

# THE CHAIN LETTER

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

Summer 2021/22

Issue 279/ ISSN:2206-9585

## PRESIDENT'S REPORT

Well done riders! No accidents in this quarter. Our riders have stayed shiny side up, black side down for a few months. Keep it up.

The First Aid Course certificated course was fully booked and run in September. The trainer commented to me when I did my course later that evening that it was hard to get through the course material because the CTAWA riders kept talking and joking so much.

Our busy spring riding schedule has been a great success. OYB 'Heart of the Great Southern' was a great way to (gently) blow off some of the stress of looking ahead to potential Covid lockdowns and border closures. After that, the 'Southern Dams and Murals to Collie' was well attended and a bit of an eye opener. Who knew there were so many minor dams, bush camps, mountain bike trails and lumpy back roads between Mandurah and Collie? Lots of smiles all round. Well done and thanks to the organisers of OYB and the Collie tours.

The 'Bridgetown Spoke Tour' is about to start as I write this. A week of hills riding will round out a busy touring year in 2021. Looking ahead, I am leading a three week pannier tour of south-east Queensland in May next year (see below), covid allowing, and the next OYB tour in the tall timber country in the south west of WA is already being planned.

The Christmas 'Long Table Lunch' is on at the 'Oakover Grounds' on Sunday 5 December at 12 pm.

Don't forget to let social co-ordinator Charlie know that you are coming along ([social@ctawa.asn.au](mailto:social@ctawa.asn.au)).

The Annual General Meeting will be held at The Rise, Maylands in February so now is the time to start thinking about supporting your club by standing for a committee position. All spots are open for nomination. Don't worry about not knowing how to do a job, present committee members and general club riders will help you know the ropes.

Keep up the good work and thank you to ride and tour leaders in 2021, keep the shiny side up, and enjoy the festive season

Stuart



## UPCOMING EVENTS

**Tours and Events. Put these ones in your calendar.**

- CTA Christmas Lunch on 12am, 5th December 2021 at Oakover Grounds in the Swan Valley. *Contact Charlie at [CarmineCilli@bigpond.com](mailto:CarmineCilli@bigpond.com) for details. [CTA Christmas Lunch, Oakover Grounds, Swan Valley Cycle Touring Association of Western Australia \(Inc.\) \(ctawa.asn.au\)](#)*
- Annual General Meeting on 10am 27th February 2022 10am at The Rise, Maylands. *See Page 3 for details.*
- 2022 Queensland Rail Trail Tour on 3rd - 21st May 2022. *See Page 16 for details.*

**CTA LEADERSHIP****PRESIDENT**

Stuart ☎ 0409882931  
[president@ctawa.asn.au](mailto:president@ctawa.asn.au)

**VICE-PRESIDENT**

David ☎ 0404363870

**SECRETARY**

Doug ☎ (08) 9447 2554

**TREASURER**

Christine ☎ (08) 9457 4779  
[treasurer@ctawa.asn.au](mailto:treasurer@ctawa.asn.au)

**RIDES COORDINATOR**

Connie ☎ 0407640012  
[rides@ctawa.asn.au](mailto:rides@ctawa.asn.au)

**EDITOR**

Randell ☎ 0468767405  
[editor@ctawa.asn.au](mailto:editor@ctawa.asn.au)

**WEB SITE**

Gus ☎ 0401176323  
[webmaster@ctawa.asn.au](mailto:webmaster@ctawa.asn.au)

**CLOTHING**

Liz ☎ 0423207258  
[clothing@ctawa.asn.au](mailto:clothing@ctawa.asn.au)

**OYB TOUR LEADER**

Brian ☎ 0438110571  
[oyb@ctawa.asn.au](mailto:oyb@ctawa.asn.au)

**ACHIEVEMENT RIDES**

John ☎ 0400361406  
[achievementrides@ctawa.asn.au](mailto:achievementrides@ctawa.asn.au)

**SOCIAL COORDINATOR**

Charlie ☎ 0447263706  
[social@ctawa.asn.au](mailto:social@ctawa.asn.au)

**TOUR COORDINATOR**

Trevor ☎ 0402029608  
[tours@ctawa.asn.au](mailto:tours@ctawa.asn.au)

Please send all correspondence to:  
**PO Box 174 Wembley WA 6913**

**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](mailto:editor@ctawa.asn.au).

**Contents**

President's Report.	1
Club Information.	2
Annual General Meeting in Feb.	3-4
Farewell to Mary.	5
Snake Bites (what to do).	6
Congratulations to John.	7
OYB Great Southern Tour review.	8-10
There and back.	11
Ride Report. Harris Dam.	12
OYB bikes and their owners.	13
First year with CTAWA review.	14-15
Queensland Rail Trails Tour 2022.	16
Social Night 23 Sept 2021.	17
Out and About, Vlogs and Blogs	18-19
Achievement Rides and Clothing.	21
Membership details.	22

**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](mailto:members@ctawa.asn.au)

**Safety Issues**

**If you have safety issues — email [info@ctawa.asn.au](mailto: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](mailto:enquiries@mainroads.wa.gov.au) (send a copy to [info@ctawa.asn.au](mailto: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**

Leslie and Annette Bumbak  
 Taka Nukumizu  
 Daz Rapley  
 Selina Michell  
 Wendy Cooke  
 Ling Graffin  
 Gavin McGarrigal  
 Karla Aguila

Alix Denness  
 Maria Gonzalo  
 Huilin Sun  
 Rikus Kaijer  
 Colin Marshall  
 Suzanne Fielding  
 Andrew Duncan

**DEADLINES:** Contributions for the next issue (Autumn 2022) should be sent to the Editor ([editor@ctawa.asn.au](mailto:editor@ctawa.asn.au)) no later than **25 February 2022**.

**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

### Sunday, 27 February 2022, 9:45 am for 10:00 am start

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

#### AGENDA

##### 1. Welcome

##### 2. Apologies

##### 3. Minutes of the last Annual General Meeting 21/2/2021

##### 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 2022

##### 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 2021 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 2021 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 2020 Cycle Tourist of the Year is 21 January 2022.**

##### Election of the Committee Members for 2022

The committee consists of four office holders - President, Vice President, Secretary and Treasurer - and committee members

for the positions of Rides Coordinator, Tours Coordinator, Achievement Rides Coordinator, Social Coordinator, Editor, Webmaster, and Clothing Coordinator. Under clause 34 of the CTA Constitution, a member who wishes to be considered for election to the committee at the AGM must nominate for election by sending written notice of the nomination to the secretary at least 28 days before the annual general meeting; the written notice must include a statement by another member in support of the nomination.

Under Clauses 35 - 'Election of office holders' and 36 - 'Election of ordinary committee members' if there are either, in the case of officers, no nominations, or, in the case of ordinary committee members, unfilled positions, nominations and seconders from the floor will be accepted.

Nominees, proposers and seconders 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 the 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 quarterly newsletter "The Chain Letter". Corresponds with

contributors to The Chain Letter, helps to set formatting standards for CTA publications and formats the main events calendar.

### 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.

### Tours Coordinator:

Organises and coordinates tours throughout the year and also organises night rides in summer on Thursday evenings.

**Committee positions are open for 2022, please send Expressions of Interest to Stuart at : [president@ctawa.asn.au](mailto: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; 2021 Cycle Tourist of the Year and the different Awards. Members will be advised by email.

## Nominations - 2021 Cycle Tourist of the Year

**Nominations are called for the 2020 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 realized a personal goal to cycle tour (perhaps across Australia or overseas) and involved the CTA by organizing 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 galvanize 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.



## FAREWELL TO MARY

By Trevor Knox

Vale Mary Edmonds

It was with much sadness that the CTA mourns the tragic loss of club member Mary Edmonds.

Mary, along with her husband Francis (Frank) and Sharon Veleff, fellow CTA country members and neighbours from Australind were unfortunately involved in a traffic accident as they were cycling together in Bunbury on Tuesday morning, 21st September 2021.

Whilst riding along the path adjacent to Ocean Drive in Bunbury, the driver of a large school bus is believed to have suffered a medical episode causing the vehicle to run off the road, colliding with Mary and Sharon. Unfortunately Mary died at the scene.

Frank was cycling behind and avoided being directly involved in the crash. Sharon was transferred to hospital in Perth suffering non-life threatening injuries.

For those of us who shared many happy times in Mary's company during tours together here in WA, the Eastern States and overseas, we all know what a beautiful person she was and her presence will be sadly missed.

Our hearts go out to Frank and his family in having to deal with the aftermath of this tragic accident.

Please also keep in your thoughts fellow club member Sharon as she recovers from the trauma of the event and convalesces from her injuries.



Photo taken on the On Your Bike 'Heart of the Great Southern' tour to express our solidarity with Frank and Sharon. A minutes silence to pay our respects to Mary was given on the first dinner of the tour at Williams.

## Snake Bites in Australia



With the summer heat, comes snakes.

3000 bites are reported annually.

300-500 hospitalisations

2-3 deaths annually.

Average time to death is 12 hours. The urban myth that you are bitten in the yard and die before you can walk from your chook pen back to the house is a load of rubbish.

While not new, the management of snake bite (like a flood/fire evacuation plan or CPR) should be refreshed each season.

Let's start with a basic overview.

There are five genus of snakes that will harm us (seriously)

Browns, Blacks, Adders, Tigers and Taipans.

All snake venom is made up of huge proteins (like egg white). When bitten, a snake injects some venom into the meat of your limb (NOT into your blood).

This venom can not be absorbed into the blood stream from the bite site.

It travels in a fluid transport system in your body called the lymphatic system (not the blood stream).

Now this fluid (lymph) is moved differently to blood.

Your heart pumps blood around, so even when you are lying dead still, your blood still circulates around the body.

Lymph fluid is different. It moves around with physical muscle movement like bending your arm, bending knees, wriggling fingers and toes, walking/exercise etc.

Now here is the thing. Lymph fluid becomes blood after these lymph vessels converge to form one of two large vessels (lymphatic trunks) which are connected to veins at the base of the neck.

Back to the snake bite site.

When bitten, the venom has been injected into this lymph fluid (which makes up the bulk of the water in your tissues).

The only way that the venom can get into your blood stream is to be moved from the bite site in the lymphatic vessels.

The only way to do this is to physically move the limbs that were bitten.

Stay still!!! Venom can't move if the victim doesn't move.

Stay still!!

Remember people are not bitten into their blood stream.

In the 1980s a technique called Pressure immobilisation bandaging was developed to further retard venom movement. It completely stops venom /lymph transport toward the blood stream.

A firm roll bandage is applied directly over the bite site (don't wash the area).

Technique:

Three steps: keep them still

Step 1: Apply a bandage over the bite site, to an area about 10cm above and below the bite.

Step 2: Then using another elastic roller bandage, apply a firm wrap from Fingers/toes all the way to the armpit/groin. The bandage needs to be firm, but not so tight that it causes fingers or toes to turn purple or white. About the tension of a sprain bandage.

Step 3: Splint the limb so the patient can't walk or bend the limb.

**Do not:**

Do not cut, incise or suck the venom.

Do not EVER use a tourniquet



Don't remove the shirt or pants - just bandage over the top of clothing.

Remember movement (like wriggling out of a shirt or pants) causes venom movement.

DO NOT try to catch, kill or identify the snake!!! This is important.

In hospital we NO LONGER NEED to know the type of snake; it doesn't change treatment.

5 years ago we would do a test on the bite, blood or urine to identify the snake so the correct anti venom can be used.  
BUT NOW...

we don't do this. Our new Antivenom neutralises the venoms of all the 5 listed snake genus, so it doesn't matter what snake bit the patient.

Read that again- one injection for all snakes!

Polyvalent is our one shot wonder, stocked in all hospitals, so most hospitals no longer stock specific Antivenins.

Australian snakes tend to have 3 main effects in differing degrees.

Bleeding - internally and bruising.

Muscles paralysed causing difficulty talking, moving & breathing.

Pain

In some snakes severe muscle pain in the limb, and days later the bite site can break down forming a nasty wound.

Allergy to snakes is rarer than winning lotto twice.

Final tips: not all bitten people are envenomated and only those starting to show symptoms above are given antivenom.

Did I mention to stay still.

## Congratulations to John

John Farrelly, CTAWA Achievement Ride Coordinator and mountain bike rider extraordinaire has been very busy lately competing in the 2021 Cape to Cape race down south, where he and his team mate came first out of 60 other pairs in the Great Grand Masters Male Pairs category and lead the class for three out of the four days. It was a very enjoyable experience with great weather, great tracks and great scenery.

Also in October he received the bronze medal for third place in the State Cross Country , XCO, champs at the Goat Farm in Greenmount.



Cape to Cape Podium



Cape Leeuwin



State Cross Country XCO  
Champs Podium

## On Your Bike Heart of the Great Southern Tour

### 2 – 10 October 2021

By Fiona Evans

#### Day 1: Narrogin to Williams 35.1 km

Although this was only a short ride, it felt like twice as long with squally weather, strong and gusty winds the entire way and occasional bands of heavy rain. I'm riding my Big Niner mountain bike and it is much harder than I expected, but that could be mostly due to the weather. I'm easily blown about by the side winds. I lean into the wind, and then veer into the road whenever they suddenly drop. Nevertheless, it feels great to be back in the south west again, with occasional patches of sunshine and views across daisy-strewn fields. Capeweed is such a pretty weed. The roads are rough, the hills long and rolling. And then there is the weather. My mind wanders. It doesn't really matter what sort of weather you get on tour, there is always weather. And it's much more noticeable because you are in it! Although some cyclists try to hide from it by cowering behind barns and under trees.

Entering Williams townsite, the wind turns into my face and the rain starts to sting. I'm glad I'm wearing my buff and can pull it up to cover my face. My fingers are numb, but soon enough I'm off the bike. I have a tent and sleeping bag for my home, a cup of tea, a bag of potato chips from the servo and I'm surrounded by sprightly retirees waiting for their dinner. Dinner is always a highlight of "On Your Bike". Each night we stay at the local recreation centre and a local community group cooks us a two-course meal. It is a wonderful time to get together, catch up with old friends, make new friends and have fun.

Everyone is pleased when the tour garment is handed out: a bright yellow vest that is hugely popular and worn by nearly everyone for the rest of the tour.



Photo by Soozie Ross

#### Day 2: Williams to Darkan 41.9 km

After a slow start and leisurely coffee at the Williams woolshed, I head off with Simon. The start of the ride is marked by cold wind and too many caravans for comfort. Then we turn into a quiet road that winds through farmlands studded by small hills and granite outcrops. The uphills are long but mostly gentle, the downhill fly by and I manage to roll more than yesterday. I see a horse standing at attention in a field, so picturesque that I call it out to Simon. We watch as the horse steps towards us, curious as to what strange, wheeled creatures we may be. Another horse joins it, and they turn and race us – galloping and outpacing us with obvious joy.

I'm swooped by a magpie. I don't see it, but I hear the furious sound of air being dispersed at great speed, like the sound of a diving jet plane or a drone. I ride fast to get away. We take the alternative route alongside the Collie-Darkan rail trail. After around 7-8 km along a gravel road, we join a bunch of riders for lunch in a patch of clear land at someone's



Photo by Colin Prior

gate. As we eat, motorcyclists pass through our midst, entering the gate before hooning off into the distance. The road alongside the rail trail is flat and easy. On arrival, Darkan is all closed up and quiet. A friendly local stops to chat, and directs us to the recreation centre and our home for the night.

#### Day 3: Darkan to Wagin 61.4 km

The night is dark and the stars bright in the sky. The night sky is a simple pleasure I enjoy on tour. I wake at 5:30am to find frost on grass and tents. I'm pleased to find my new, ultralight sleeping bag warm enough to handle the cold morning. I make coffee in the vestibule of my tent and wander over to breakfast on porridge and toast. This year, I'm leaning to toast with peanut butter and fig jam. Lovely, home-made, delicious fig jam. I can't get enough.

Coming out of Darkan, there is a long downhill stretch to start the day. Long enough that I'm able to coast on the mountain bike for the first time this tour. I'm flying, I'm exhilarated, I love it!

We have burgers for lunch at the roadhouse in Arthur River, waiting until after the tourist coaches have left. The last section from Arthur River to Wagin is along a busy road and as there is no hard shoulder, we are advised to pull over to allow road trains to pass. I wasn't looking forward to this section, not liking the forecast of road trains, but it isn't so bad. I'm passed by fifteen and a half road trains (one



Photo by Simon Koek



was just a truck, not a train). The road train drivers are more considerate than caravaners, and happy to honk their horns when I give the signal remembered from childhood :-)

We camp on the Wagin Woolerama showgrounds, which look far different to my usual memories of them when the show is on. Dinner is delicious, but servings are small because we are the second last table to be served. We eat roast lamb (sensational), potato salad with quail eggs and the inelegantly named “Phuken salad” which tickled my potty-mouthed fancy. Live music and dancing follow and a fine night is had by all.

#### Day 4: Wagin to Katanning 53 km

I’m feeling sore but stronger and fitter for today’s ride, which is a long gentle incline that ends with a couple of hills before Katanning. We are again passed by road trains that are heading to the sheep sales being held tomorrow in Katanning. Today’s stand-out feature is the mosquitos. Ravenous, huge, swarming mosquitos that attack rampantly during morning tea and whenever we stop. We decide to just keep moving. Luckily there are fewer mossies in Woodanilling where we stop for lunch and see the 500 year old Salmon Gum and Prime Minister’s Walk. After pitching my tent in Katanning, I shower and ride into town for a fancy gin & tonic at the Cordial Bar beneath the new Premier Mill Hotel. I’m back in time for dinner, which is awesome and there is plenty of it tonight. And there is a great rock and roll band. Everyone dances again and I join in this time. My heart is racing for the first time on tour!



Photo by Fiona Evans

#### Day 5: Rest day in Katanning

I was looking forward to the rest day, but the day is so full I barely have time to rest. I join people at Dome Café for breakfast, the all-ages playground, lunch out and cocktails at Cordial bar. Other folk tour the Mosque or the saleyards, or take a yoga class on the grass. We all head back in time for group photos and a quieter night readying to ride again in the morning.

#### Day 6: Katanning to Nyabing 61.6 km

This is the easiest day of riding yet – a long, gentle, slight uphill with a tail wind. We take a detour to Lake Ewlyam-artup to see the sculptures and campground. On the road, we see a huge snake – around 2 metres long – crossing and wait until it passes before continuing. Later we see a bobtail goanna. The sun has tempted the reptiles out of hiding. Lunch is at Badgebup Hall, with a view of surrounding crop lands.



Photo by Colin Prior

I visit the Nyabing Tavern, looking for a decent beer and a quiet place to catch up on my journal. It is full of happy tourers and I’m distracted from my purpose, but the beer is good and so is the company.

#### Day 7: Nyabing to Dumbleyung 51.5 km

Lots of hills today (but mostly more down than up) and side winds until the last 10 km when we turn into head winds. We’ve passed several old school sites on tour, and today we pass one at Datatine. It looks sad and forlorn, and I imagine its glory days full of happy children. Not long after, I stop to photograph some stunning thistles by the side of the road. A nasty weed but beautiful in its spiky symmetries.

After arriving in town, I order my lunch for tomorrow and ride straight to the Grand Olde’ Dumbleyung Inn, which is not as grand as it once was. They have no decent beer, so I drink a cider and write for a while. I’m all over tired and sore, a tad worried about tomorrow’s long ride, and I’m starting to look forward to going home.

On the road into the Dumbleyung sportsgrounds, there is a series of kinetic sculptures made from old bicycle wheels. They catch the wind and spin, colours blurring. They seem an apt welcome to our On Your Bike tourers.

Dumbleyung is famous for Donald Campbell’s world water speed record on Lake Dumbleyung in 1964. I visit the replica and later drink red wine made in Margaret River but named and labelled for Dumbleyung.



Photo by Fiona Evans



### Day 8: Dumbleyung to Wickepin 80.5 km

Up and early to get started on the long ride of the day, I'm rolling up and down long hills on wide, quiet roads to get to morning tea after 26.7 km. A dead fox is mounted on a post nearby. Last night, a fox was discovered raiding tent vestibules and stealing shoes, but I'd argue against a death sentence. After tea, I race to catch up with Tony and Hooky for a break at Tincur-in. I don't find them, so I race again to try and catch up for lunch at Lake Toolibin. I'm getting a bit tired – but I'm eating plenty of road snacks having bought a packet of chocolate minibars in Dumbleyung – so I pop my ear buds in and listen to music for a while. My pace increases, but I still don't catch them. Hopping back on the bike after lunch, my legs feel dead and so I give up on playing catchup, drop the pace and take it easy. At the top of every hill, I remind myself, there's a downhill! Around 10 km after lunch, they come up behind me. It turns out they'd eaten lunch a bit further off the road. My energy returns and I race again to keep up with them as we head into town, where we ride straight to the pub for recovery hydration.



Photo by Fiona Evans



Photo by Suzie Ross

In Wickepin, we are camped close together because the oval is out of bounds. I encounter snoring too loud for my ear plugs to block and I find it hard to sleep. Occasionally I pull the plugs out amuse myself listening to the symphony of snores all around me. I set my alarm early for our last day on tour tomorrow and eventually nod off to sleep.

### Day 9 Wickepin to Narrogin 48.1 km

Our last day and we are due in Narrogin by 11:30 am. I'm tired and sore from all that racing yesterday. It's cold and my fingers go numb on the bike. Up and down, up

and down we roll. If anyone tries to tell me that WA is flat, I'll bring them along on "On Your Bike". I finally warm up and then the ride ends with a clusterf#\*k of hills – a series of peaks that emerge one after the other very time you think you've reached the peak. Everyone makes it with time to spare. We eat lunch and say goodbye because it is time to go home.



Photo by Fiona Evans



Photo by Colin Prior





## 2021 On Your Bike – There and Back

By Rosalee McAuliffe

There are many options on how to start and finish our annual bike tours. This year a few members decided to ride to the start and back home again. Our President, Stuart always rides there and back. Also this year, John and Jane did the one way trip to the start of our 2021 OYB tour at Narrogin.

There was another intrepid couple who also decided to ride to the start and home again! I know that they would not object if I said that that this couple, Joy and Ian are over 70 and riding on heavier touring bikes, in all, their round trip amounted to 800 km! They did decide that a comfortable bed at night (instead of a tent) would be a good option for some of their trip.

### Ride to Join the Tour

On the first day's ride they started at Mandurah train station and climbed the 50 km to Dwellingup on the North Spur Road. The next day they described the ride as lumpy, with lots of rain, a bit of a hard shoulder and plenty of traffic, a ride of around 70 km and staying at the Quindanning Inn, a quirky Hotel on the Pinjarra-Williams Road. It was a trip of 35 km from Quindanning to Williams to meet up with the OYB bike tour participants who had just completed Day 1 on their ride from Narrogin. Joy and Ian were happy to arrive in Williams with just one really wet day.

### Ride back to Perth

Instead of riding back to Narrogin on the last day of the tour, Ian and Joy decided to leave the tour at Wickpin to return to Perth via Pingelly, on a quieter back road, although they did do some riding on the busier Great Southern Highway a total of 57 km for the day's ride. They enjoyed Pingelly, and caught up with Gus and Barb who have a property out of Pingelly, for an evening meal in the pub. They were impressed with the Pingelly Hotel for their night's accommodation.

Unfortunately things were very uncomfortable for their 88 km ride to York the next day. They described the conditions as horrible, head winds, squally rain gusts which meant having to sometimes getting off their bikes (instead of being blown off), until the squalls abated a bit. York was a very welcome sight at the end of the day's ride.

Tuesday's ride of 40 km to Northam for Ian and Joy was much better, they enjoyed the improved weather and riding conditions. They said that the Duke's Hotel at Northam was very comfortable.

The final day's ride was from Northam to Midland train station a total of 92 km. They combined the final day's ride with a mixture of road and bike trails. The ride back to Midland Train station, also followed some road that many CTA members are familiar with (via Coates Road, Wundowie, Bakers Hill).

If you are keen on undertaking their cycling trip, I am sure Ian and Joy would be happy to share the routes they travelled on the way to and from the tour.

Well done Ian and Joy!



Brian, Ian and Joy

## RIDE REPORT

### Harris Dam/Harris Estate Winery

4 November 2021

by Jeremy Knowles

#### Participants:

Jeremy (Ride Leader)

Silvia

Trevor

Yew Li

Patrick

Greg

Randell

Ann

**Route:** Collie-Harris Dam-Harris River Estate (Winery Lunch)-Collie



**Distance:** 30.2 km. **Start time** 10.30am **Elapsed Time:** 5hours 50 minutes. **Max.Temperature;** 36degrees

On the Southern Dams Tour Christine was after ride leaders for the daily rides. I agreed to lead the leisurely ride to a winery for lunch via Harris Dam. I thought it would be a nice relaxing ride after cycling some long days from Perth to Collie.

When I saw the list of participants I knew immediately that there could be trouble and I would need to exert strict control to ensure that the ride was leisurely and the Club wasn't embarrassed by unacceptable behaviour at the winery which also had a brewery and cidery sideline.

I sought help from the participants by asking them to report to me anyone not cycling at a leisurely speed or otherwise not following acceptable behaviour. Their exploits would then go into my black book. Greg immediately took the moral high ground saying that would encourage "dobbing" and was un-Australian. Lovely sentiments from one of the NZers on the ride. If you need to be reminded of what's the right way to act, you can always rely on the Kiwis.

I had to go it alone and endeavour to keep the group on point. As it turned out, I spent much of the time filling in the book. Excerpts as follows.

Patrick and Yew LI – missed the 10.30am start

Ann@ 10.52am- failed to go at a leisurely pace

Ann @ 10.58am -Breathing heavily and out of breath on a leisurely ride

Ann @ 10.59am- arguing with ride leader

Trevor@ 11.05 am -going too fast

Whole Group @ 11.49am Pathetic lack of co-ordination during Yew Li's compulsory jump photo. (see photo) {although they all blamed it on my inability to count down properly}

Greg@ 11.52am -violating decency standards

Trevor@ 11.55am - lewdness

Silvia@ 12.21am- Lying to group (she said she always follows my instructions)

Ann@ 12.35am -Overtaking other riders saying "I can't go this slow"

Patrick @ pretty much throughout the whole ride- Insulting behaviour to fellow cyclists

Greg @ 1.35pm started to eat my lunch.



The winery when we arrived was crowded but we managed to get a table on the veranda overlooking the vineyards and the forest. We were told there would be at least an hour's wait for food, so that gave us a chance to sample the wine, beer and cider. Randell's meal order was forgotten but when it finally arrived he received a complementary pint of beer which he graciously shared. That's why Randell's name never went into the black book (and also because he's the editor of this fine magazine and he would have edited it out anyway). (*Too right, I have the power....Mwahahah , Ed*)

Of course the ride wouldn't have been possible without Christine organising everything to get us down to Collie. Thanks again Christine.



## “On Your Bike” Bikes

by David Grubb

A brief look at some 2021 OYB bikes (and their owners).

First up are two bikes with some interesting similarities as well as amazing contrasts and contradictions.

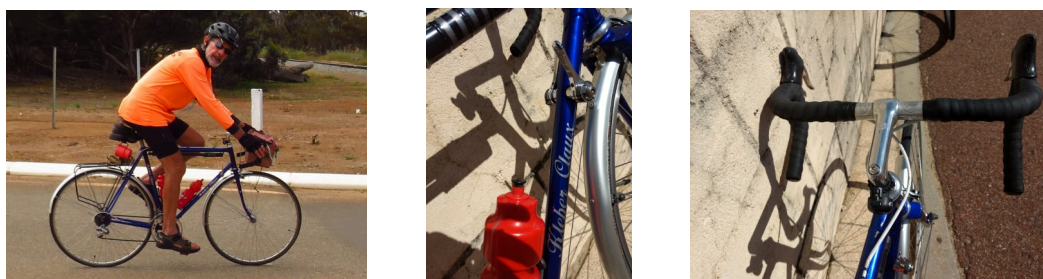


I'll start with a “newbie”, in a few senses! Brett Robson is riding a “GIOS Vintage”, a modern take on a retro design. All steel with chrome front forks, chrome Lexis rims, running 700 x 23 white wall tyres. Shifters on the down-tube complete the retro look. The chain-ring shifter is friction, although with only 2 charring gears it is really just one or the other, so can't really miss, rear cassette, 9 speed is indexed, so can't really miss with this either!

Brett's wife won this bike in a UCI (Union Cycliste Internationale) raffle, around 5 years ago. It should be pointed out that Brett bought two raffle tickets, one for him and the other for his wife, with Jane's ticket the winner! They thought about selling it, however the going price was around \$1,000, so Brett bought it off his wife after some tough negotiation? The bike was stored in Sydney, with Brett riding it when visiting his parents.

The bike is now in Perth and Brett has covered about 5,000 km on this bike. This is Brett's first OYB, the first on this bike and his second ride with the CTA, the first being the OYB Prologue. Welcome to the Club. Brett also owns a top end Trek Emonda, me-thinks he takes his cycling seriously, he reckons cycling is a metaphor for life, it has it's ups and downs, stormy, windy, raining and then sometimes cruising along with the sun on your back and a tailwind, with everything sweet!

Yeah, way to go.



The next is as far removed from a newbie as you could possibly get, Kleber Claux.

Kleber rides a metallic blue all steel bike, as far as I know this is the only bike in the CTA that has the owner's name stencilled on the down-tube, Kleber Claux riding a Kleber Claux! Not quite, because under that immaculate blue paint it is a “Gitane”, what else could it be if one is French? Kleber sometimes calls the bike the “Git there”! Git it?

Bought new in 1983, in Victoria Park, lightweight 531 steel, 2 x 6 speed, friction shifters, 700 x 23 tyres and Shimano 600 running gear. This bike has done 33 OYBs, the same number as Kleber has completed. Yes, he has ridden this bike in every one of his OYBs, (now that is really something), plus plenty of Audax events, other tours and 10 super-achievers, to mention a few When asked, Kleber would not hazard a guess as to how many kms this bike had travelled in total, just saying many, many, many thousands of kms. He added that he has never had a computer on the bike, and never will, keeping things original. Kleber is now down to owning 3 bikes, the other two being a Specialized Sirrus the other a lightweight GFC Cobra.

Kleber said cycling has enabled him to have a life interest and he has been able to learn the skills of cycling with the support that one cherishes with others of like interests, and he will continue to cycle until the time comes when he can no longer manage to keep up-right! “Enjoy cycling and have respect for all those around you”, he added.

Now, Brett either needs to get his bike repainted and renamed, or he needs to change his name by deed-poll to Mr Gios Vintage. Yeah, hope we see both bikes and their owners on the next OYB.

## My transition from a non-cyclist through to my first year of riding with the CTAWA.

By Bruce Shaddock



About a year before retiring I attended a company conference in the Barossa. This consisted of four days of intense team building and problem-solving exercises but, generously, there was one afternoon of compulsory leisure time included in the timetable. We had a choice of activities from a very short list – golf, archery or cycling. I'm not much of a golfer, I couldn't trust myself not to take aim at my boss if I had access to a bow and arrow – so I chose cycling. I figured I'd pick up the bike, ride back to my ground floor room and select an activity from my own list of options. This was also a very short list – catching up on some work, having a nap or watching television. I went off to the pickup point and crap, there were a dozen or so people already there being fitted out with bikes and helmets, including a couple of people I worked closely with on a day-to-day basis. "Come with us" they said – Felicity is taking us on a tour of some of the wineries via a network of cycle paths. Fantastic I thought – Felicity's a champion iron woman triathlete – this isn't going to go well. I get set up on a bike, get some brief instructions on how to work the gears and brakes and off we ride. Felicity leads us down a very steep hill, off onto a side road, onto a bike path and into the grape vines. After about ten minutes I was hooked – when I retire I thought, I'm going to get a bike.

Fast forward to June 2018. I'd been retired for a few months and had started walking to gain some fitness and maybe lose a few kilos. I'd spent a large part of the last five years of my working life sitting: at a desk, in a plane, in a restaurant, at the bar or in a hotel room – there were even some days when I managed to do all of the above – but no exercise. I was now walking most days and had gradually worked my way up from a couple of kilometres a day to six – but I needed some variety – time to get that bike. I hunted down a bargain (I'm a retired accountant after all) – a discounted Norco hybrid. Great – I can ride on paved and dirt paths. Off I went, alternating my daily exercise between walking and riding, gradually building my cycling from two laps of the Champion Lakes event path, to three, then four and then eventually all the way to Thomas road and back on the cycle path. My exercise routine by now was biased towards riding – I usually only walked a couple of days a week. Sometime in late 2019 I discovered that there was a West Cycle event that started and finished at the Regatta Centre – the Dams Challenge. Hmm, two dams – 54 kilometres – my longest ride to that point was about 30 kilometres – I could probably ride 54 – maybe. Not much later COVID hit, the event was postponed and I went back to my routine of mostly cycling interspersed with a few days of walking – but I still kept thinking about the West Cycle event. I found some information and some photos from past events – everyone was riding a road bike – I needed a different bike. Mid-2020 I started trawling bike shops, I left my phone number, offered to leave a deposit, offered to pay in advance – not one call back. On a tip I went out to Midland and there was Bluey – the right size, incredibly light (at least compared to the Norco hybrid) and yes, I was happy to pay full price – hell at that point I would have paid a 10% premium.



So now I had the right bike – what about the West Cycle course – where did it go, how hilly was it, was there a map anywhere? I trawled the internet looking for information. On a discussion page about the event someone mentioned that they'd been riding with the over 55's, didn't like it much and instead had joined a club called the CTAWA. I'd never heard of it. I knew about the 55's – I'd looked at their web page (there were lots of rules), I'd seen them a few times out on rides (nobody seemed to be having fun) – so probably not for me. What about the CTAWA? I found the web page – the people in the photos looked to be in the right age group, there was lots of information, a variety of rides, the newsletters were interesting – I'll join up, go on the next ride and see what I think.



Now to my first ride with the CTA: November 11, 2020, Remembrance Day, Tour of the Jacarandas, ride leader is Noel, meet at the Raffles at 8 am. I do my research on where I can park, download the GPX file posted against the ride and somewhat nervously head out with heaps of time to spare. I park in a side street and in front of me are a couple getting their gear out of their car and setting up. I introduce myself – it's Liz and Richard – Richard cracks a joke (of course) and I'm instantly at ease. I gear up and roll around to the river, find Noel and he introduces me to all and sundry – hell I'll never remember all these names. There's a big group – "we'll split up" says Noel, I go with his group because his is the only



name I can remember - Liz and Richard have disappeared into the seemingly huge mob. I go to start Strava, crap - I've left my phone in the car in my nervous haste. Have I already broken the only rule? Away we ride - through Applecross, South Perth, East Perth, Mount Lawley, down side streets, up back lanes, Noel ad-libs some of the route and we end up at the Dome in Maylands for coffee - I'm sure this wasn't on the ride description. Nonetheless I was having a great time - lots of chatter around me - I could keep up (my biggest fear) - everyone was friendly - it seemed I was part of the club even if it was my first time out. Back we head for the Raffles, through Burswood, Vic Park, Kensington and I drop my chain at the roundabout on the corner of Kent and Hayman roads. There's lots of traffic, I'm up on the roundabout trying to get my chain back on and the last rider has just disappeared down a side street - oh wait no - Arthur has stopped and is waiting to ride with me back to the group. We get back and the second group arrives and still more people introduce themselves to me. That's settled it - I'm all in for the next ride.

My second ride - 'It's all about the coffee' - out to Bennett Springs and back - the furthest I've ever ridden up to then. At the café stop Kleber gently gives me some advice on cadence and gear selection - advice that has allowed me to gradually build strength and endurance. On the way back Rita introduces me to a couple of people who've ridden the Dams Challenge - the three dams ride? Gulp, no - I'm only aiming for two. Onto my third ride - 'Serpentine River Flats' - Bruce R abruptly offers his opinion on my helmet set-up while we are rolling. I'm a bit shell-shocked so I deliberately sit beside him at the café stop and he elaborates - I see his point - when I get home I adjust my helmet straps so it sits correctly on my head. We get back to the end at Kwinana station - embarrassingly I find that I'm the only person who drove here - everyone else rode or caught the train. Have I broken the only other rule?



Now when I look back at these first few rides there was nothing unusual about them - they were pretty standard CTA rides but they've remained clear in my memory because for me they contained many firsts: first time riding in a group, first time in 30 years riding on the road, first time stopped at traffic lights in a group, first time riding on a rural road and the first time I've been in a café wearing lycra. From here the rides start to blur somewhat as I become a little more relaxed with the group, my skills improve and there are fewer firsts. Even so there have been many great rides in this first year and these are a few stand out personal memories from some of them:

Following Kleber up Brookton Highway hoping to learn something from him, only to see him glide effortlessly away from me

Noel forgetting his shoes on that same ride, going home to get them and then arriving at the café in Roleystone drenched in sweat, only to be met with raucous cheers from everyone there

Just about every hilly ride Liz has organised

The three achievement rides I've completed

Riding across a flooded walkway somewhere in Guildford and not falling off the edge

Desperately hanging onto the back of a small group when Cliff captained a fast leg down a section of the Kwinana Freeway PSP

Riding on the Railway Reserves Heritage Trail up to Lake Leschenaultia - a ride I've repeated solo many times

Continuing on from Gooseberry Hill with Linda and Stuart through the Bickley Valley on a stinking hot day when everyone else had bailed out

The lemon curd muffins at Lo Quay

Every time we've ridden through Fremantle or the City - there's something I find satisfying about keeping up with traffic while riding a bike

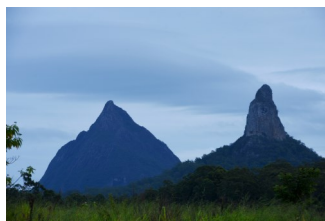
In my first year there have been lots of cafes, I've met many people, and as a group we've ridden all sorts of bikes over a variety of distances, at different speeds and over varied terrain. I laugh inwardly when we cruise past onlookers - here is this eclectic mix of bell ringing, laughing, chatting, hazard calling bunch of mostly older cyclists, snaking along at speed and I see bewilderment, amusement but mostly admiration on the faces of onlookers. It's an amazing thing to be part of. Thank you to all the ride leaders for this first year of what I hope is one of many. You've taken me to places I'd never considered riding to or even knew existed. I've ridden up seemingly impossible climbs, gone down sphincter tightening descents, bashed my way into relentless headwinds, cruised with tailwinds, had sweat stinging my eyes, rain soaking my shoes and socks, my fingers and nose have been numb with the cold - and I've enjoyed nearly every minute of it. Thank you to all the Klebers and Bruces for your advice and encouragement, all the Arthurs for looking out for the tail-enders, all the Noels for all the warm welcomes and everyone I've ridden with for the great company and conversation.



I'll see you on the next ride.

## **2022 Queensland Rail Trails Tour**

**3 May – 21 May 2022**



Welcome to the CTAWA Queensland Rail Trails Tour 2022. This 18 day, 1000 km tour of Queensland's south-east corner includes the famous Brisbane Valley Rail Trail between Ipswich and Yarraman and the recently built Kingaroy to Goomeri Rail Trail. The rail trails are suited to touring bikes on 35 mm tyres or more and mountain bikes. The rail trail sections are paralleled by bitumen roads if you don't like the gravel sections.

The tour will include views of the Scenic Rim west of Brisbane, visit historic sites such as the grave of one of the models for James Bond at Tallagalla, the homes of famous Queensland Premier Joe Bjelke-Peterson in the peanut growing area of Kingaroy and of your less famous tour leader on the edge of the rich Lockyer Valley, the famous beach strip in Noosa, the hilltop towns of Montville and Maleny, and visits the Bee Gees memorial in Redcliff before returning through the mangrove swamps to Brisbane.

There are a couple of big hills but these are quite rideable on a low geared touring bike.

The tour is organised as a self-supported bicycle camping tour. This is a very enjoyable and satisfying way of making your way around country, smelling the air and stepping lightly on the earth.

You will carry your tent/sleeping gear/clothes/toiletries etc on your bicycle. There will not be a support vehicle.

Camping will be at caravan parks, showgrounds and National Parks with basic but adequate facilities. Alternatively, there are hotels/campground chalets and B&Bs are within rideable distances of the campgrounds each night. If you want to use these formal accommodations you will have to make your own arrangements.

More details will be on the CTAWA website soon or contact Stuart Crombie 0409-882-931 for further information.



**TOUR ROUTE**



## SOCIAL NIGHT AT 'THE RISE' MAYLANDS

23rd September 2021

There were two talks that night – CTA Silo Art Tour and 12 Great Rides of New Zealand.

### Yew Li Cheng – 2021 CTA Silo Art Tour

**Photos and stories from the back of a tandem.**  
(What happens on tour.... doesn't stay on the tour)

Yew Li is the club's expert back seat photographer and star jump co-ordinator. She gave a light-hearted talk about the three week Silo Tour, which you can read about in the Spring newsletter. The stoker on a tandem has a unique perspective on cycling, requiring nerves of steel and trust in the front rider. They can't see ahead and often receive cries of "she's not cycling" from the other cyclists (although this is untrue most of the time). One advantage is that she has an almost 360 degree view (apart from Patrick's helmet) and can take some great action shots.

Some of the hardships of the tour included battling mice in Ravens-thorpe, starvation in Ongerup and a whole day cycling into a strong headwind towards Lake King. Overall a great time was had by all and no rain was encountered whilst out riding in the countryside. One hot tip from the tour is that you should never set up your tent on a fake lawn site when rain is expected. Alas a few campers found out the hard way when their tent filled up with water due to the lack of drainage. There was much active participation in the talk and no heckling or rotten fruit thrown much to Yew Li's relief.



### Jeremy Knowles – NGA HAERENGA – TE WAIPOUNAMU 12 Great Rides of New Zealand's South Island

Jeremy gave an interesting talk about the 12 Great Rides in the South Island of New Zealand and what to expect regarding weather, trail conditions, how they connected from one trail to the next, as well as snippets of geography, history and local traditions. Many of the mountains and lakes had alternative Māori stories on their origins. The scenery was stunning although on occasions Jeremy and Sylvia had to keep riding to avoid rockfall zones and ensure the notorious sand flies didn't make a meal out of them. There were many lovely locations along the way for a coffee and cake too. Many of the fruit trees alongside the trails had fruit to pick, just don't get caught or else. Their only disappointment was that they didn't get a view of Mt Cook as it was constantly covered with clouds.





## OUT AND ABOUT

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



**A bridge tour of the southern Perth suburbs**



**Group photo on the Collie River**



**Unusual looking farmers and cow.**



**Coffee central in Collie**



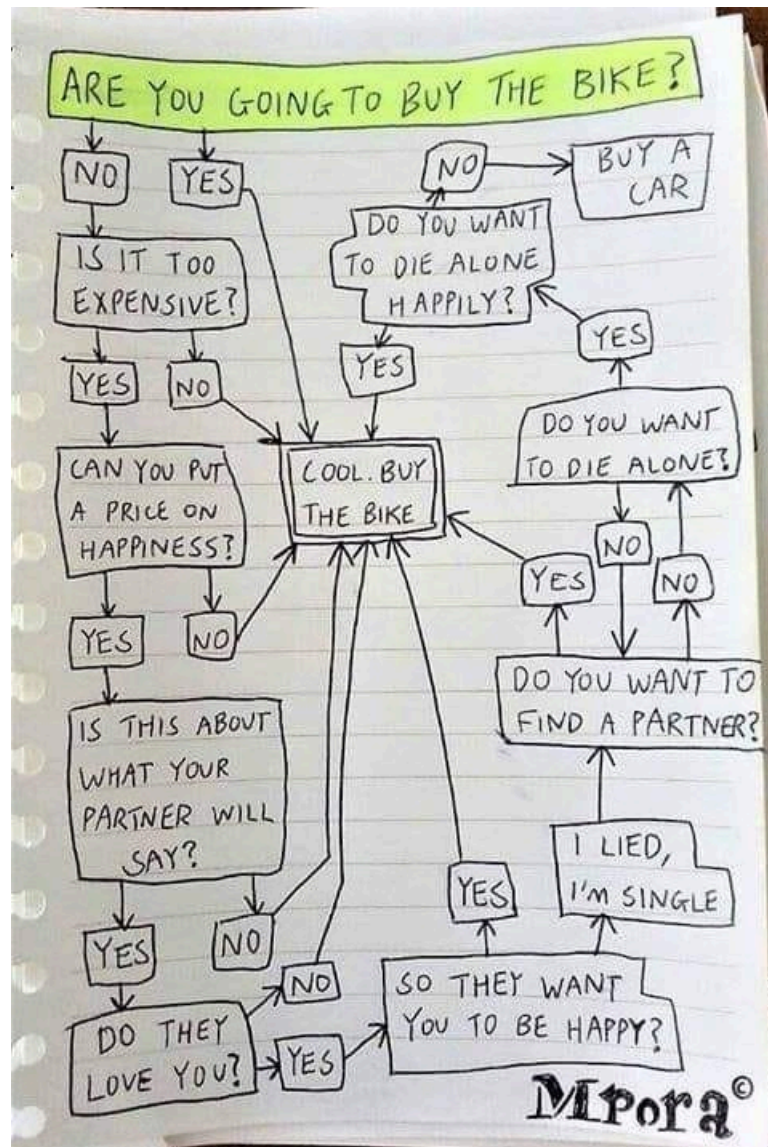
**Coffee break at Forrestfield.**



**Smile... At the Harvey Dam wall.**



## The 'Should I buy another bike' Flowchart



## VLOGS AND BLOGS

1. Alee Denham's Youtube station has many great videos on bikes and his cycling trips [I FELL OFF A CLIFF \(30m/100ft\) with my touring bike // CyclingAbout The Americas \[EP.9\] - YouTube](#)
2. Frank and Sandy ride the South Island of New Zealand [Me and Her Ride Again South Island New Zealand, by Frank Denman \(crazyguyonabike.com\)](#)
3. Scott Diamond rides from Washington State to Florida [Corner to Corner - Across US, by SCOTT DIAMOND \(crazyguyonabike.com\)](#)

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](http://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](mailto:Sarah.Visser@givit.org.au) (0480 223 840)



## 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	28/08/2021 160K	25/07/2021 10,000 in 8	16/10/2021 200 K	300 K	AWARD
John Farrelly	John Farrelly	John Farrelly		John Farrelly	John Farrelly		
Christine Liddiard	Christine Liddiard	Christine Liddiard	Christine Liddiard	Christine Liddiard	Christine Liddiard		
Liz Marshall	Liz Marshall	Liz Marshall		Liz Marshall			
Richard Marshall		Richard Marshall					
NFP	NFP	NFP	NFP	NFP	NFP		
John McMahon		John McMahon	John McMahon		John McMahon		
Linda Tompkins	Linda Tompkins	Linda Tompkins	Linda Tompkins	Linda Tompkins	Linda Tompkins		
Eric Toccock	Eric Toccock B	Eric Toccock B					
Rita Miller							
Cliff Miller							
Patrick Clancy	Patrick Clancy B	Patrick Clancy					
Yew Li	Yew Li B	Yew Li					
Bruce Shaddock	Bruce Shaddock	Bruce Shaddock					
Udeni Gunasekera							
Trevor Knox							
Stuart Crombie	Stuart Crombie	Stuart Crombie					
Kleber Claux	Kleber Claux B	Kleber Claux 21/9					
Randell Holland	Randell Holland	Randell Holland					
Connie							
Noel Eddington							
Silvia Klemens	Silvia Klemens	Silvia Klemens					
Jeremy Knowles	Jeremy Knowles 2	Jeremy Knowles					
Steve Digwood		Steve Digwood					
	Greg Atter	Greg Atter	Greg Atter	Greg Atter	Greg Atter		
	Don Ward	Ann Wilson					
	Don Ward	Don Ward					
Wayne Bertram B	Wayne Bertram		Wayne Bertram	Wayne Bertram	Wayne Bertram		
	Vanessa Pietrasik		Vanessa Pietrasik	Vanessa Pietrasik			
	Bruce Robinson			Bruce Robinson			
	Dave Oakley B						
<b>Merit Achiever</b>	50 and 100 km, and 5000 in 4						
	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						
<b>Challenge</b>	50, 100, Century Challenge and 200 km, and 10,000 in 8						
<b>Super Achiever</b>	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](http://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](mailto:clothing@ctawa.asn.au) for any enquiries or orders.

## The QTvan

QTvan is the world's smallest trailer towable by bicycle and also has a TV and a minibar. Impress your cycle touring pals who have the daily tent assembling drudgery whilst you make yourself a cocktail in luxury, although towing it up Gooseberry Hill Road might prove challenging. Here's the video [Bicycle towing caravan - QTvan - YouTube](#)



**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. Contact Brian on 0438110571.

### 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](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 Fees 2022

	Metro	Country
Renewal Adult membership	\$35	\$30
(If paid before 31 Jan 2022)	\$30	\$25
New Adult membership	\$30	\$25
Concession:		
Full-time Students/Pensioners	\$20	\$20
(New concession members)	\$15	\$15
Dependents under 18	No charge	

Membership forms can be downloaded from our website <[www.ctawa.asn.au](http://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](mailto:info@ctawa.asn.au).