings and a large metal shed.

“You can have anything from there my friend” Charlie said, “no I wouldn’t take anything , they look beautiful. They’re an artwork, a history of your cycling,” I introduce myself as I gaze at all the bicycles hanging on the fence.

““Charlie” he says and shakes my hand.

Charlie takes me to have a look at his place. “I can’t take you in the house, me wife’s really sick, still sleeping”

he said, as he shows me his shade cloth area. It had a kind of beauty the morning sun creeping through the green shade cloth, plants hanging from the structure.,

“Just look at all those old tools! “Charlie says, “I got buckets of them here, never throw anything away”. For twenty-five years Charlie has lived on this land. He bought his ten acres, built a huge metal barn fitted it with solar panels etc and built a home inside of it. Around the ten acres sit all sorts of rusting objects including farming equipment and an old truck. Charlie is about my age,

not a little rat like me though, he stands barrel chested in his welly boots and yellow work shirt, long beard and turned up moustache. “There’s Good bush medicine around here, I wish me wife would take it” Charlie says.

I had never been in this part of the country before, north of Perth, west of Bolgart, villages with names like Wyening where the old monks had their vineyards to tempt the abbot’s palette.

There are red dirt roads all over, great rolling hills with forested areas, green after the winter rains. I camp in the woods, attacked by mozzies. The wet dew dropping



onto me during the night. The air still and cold, the tent soaking through lack of ventilation, I have to keep everything closed against the clouds of insects.

I stop off in a church porch for lunch, I love country churches, this one is a simple design, built by a family, it fell into neglect when the family went back to England and was rebuilt when they came back, gravestones on a steep slope, pioneers resting.

I camp again in the forest, this time the evening is dry, I get warm at the campfire and awake to torrential rain.

Footnote: I had joined a ride from New Norcia organised by Ian Aitken. By the time we arrived in New Norcia I realised that I would never be able to keep up with the group, also the food smelt and looked too good in the roadhouse to refuse. I stupidly told everyone to go off and leave me. I thought would catch up or maybe take three days to do the ride, meanwhile I enjoyed my tasty snack and watched my fellow riders disappear down the road.

I managed to get myself lost twice on the trail due to not looking at the map and enjoying the moment just a bit too much.

Ian Aitken arranged a water drop for me which was great, I also carry a water filter, so I was not too concerned, but this is a dry area, having said that if you have a good filter there is water to be had.

Charlie lives in beautiful country, I hope to go back one day.



BOOK REVIEW

By David Grubb

A while back I picked up a book from the library, “**Muck Sweat & Gears**. A Celebration of Cycling” by Alan Anderson.

Great little read, here are some excerpts that I found interesting and entertaining.

THE YEAR RECORD

The world record for the greatest distance cycled in a year was first contested in 1911.

1911 Marcel Planes France 55,790 km 153 km / day average
(Have a think about that, would have been single speed, and probably a bit heavier than a carbon fibre road warrior's machine!)

A few more of the 11 official records

1936 Walter Greives GB 73,037 km 200 km / day average
(Walter had to ride a specially adapted bicycle – he had only one arm!)

The last record was in 1939

1939 Tommy Goodwin England 120,805 km 332 km / day average

The Guinness Book of Records then ceased recognising the year record due to the dangers to the riders health

Note that the last record was 1939, war was declared 9 months into the ride and he finished riding during the wartime blackout. Having completed the “year” he continued on and reached 100,000 miles in May 1940. (161,000km). He apparently found it difficult to walk during / after all that? I find it impossible to imagine any of all that?

A THOUGHT

Give a man a fish and feed him for a day.

Teach a man to fish and feed him for a lifetime.

Teach a man to ride a bicycle and he will realise fishing is stupid and boring.

Archbishop Desmond Tutu, cleric, human rights campaigner and cyclist.

A THOUGHT

I thought of that while riding my bicycle.

Albert Einstein (on his Theory of Relativity)

WIND IS ALWAYS AGAINST YOU

Wind is fundamentally unfair. If it blows in a 160 degree arc from behind it helps, but any other direction - 200 degrees in total – it hinders. So 56 percent of winds are against you and only 44 percent help you!

WHY CHAMPAGNE IS THE DRINK FOR CYCLISTS

The pressure inside an unopened bottle of Champagne is typically approx 5 – 6 BAR. This is about the same as the pressure in a typical hybrid cyclist's tyre, a bit lower than a typical road tyre and a bit higher than a typical mountain bike. Therefore cyclists and champagne drinkers have something in common!

A THOUGHT

One of the most important days of my life was when I learned to ride a bicycle.

Michael Palin (broadcaster, global traveller and author)

FRONT WHEEL GOES FURTHER

A bicycles front wheel travels further than its rear one. This is because the slight steering movements that are necessary to keep machine and rider balanced cause it to steer from side to side in a wavy path. The back wheel also does this, but the arcs are smaller so the total distance travelled is less.

THE CYCLISTS TOURING CLUB (CTC)

Formed in Harrogate (England) in 1878. Since then membership fluctuated, peaking at 60,449 in 1899. In June 2009, that record was again passed. In 2019 membership was 68,431.

Now that gives the CTAWA something to aim for!

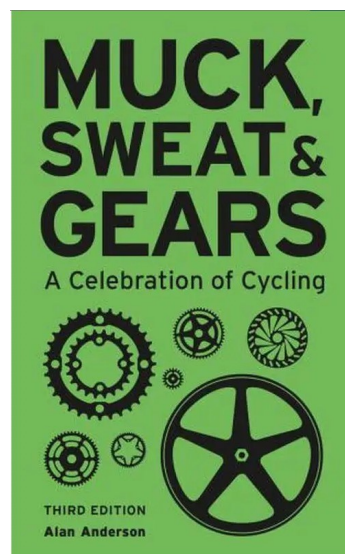
WIND RESISTANCE

Wind resistance increases exponentially with your speed.

Rising your pace from 16 kph to 24 kph, doubles your wind resistance. Increasing your pace to 32 kph quadruples your wind resistance – and significantly increase the work (energy) you need to put in.

It requires twice as much energy to ride at 32 kph on an upright flat bar than a lightweight drop bar road bike. A recumbent requires even less energy, about half that of the drop bar road bike!

Grab a copy of the book if you want heaps more mostly useless information!



Put the CTAWA on the home screen on your phone.

You know you want to have a quick way of getting to the CTAWA on your phone. A button linking directly to the website would be good, a bit like a mini APP.

It's easy on both iPhones and Android phones.

From RevelSystems is these concise set of instructions to do just that:

iPad or iPhone

1. Launch Safari app. *Please note that this does not work from the "Chrome" app.
2. Enter into the address field the URL of the website you want to create a shortcut to. Tap Go.
3. Tap the icon featuring a right-pointing arrow coming out of a box along the top of the Safari window to open a drop-down menu.
4. Tap Add to Home Screen. The "Add to Home" dialog box will appear, with the icon that will be used for this website on the left side of the dialog box.
5. Enter the name for the shortcut using the on-screen keyboard and tap Add. Safari will close automatically and you will be taken to where the icon is located on your iPad's desktop.



Android

1. Launch the Chrome app. *Please note that this does not work from the device's native web browser app.
2. Open the website or web page you want to pin to your home screen.
3. Tap the menu icon (3 dots in upper right-hand corner) and tap Add to Home Screen.
4. You'll be able to enter a name for the shortcut and then Chrome will add it to your home screen.

Tap and hold the CTAWA icon that is now on your phone's homepage and drag the icon to where you want it (top left of the first page right next to the First Aid app <https://www.emergencyplus.com.au/> is a good spot).

That's it. A shortcut to the CTAWA page of your choice is now available on your phone whenever you open CTAWA with one touch.

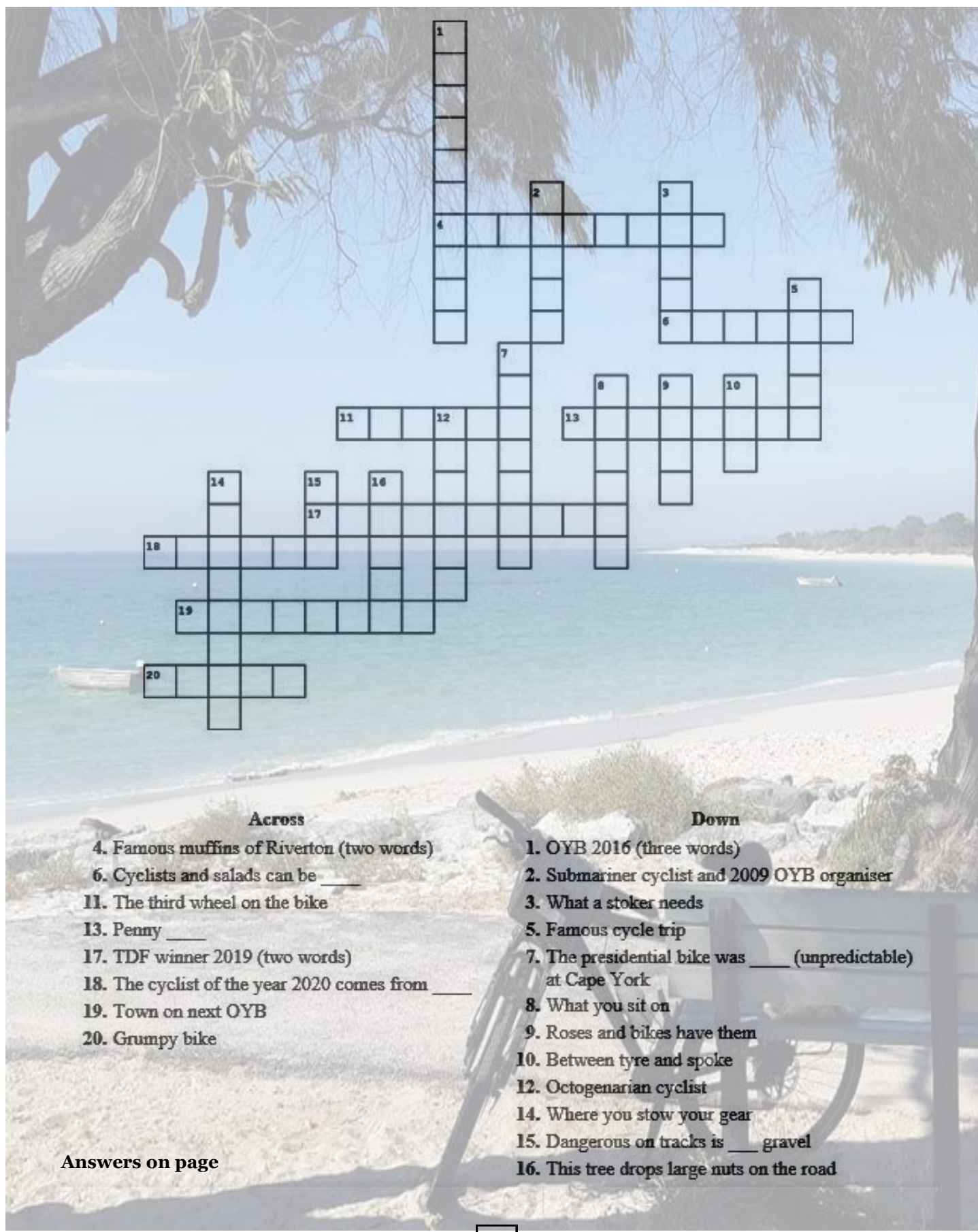
Stuart
CTAWA President

IN AN EMERGENCY



CTAWA Spring 2021 Crossword Puzzle

Print out or click [HERE](#) to solve online.



Across

4. Famous muffins of Riverton (two words)
 6. Cyclists and salads can be ____
 11. The third wheel on the bike
 13. Penny ____
 17. TDF winner 2019 (two words)
 18. The cyclist of the year 2020 comes from ____
 19. Town on next OYB
 20. Grumpy bike

Down

1. OYB 2016 (three words)
 2. Submariner cyclist and 2009 OYB organiser
 3. What a stoker needs
 5. Famous cycle trip
 7. The presidential bike was ____ (unpredictable) at Cape York
 8. What you sit on
 9. Roses and bikes have them
 10. Between tyre and spoke
 12. Octogenarian cyclist
 14. Where you stow your gear
 15. Dangerous on tracks is ____ gravel
 16. This tree drops large nuts on the road

Answers on page

Gym workout: Fully Overloaded Cycle Tourist style.

Mainly composed while riding the Mawson Trail.

Copied from the Crazyguyonabike website with the kind permission of author David Renton



Pedalling a fully overloaded bicycle over landscape is a gym workout. Legs, bum, shoulders leaning forward with lungs forcing O₂ into the machine. Contending with hills, headwinds, and rough terrain. But you can get all this riding unloaded. What makes fully overloaded touring special is the rest of the gym workout. N.B. there are associated injury risks.

THE PANNIER LIFT. You have filled the panniers to their absolute maximum capacity, the bulging pannier rails are twisted out of shape. Balance the bike on your stomach (which will be ..ahem ..flat soon enough) and launch the pannier onto the rack, missing the connection a couple of times to maximise the exercise repetition on each of the four panniers. Lift on tent, rear rack sack, and handlebar bag. Worry about a strange swaying sensation even while standing still but use your core to counteract. The big upload exercises hands, biceps, triceps, back, stomach muscles. Also jaw clench as appropriate. Then remember that you didn't fix the puncture on the rear wheel last night. Unload and repeat. Try not to mutter too loudly. Great for stamina, biceps, back.

THE GREAT OCKY STRAP PUSH. You want to keep elastic straps off the bike as they love to swing off into the spokes. But somehow you have to strap one over the back to hold on the mascot and the washing. This exercise is about stretching, bending, straining and dodging - good basic strength exercises. Dodging is great to sharpen reflexes. Get out of the way of that strap or wear the mark for life. Might need a face tattoo later to hide the damage.

THE VOYAGE OF DISCOVERY - unpack every single bag to find the thing you buried deep that you absolutely need before you hit the road. Finally feeling a strange lump in your jersey back pocket...where you put it earlier so you wouldn't have to unpack all your bags to look for it. Forehead injury as you bang your head on the ground to encourage better memory next time. This affords an overall muscle workout, with bonus hamstring stretches.

WEIGHTED SQUATS. Putting bike down to open farm gate. Risk a hernia picking up said bike again. Puncture injury while lifting the bike as handlebar flails to the left and the bar end lever stabs into your thigh. Shin injury as you drop the bike after being stabbed by the bar end, skip across the road in pain, and trip over the rock you avoided while riding up to the gate in the first place. Major muscle group resistance exercise - arms, legs, back...jaw clench again.

UNLOADING UNPACK - the reverse of loading except that all bags are dirtier or wetter and you forget to allow for handlebar swing again - see above "Putting Bike Down"

TENT FOLLIES - laying out the tent then sprinting the 100m Olympic record while chasing it through the hedges after a wind gust takes it. Alternatively skip along one footed as you grab a disappearing guy line while the tent kites 3m into the air and drags you along with it. Gym equivalent: Shoulders, arms, toes. Back stretch. Extra leg exercise as you walk the long way back to the campsite with the shredded tent under your arm.



AIR MATTRESS BLOW - Expand your aerobic capacity - especially if you have a large Neo-Air which requires 2,365 breaths. After huge breath number 46, you wake up looking at the grass sideways following oxygen overload blackout to discover the tent peg injury where your head landed. Notice that while you were blacked out the mattress has gone down again. Forehead injury from deliberately banging head on ground. Repeat.

GET IT OUT. Extract down sleeping bag from compression sack. Hands, arms, back, fingers, legs, lungs. Triceps especially. How did I get this damn thing in here? Risk injury - fingernails rip out getting purchase on the bulging tight smooth surface of the compression sack. Face injury as your grip slips and you punch yourself in the face. Neck injury as you twist around to see other campers have witnessed you punching yourself in the face. Are they rolling around on the ground in sympathy?

THE ONE FOOTED CAMP SKIP STOMP. Great for balance. Walk around camp bare footed. Step hard onto a metal tent peg. Great instant 'do anywhere, anytime' exercise. Take care at night on the way to the bathroom as it can cause extreme bladder release provocation - great pelvic floor exercise.

GATE STILE LIFT. Stile entry to gates are designed by people who think it a good idea to put a knee high barrier next to a locked gate. A choice of two exercises here.

1) Sensible: Unload everything, take it one a time over the stile and then re-pack. Low level of intensity and lesser muscle development. Becomes old very quickly. Risks are lower but see loading & unloading comments earlier.

2) Adventurous: Stand straight take four deep breaths and heave the lot over the stile in one huge wrench. Benefits include huge muscle development through resistance, balance strength and with this level of effort, bulging eye muscles. Risks include stranding bike on the chain wheel while straddling one leg precariously on either side of the barrier. Bike tips anywhere in a 180 degree radius but usually the wrong way. Crushing injuries from fully overloaded bike coming back at you while straddling the stile. Nasty.



Stile for biceps curl and body crush

ZOMBIE (not Zumba) STRETCH DANCE. This exercise is erratic, painful and frightening for bystanders. Rumoured that this is origin of Zombie attack fear. A hard hot day in the saddle. You crash into sleeping bag leg sore and stiff, blacking out to dreamless sleep. An hour later you can be seen stumbling out the tent leaning perilously to the right, dragging a foot, dancing across the camp ground, flopping down with one leg in the air and the other at a crazy angle. Accompanied by grunts and screams. Full body work out, increasing heart rate ten fold, working muscles in a way nobody thought was possible. Best when badly dehydrated. Otherwise known as cramp.

PANIC TAP DANCE: Not restricted to overloaded cycle tourists, but worth mentioning. For once you find a public convenience when you really need one. If you are a bloke, you dive through the doorway and up to the urinal. You don't notice that the urinal forecourt is hard shiny tiles. For the next 20 seconds, streams go everywhere as the cleats tap dance and you do your best impression of the Riverdance (frantic Irish dancing), one hand controlling, while the other tries to grab something to stop the inevitable slide into the festering flooded trough. Great for balance and coordination. May however cause nightmares and/ or public shunning until the next shower.

AIRPORT MARATHON TRACTOR PULL. Along with the gate stile lift, this exercise is the biggest muscle developer in the overloaded cycle tourist gym program. Airports and airlines are bike-blind (until it comes to charging for excess baggage). Shift everything without the benefit of the two wheels that you are bringing along for that very purpose. Your flight comes in late and the connecting flight is leaving in 20 minutes, the airline won't transfer the baggage. You need to get everything to the next terminal a 5k walk and two floors away. If you move the luggage in shifts, the part you leave behind will be destroyed by the "unattended luggage" crew so you move it all at once. Workout elements:

- 1) one piece of carry on luggage that is within 100grams of the max weight 7kg
- 2) heavy SLR camera and lenses in camera bag stuffed with assorted bits that wouldn't fit anywhere else.
- 3) huge hooded down jacket with all pockets filled to the max to avoid the weighing machine at check in.

- 4) wearing six layers of clothing, including hat, beanie and all thermal underwear also to avoid check in weight.
- 5) one piece of luggage carrying everything else in the one huge floppy bag weighing 100grams over the weight limit (they let you get away with this). 23kg
- 6) massive cardboard bike box weighing 4kg without the bike...and the bike inside the massive awkward cardboard bike box. Total weight also within 100grams of the maximum weight - 23kg

Luggage trolleys are too small and go in all directions like shopping trolleys so hang all the bags around your neck (risking dislocation and spinal injury) and drag the bike in the box along the airport floor. One hand rips the cardboard swaying left and right for the whole exercise duration.

Extra exercise points - you discover that the lift to the next floor is too small for the bike box so you drag it up the stairs with all your luggage (don't look back) - or take the escalator and risk catastrophic descent. Half way up the escalator the shoe cleats lose grip and you slide all the way down and through a dozen or so soft surprisingly noisy international tourists. Repeat as required.

Airport Marathon Tractor pull exercise also risks exploding bladder syndrome. You can't leave any part of the luggage outside the toilet because it may be deemed dangerous and destroyed. It is all too big to take it all into the toilet with you, so don't drink for at least three hours before attempting this exercise. With the three layers of clothing, down jacket and beanie in the warm airport you will also revisit the exercises in the Zombie Stretch Dance described earlier. The Airport marathon tractor pull exercise is a favourite repeated for every transfer.

GYM WORKOUT: FULLY OVERLOADED CYCLE TOURIST STYLE. The ultimate exercise program? This is a sample of the exercise program designed for the fully overloaded cycle tourist - whether we want it or not. It is no wonder that we finish a cycle tour ready to leap tall buildings in a single bound. This type of fitness can be found nowhere else.

Happy cycling.



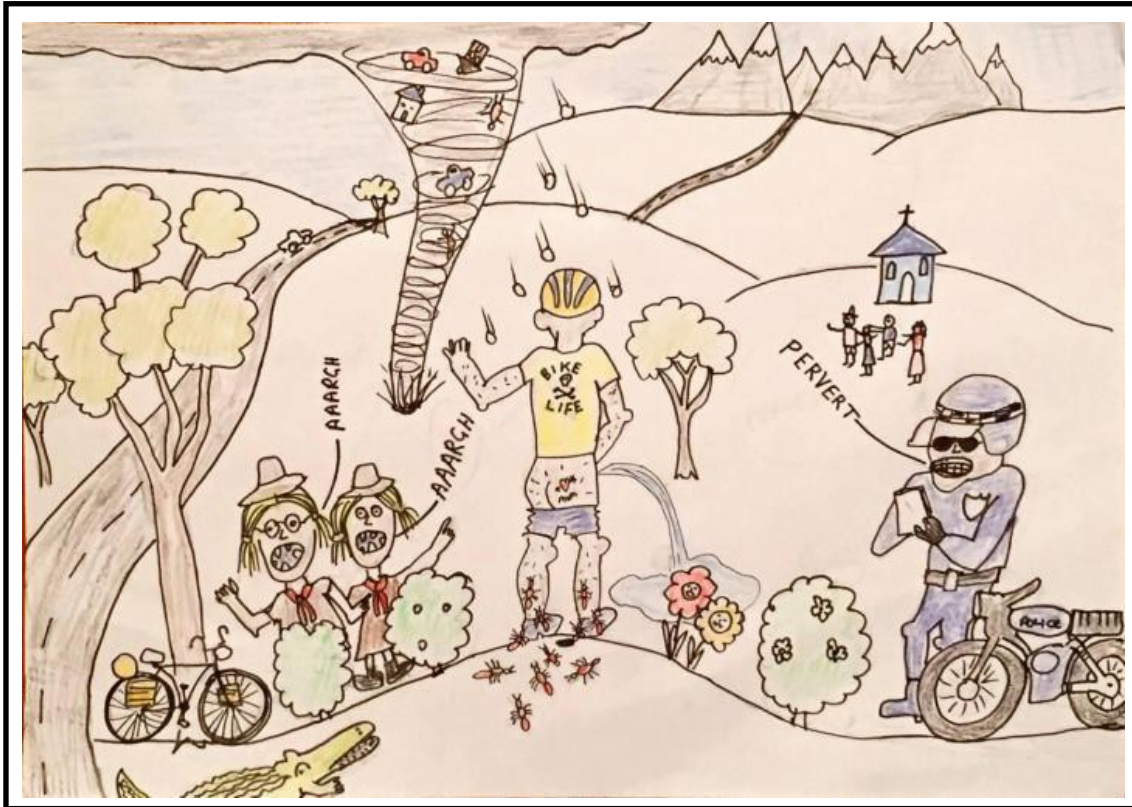
[120 Years of the Beverley to Perth](#)

18-19 September, Maylands Dome Café.

Western Australia's premier one day endurance race, first ridden in 1897, was contemporary with the Liège–Bastogne–Liège Classic (1892) and the Melbourne to Warrnambool Classic (1895). Originating on roads made for horse drawn carts, 'The Beverley' was founded by WA cycling legend Percy Armstrong. The 185km (116 mile) route followed the Avon Valley between Beverley and Toodyay before encountering the punishing hills and washed out culverts of the Darling Ranges, finishing on 30 occasions at the historic Peninsular Hotel in Maylands. This month the WA Historical Cycle Club's bike show retrospective celebrates 12 decades of this professional road race. Real bikes - real stories - real fun. For more information visit historicalcyclingclub.com.au

This 1896 studio photo shows Percy Armstrong in period cycling attire with a moustache that matches his handlebars, mounted on a racing bicycle held by his trainer Mr DM Leslie. Mr Leslie is dressed in a three piece suit with a gold chain fob pocket watch.





THE CYCLING URINATION BLUES (or THE LONGEST PEE IN HISTORY).

The first law of cycling in the great outdoors,
is that finding a clean toilet is usually a lost cause.
Whether a pee or something more substantial.
What you drink and eat must come out, it's just natural.

In the Tour de France,
you just do it in your pants.
In deepest darkest Africa if you just have to go,
local villagers will gather around and enjoy your private show.
In the barren, treeless Nullabor Plain,
the search for a little bush will drive you nearly insane.

The bladder pressure starts to build and you desperately comb the horizon,
Relief at last...a private, secluded, bushy place you lay your eyes on.
A mad dash into the trees....AAAhhh....nothing will now stop this pee stream,
then you realise that your standing on an angry bull ant nest, this must be a bad dream.
Then out of nowhere a troupe of girl guides appears and they start to scream aloud
Then from the nearby church comes a large crowd.
A hungry crocodile suddenly emerges from the nearby billabong
AAArrgghh...the pee flow is still going strong.
And then hailstones thunder down from an approaching twister
And a policeman arrives, issues you a fine and asks "Are you a pervert mister?"
You just smile and wave, with no more dignity to lose.
Sadly, you're another victim of the cycling urination blues.

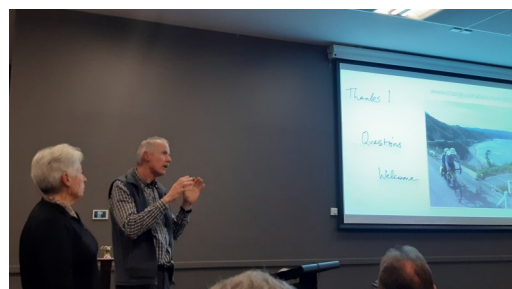
SOCIAL NIGHT AT 'THE RISE' MAYLANDS

24th June 2021

There were two talks that night – Cycling Feet and Tour Japan

Podiatrist Anton Claux – Cycling Feet

Anton gave a talk about the role of podiatry in cycling and there was informal discussion of common injury locations, types and risk factors for developing these injuries plus some relevant treatment options. The correct setting up of the bike is most important to maximise efficiency and prevent injuries. There are three contact points from cyclist to bike, hands, posterior and feet and these should be individually set depending on the riders and bikes dimensions. By increasing the height of the seat there is less pressure on the knees. The saddle angle should be around 1-5 percent, knee angle less than 110 degrees and correct BDC (Bottom-Dead-Centre) of 30 degrees. More info at [Seat height - Slowtwitch.com](https://www.slowtwitch.com/news/seat-height)



Rob Loughman and Juliann Lloyd-Smith – Tour Japan

Ten good reasons to put Japan on your cycle touring bucket list was the theme of the talk. Rob Loughman and Juliann Lloyd-Smith spent a month in late 2019 tandem cycling touring destinations near Osaka and shared some experiences, highlights and travel tips to whet your post Covid-19 touring appetite.

The Japanese were extremely polite and Rob even got a round of applause when he assembled the tandem bike at the airport. The night's accommodation were spent at traditional guest houses sleeping on tatami mattresses. Often they had a hot-spring bath (onsen) after a day out on the bike. Rob's hot tip is to book accommodation a few days in advance. You can read more of their adventures on this link [Western Japan - made for tandem touring, by Airnimalistic \(crazyguyonabike.com\)](https://www.airnimalistic.com/2020/07/24/tandem-touring-japan/)



HAPPY BIRTHDAY KLEBER



Club stalwart, extreme endurance cycle tourer and all-round nice guy Kleber Claus was given a surprise 80th birthday celebration between the talks that night. Kleber has taken on many roles at the CTAWA over the years including club president, organising many rides and has actively promoted cycling safety. At the beginning of the organised rides Kleber is always happy to volunteer to be the tail-end Charlie and helps any struggling cyclist who's falling behind. Congratulation on becoming an octogenarian cyclist, a very exclusive club.

OUT AND ABOUT

The CTAWA have day rides around Perth on Wednesday and Sunday mornings and have fortnightly night rides in Summer. Here's some photos.



A perfect day to cycle along the Swan River.



Christmas in July



A morning tea at The Stadium on a wet day.



Celebrating their arrival at the Observatory in Bickley after a hard climb.



Smile...Swan Valley.



Some mountain biking around Kalamunda.



VLOGS AND BLOGS

1. Travel with Catherine and Roger Haquoil from Queensland to South Australia [Riding Slowly South - CycleBlaze](#)
2. Suzanne and Janos cycle for a week around Bavaria [We Got As Far As Wertheim - CycleBlaze](#)
3. Ollie and Lavi cycle JOGLE (John of Groats to lands End) [WE ARE CYCLING 2000KM ACROSS BRITAIN \(With no Experience on £100 Bicycles!\) | The Longest Road Ep.1 - YouTube](#)

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 tourers I reckon. If you find any other journeys on the internet that you enjoy, please let me know.

Regards

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)



NOW BOOKED OUT

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)**

Achievement riders in 2021

7/03/2021 50 K	11/07/2021 100 K	16/05/2021 5000 in 4	25/07/2021 10,000 in 8
John Farrelly	John Farrelly	John Farrelly	John Farrelly
Christine Liddiard	Christine Liddiard	Christine Liddiard	Christine Liddiard
Liz Marshall	Liz Marshall	Liz Marshall	
Richard Marshall		Richard Marshall	
NFP	NFP	NFP	NFP
John McMahon		John McMahon	
Linda Tompkins	Linda Tompkins	Linda Tompkins	Linda Tompkins
Eric Toccock	Eric Toccock B	Eric Toccock B	
Rita Miller			
Cliff Miller			
Patrick Clancy		Patrick Clancy	
Yew Li		Yew Li	
Bruce Shaddock	Bruce Shaddock	Bruce Shaddock	
Udeni Gunasekera			
Trevor Knox			
Stuart Crombie	Stuart Crombie	Stuart Crombie	
Kleber Claux			
Randell Holland	Randell Holland	Randell Holland	
Connie			
Noel Eddington			
Silvia Klemens	Silvia Klemens	Silvia Klemens	
Jeremy Knowles	Jeremy Knowles	Jeremy Knowles	
Steve Digwood		Steve Digwood	
	Greg Atter	Greg Atter	Greg Atter
		Ann Wilson	
	Don Ward	Don Ward	
Wayne Bertram B	Wayne Bertram		Wayne Bertram
	Vanessa Pietrasik		Vanessa Pietrasik
	Bruce Robinson		Bruce Robinson



Merit	50 and 100 km, and 5000 in 4
Achiever	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
Challenge	50, 100, Century Challenge and 200 km, and 10,000 in 8
Super Achiever	50, 100, 200, and 300 km and 10,000 in 8

CTAWA CLOTHING AND CYCLING ACCESSORIES

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

CTA Socks Yellow/blue and Red/yellow socks Sizes 2-8, 7-11, 11-14 with CTA logo — \$10 a pair

CTA Sleeves. Yellow \$20

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



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. 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.

Southern Dams and Murals Tour (to Collie)**Monday 1st November to Monday 8th November 2021**

Van Helten's mural on the Wellington Dam wall in Collie. (ABC South West: Anthony Pancia)

The Southern Dams and Murals Tour will visit a number of dams south of Perth, in the Waroona, Harvey and Collie areas. The tour will also be visiting towns and locations on route to see many murals, including the recently completed 8,000m² mural on the dam wall of the Wellington Dam.

The tour has two options:

- an 8 day (7 night) pannier tour that starts and ends at the Mandurah Train Station, or
- a shorter 3 day (4 night) spoke tour that is based in Collie

The 8 day tour will have overnight stops at Waroona Dam (Lake Navarino) and Logue Brook Dam (Lake Brookman) and arrive in Collie on the third day for four nights. The return trip will have one overnight stay in Harvey.

Accommodation will be arranged for those participants that wish to camp (for all or some of the nights). Participants are also welcome to arrange their own alternate accommodation.

For more details about this tour - Registration Form, Tour Itinerary, GPX files, etc. - please refer to the website (Touring > Tours Event List) or <http://ctawa.asn.au/event/southern-dams-and-murals-tour-to-collie>.

Other info: Have a look at the latest edition of the RAC *Horizons* magazine (Pages 40-45), for more information about the Wellington Dam mural and the Collie Murals trail - https://issuu.com/rac-wa/docs/18000_-_content_horizons_augsep_2021_ebook?fr=sOTBmOTM2MDM3MjU.

Enquiries: Christine 0400 570077

CYCLING THROUGH THE AGES



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.

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.

CROSSWORD ANSWERS

ACROSS: 4 Lemoncurd, 6 Tossed, 11 Jockey, 13 Farthing, 17 EganBernal, 18 Canada, 19 Wickepin, 20 Surly

DOWN: 1 BaytoBluff, 2 Colin, 3 Trust, 5 Lejog, 7 Wayward, 8 Saddle, 9 Stem, 10 Rim, 12 Kleber, 14 Panniers, 15 Pea, 16 Marri