

THE CHAIN LETTER

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

Autumn 2022

Issue 280/ ISSN:2206-9585

PRESIDENT'S REPORT

Another year of wheeling coming up.

The AGM on 27 February was well attended and went smoothly. Covid 19 precautions forced some fairly minor changes (spaced seating, wearing masks). I thank everyone for making allowances for Covid 19; thanks to Liz and Connie for checking people's vaccination status at the door, everyone for wearing masks and socially distancing during the meeting. Remember that vaccination and isolation are about protecting others from your germs as much as protecting you from theirs.

The CTAWA is restricting rides to members with 'up to date' Covid 19 vaccination status until further notice. I ask for your understanding and co-operation in this.

This year, we offered members the option of Zoom'ing into the meeting. Club stalwart Nicole Zoom'ed in at 10 am (German time!) and Matthew did his 'voice of God' thing halfway through the meeting. It went fairly well and next time we will have read the manual to get the room camera working.

The committee for 2022 has seen a few changes; our decade-serving Treasurer Christine gave up the cheque book (remember those) to concentrate on running On Your Bike with Brian and getting her life back, and Social co-ordinator Charlie chucked in his apron but great news that Robyn baked date slice for the meeting anyway. In their stead we welcome Rob as new Treasurer and Yew Li as Social Co-ordinator (a bit like Lucy or Colin Prior, you'll be hearing Yew Li!). Thank you to those who have served on the committee and to those newly joined up. We'll look after you.

The first mid-week ride of the new calendar kicked off with a tour of Perth's murals led up hill and down by Patrick and Yew Li on the tandem, with a scrumptious apple and blackberry crumble tart at North Beach at the halfway point. Eighteen people turned up to be anointed by the first drizzle of 2022. Connie and Noel are putting together the next months of mid-week and weekend rides so give them a hand. Become a Ride Leading Hero by making up your own route or picking an established one and lead the pack to your favourite cafe.

Coming up we have the Retiree's Run in 2022 but be quick as the small and intimate venues of the northern wheatbelt towns severely limit the numbers that can go. And the Queensland Rail Trails Tour after that is on now that the borders are open and the floods will be history by May. Come along for three weeks of scenery including bunya pines, platypuses, macadamia nuts and pumpkin scones.

2022 is going to be a good one, join in and have fun with us.

Stuart Crombie, President.



UPCOMING EVENTS

Tours and Events. Put these in your calendar.

- **Retiree's Run 2022** in the North East Wheatbelt on 4th - 9th April 2022. Click this link for details [Retiree's Run 2022Cycle Touring Association of Western Australia \(Inc.\) \(ctawa.asn.au\)](https://ctawa.asn.au/RetireesRun2022)
- **2022 Queensland Rail Trail Tour** on 3rd - 21st May 2022. See Page 13 for details or click this link [Queensland Rail Trails 2022 – Full Pannier TourCycle Touring Association of Western Australia \(Inc.\) \(ctawa.asn.au\)](https://ctawa.asn.au/QueenslandRailTrails2022)
- **On Your Bike—Southern Forests** on 15th—23 October 2022 Click this link for details [2022 On Your Bike – Southern ForestsCycle Touring Association of Western Australia \(Inc.\) \(ctawa.asn.au\)](https://ctawa.asn.au/OnYourBikeSouthernForests)

CTA LEADERSHIP**PRESIDENT**

Stuart ☎ 0409882931
president@ctawa.asn.au

VICE-PRESIDENT

David ☎ 0404363870

SECRETARY

Doug ☎ 0423177501

TREASURER

Rob ☎ 0448323762
treasurer@ctawa.asn.au

RIDES COORDINATOR

Connie and Noel ☎ 0407640012
rides@ctawa.asn.au

EDITOR

Randell ☎ 0468767405
editor@ctawa.asn.au

WEB SITE

Gus ☎ 0401176323
webmaster@ctawa.asn.au

CLOTHING

Liz ☎ 0423207258
clothing@ctawa.asn.au

OYB TOUR LEADER

Brian ☎ 0438110571
oyb@ctawa.asn.au

ACHIEVEMENT RIDES

John ☎ 0400361406
achievementrides@ctawa.asn.au

SOCIAL COORDINATOR

Yew Li ☎ 0403288881
social@ctawa.asn.au

TOUR COORDINATOR

Trevor ☎ 0402029608
tours@ctawa.asn.au

Please send all correspondence to:
PO Box 174 Wembley WA 6913
CTA Email: info@ctawa.asn.au
Website: www.ctawa.asn.au

The Chain Letter

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

Contents

| | |
|---------------------------------------|-----|
| President's Report. | 1 |
| Club Information. | 2 |
| AGM review 27th Feb 2022 | 3-5 |
| Southern Dams Spoke tour | 6-7 |
| OYB 2021 bikes and owners | 8 |
| Bridgetown Spoke Tour Montage | 9 |
| Dangerous Roads of Perth | 10 |
| Book review— Wild Ride | 11 |
| Poem. I dream of being free | 12 |
| QLD Rail Trail Tour 2022 | 13 |
| Out and About | 14 |
| Humour | 15 |
| Ride Guidelines and Information | 16 |
| Achievement Rides and Clothing. | 17 |
| Cycling Vlogs and Membership details. | 18 |

Housekeeping

Please shoot us an update if your contact information changes (so we can keep our database up to speed).

Email: members@ctawa.asn.au

Safety Issues

If you have safety issues — email info@ctawa.asn.au

All riders are encouraged to report path and road hazards observed during their rides. You should email a clear summary, subject 'Hazard report', including details of the location and the problem (with a photo if you have a camera at the time) to: <https://www.transport.wa.gov.au/activetransport/online-hazard-report-form.asp> and/or enquiries@mainroads.wa.gov.au (send a copy to info@ctawa.asn.au).

Former Green Senator Scott Ludham sponsored an iPhone app, Bike Blackspot, for reporting bike hazards in Perth. It seems to be a useful easy-to-use reporting tool. Information goes to both the Minister of Transport and the Greens. The CTA does not support any political party.

WELCOME TO NEW MEMBERS

Jan Read

DEADLINES: Contributions for the next issue (Autumn 2022) should be sent to the Editor (editor@ctawa.asn.au) no later than **25 May 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—Briefs

Sunday, 27 February 2022

President's welcome

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

Stuart reported that 2021 had been a very successful year and particularly Connie's management of the day rides. Mid-year there had been a few lapses in riders' concentration resulting in accidents. The second half of the year riders seem to take more care and there were no accidents.

Covid has again been something the CTA has had to work around and had been relatively lucky. Stuart gave the example of Trevor's tour exiting a town just 4 hours prior to that town being placed in lockdown. Overall, covid's impact on rides had been minimal.

The 4 tours in 2021 organized by Trevor, Brian, Christine and Connie were all excellent tours and all were well attended. Stuart reminded the meeting that the Queensland Tour was still on.

In 2012 Christine took on the important position of treasurer. Christine has been the CTAWA treasurer for the past 10 years. Christine is standing down from this position in 2022. Stuart made a small presentation to Christine recognizing her contribution, not only as treasurer, but her knowledge of CTA's operations and will be a big loss.

Treasurer Christine Liddiard

In accordance with the directions decided at the 2021 AGM for portion of the CTA's surplus funds be reduced by giving back to members such as with a reduction on membership fees Christine reported that our surplus has now been reduced by \$5,000. Other expenses included social, awards and ride leaders BBQ. The CTA also arranged for a first aid course \$1,400.

The CTA jerseys previously supplied by Sprint who subsequently have closed are now supplied by Black Chrome. The new jerseys although printed with the same pattern as Sprint is a different fabric which everyone likes as it is an improvement of the old fabric. So much so, that the old Sprint jerseys were offered at a very reduced rate and even so some had to be disposed of as members had no interest in purchasing them. \$450 was write down.

The clothing stock was increased during 2021 at a cost of \$8,000.

The Touring Account has remained level. 2021 OYB ran at a loss of \$2,000. There was also the additional cost (\$900) of 2 CTA members acquiring a truck license to be available to drive the OYB truck. Damage was caused to a truck during the learning resulting in costs of \$2,700.

Membership for 2021 was 248. This is up 15 from the previous year. OYB accounted for 7 of these new members. Christine concluded her report that she would not be renominating for CTA treasurer and wished the committee success for the coming year.



After 10 years as treasurer Christine has now moved to the OYB Committee

Rides Coordinator Connie Van den Ende

The weekly rides regularly get up to 30 riders. There were 104 rides planned for 2021 (2 rides per week) covering 5,200 kilometres. Connie thanked both the stalwart ride leaders who volunteer regularly each year to do this and the new ride leaders who came forward in 2021. 2021 has seen a range of weather and on some days it has just been too hot or too windy, wet and cold so a coffee get together has been the best option. The BBQ for ride leaders has been worthwhile and will be held again this year. The date yet to be decided. Connie reminded the meeting that new ride leaders needed.

The question was asked whether there had been further consideration to separating the rides into two groups as there was a concern that one group is too large for many cafes to handle. Connie pointed out that it was difficult to have ride leaders for the 104 rides each year. Organizing double the number of leaders was not viable, although on rides where there had been a large number of riders the group had been split into two groups. Leaders also let the café know in advance, so there has not been a problem.

Tour coordinator Trevor Knox

There were 4 tours in 2021:

Grain solo art tour

Trevor spoke about the benefits of having Brian's ute as a support vehicle on this tour.

Heart of the Great Southern tour OYB

Southern dams and murals tour

This included a few days for riders to confine their ride to Collie and see what Collie's highlights were.

Bridgetown spoke tour

This tour was well supported.

All four tours were well planned and received.

For 2022 there is the unsupported Retiree's Run in April. Because of the (small) size of the towns being visited, numbers are limited to 30 and there are only a few spots left.

Achievement Rides John Farrelly

Last year 32 participants took part in Achievement rides, which was more than the previous year. There were 7 rides which became more challenging in length as they progressed. Starting at a pleasant 50k ride in the Chittering valley, they finished with an epic 300k ride through Gingin, Calingiri, Toodyay and back to Midland. 18 awards were presented (see Awards).

Social Co-ordinator Carmini Cilli (absent)

Despite the Covid restrictions we managed to have 3 well attended social nights at the Rise, Maylands in 2021.

The social calendar started on the **March 25th**, 1st anniversary of Covid in Australia.

Guy Taylor shared his stories and tips on his solo rides in remote parts of Western Australia.

Pipa Engledow also a solo rider, told of us about her arduous ride from Darwin to Halls Creek.

On **June 24th** Anton Claux gave us a presentation on feet related to cycling. He spoke about foot health, complaints and remedies, including footwear.

Then Robert Loughman and Juliann Lloyd Smith shared their enthusiasm for riding their tandem in Japan.

The evening **September 3rd** saw Yew Li Cheng give a light heart-ed account of the 3 week CTA Silo Tour in the southern wheat-belt of WA.

Followed by Jeremy Knowles interesting and humorous presentation on rides in southern New Zealand.

We thank them for the efforts preparing and sharing their travel stories, lots of colourful photos helping paint the picture.

A special thanks to Robyn Cilli for supplying the delicious home made cakes to go with the tea and coffee.

Clothing Liz Marshall

Liz reminded the meeting that the CTA now had "a mountain" of merchandise at her home. More recently the CTA has acquired socks in size 11-14 not previously carried. The sunscreen sleeves are also a new item now available.

Website Angus King

Gus was able to report that the website was uneventful which is a good thing. Traffic had seen a slight decline (6%). The membership platform is functioning adequately, with still a few changes required to improve its operation. The Routes and Tracks has been improved slightly. This will be Gus's last year as webmaster, so if anyone is interested in taking over as webmaster please see Gus.



The 2022 CTAWA Committee members

Newsletter Randell Holland

Four newsletters were issued in 2021 (one for each season). Randell reported that the content had been built up a fair bit this past year and seemed to have a positive acceptance by CTA members.

OYB 2021 tour – Brian McAuliffe

The 2021 OYB Heart of the Great Southern was fully booked with 130 riders and there was a "wait list" of 13. There were no accidents to report.

This year's 2022 OYB is being organized by Christine and Brian and planning is going well.

Achievement Ride Recipients – John Farrelly

Last year, 2021, we had 32 participants taking part in Achievement rides, which was more than last year.

There were 7 rides which became more challenging in length as they progressed.

Starting at a pleasant 50k ride in the Chittering valley, they finished with an epic 300k ride through Gingin, Calingiri, Toodyay and

back to Midland.

I am very pleased to see that we have 18 awards to present this year.

2 Super Achievers

Christine Liddiard , John Farrelly

4 Challenge Awards

Linda Tompkins, Greg Atter, Wayne Bertram, Jane

4 Achievers Awards

John McMahon, Patrick Clancy, Yew Li, Liz Marshall

8 Merit Awards

Eric Tocock, Bruce Shaddock, Stuart Crombie, Kleber Claux

Randell Holland, Jeremy Knowles, Silvia Klemens, Vanessa Pietrasik

Thank you all for turning up for these rides, I am happy to organise them, and look forward to doing so again this year.

John Farrelly – Coordinator

2021 Newsletter Article of the Year – presented by Randell to Patrick for his article on the Grain Solo Art Tour.

2021 Rides of the Year

Single Day Ride of the Year – presented by John, awarded to Liz for Zig Zagging under the full moon ride

Multi Day Ride of the Year – presented by John, awarded to Christine for Southern Dams and Murals Tour

Person who lead the most rides during 2021 – presented by John, awarded to Connie

2021 Cycle Tourist of the Year – presented by Doug, awarded to Stuart

Election of Committee Members for 2022

The following were elected:

President – Stuart Crombie, Vice President – David Grubb, Treasurer – Rob Boggs,

Secretary – Douglas Allen, Achievement Rides Coord. – John Farrelly, Clothing – Liz Marshall, Newsletter Editor – Randell Holland,

Rides Coordinator – Connie Vanden Ende, Noel Eddington, Social Coordinator - Yew Li Cheng, Tours Coordinator – Trevor Knox,

Webmaster – Angus King.

GENERAL BUSINESS POINTS (please consult the CTAWA website for more details [CTAWA 2022 AGM Documents « Cycle Touring Association of Western Australia \(Inc.\)](#))

- CTAWA postal address will remain the same.
- 2021 auditor Martin Gray appointed for 2022.
- Discussion on CTAWA to have a policy on covid-19 vaccinations.
- Membership fees to remain the same as 2021
- The Associations Incorporation Act 2015 is under review
- First CTAWA meeting on Zoom.



Club President Stuart Crombie is the 2021 Cycle Tourist of the year, well deserved after 5 years as the president, tour organising and involvement in numerous club activities

Southern Dams and Murals Spoke Tour

Thursday November 4, 2021 - Sunday November 7, 2021

DAY 1 MANDURAH TO LAKE NAVARINO

The first day of the Southern Dams and Murals Spoke Tour started with drizzle and greyness in the sky and a strong gusty wind. I was dropped off at the Esplanade by my lovely wife. Then after a burnt caramel ice cream (the perfect way to start a tour) I was off on this little adventure. The other participants led by Christine had already departed the train station hours earlier and were long gone. Not knowing Mandurah that well I made the mistake of getting straight onto Pinjarra Rd which was an awful, busy road with numerous intersections, traffic lights, road works and a high curb with no shoulder, so I then tried the footpath which kept forcing me to change sides of the road. Once through the suburban nightmare a wide shoulder appeared and combined with a nice cycle path it was pleasant cycling. After a short lunch break in Pinjarra I continued on the wide shoulder to Waroona dodging a few bodies (car and a few kangaroos) and turned right for the steepish climb up to Lake Navarino. Along the way I passed Udeni and arrived at the Tourist Park which was very pleasant with green grass and trees. The caretakers kindly gave us a large amount of free firewood and everyone gravitated to the campers kitchen for drinks, to cook their meals and talk around the log fire which Jeremy started using his pyromaniac talents, we just had to keep an eye out for the birds trying to snatch our food.



DAY 2 To LAKE BROCKMAN

After packing up we were treated to a beautiful downhill into Waroona then we made a short diversion to Drakesbrook Weir which is in a very picturesque setting. There's a small beach but it was a little too cold to go swimming so Yew Li organised some star jumping photo opportunities. Afterwards everyone hit the café for breakfast, many Full English Breakfasts and coffees were consumed as we'd need the energy for a long ride. It was pretty flat on the back streets to Yarloop, which had survived a major bushfire a few years ago. The cruellest aspect of this trip was that after a long cycle you were presented with a steep hill for the last 10 kilometres. The ride to Lake Brockman was the steepest yet and I even witnessed some club legends get off and push their bikes (except John F, he rode all the way and suffered), the coffees at the café were well deserved. The campground here was more natural with lots of gravel under the trees and we went to the campers kitchen to cook our dinner again as there was nowhere else to purchase meals.



DAY 3 To COLLIE

Another amazing decent into Harvey this time. We all met at the local café for coffees, cakes, and breakfasts. A local walked past and welcomed us to the town (wouldn't get that in the big smoke) and we met an ambulance officer who had been on the last OYB 2021 Tour. She warned us to be careful of traffic on Mornington Road although it had recently had its shoulders widened. Another steep uphill through farmland then hills aplenty in the Jarrah forest and pine plantations. I received a few half hearted swoops from magpies as I got close to Collie. I also saw black cockatoos and 28 parrots in the trees. Arriving at Collie we met the other CTAWA members who drove straight there and were staying in caravans or accommodation (some might call them softies). That night many enjoyed the luxury of eating out whilst others cooked their own food in the well-appointed camper's kitchen.



DAY 4-6 COLLIE

Collie lived up to its frigid reputation and the tent dwellers rugged up for the coldest night (5 Celsius) of the trip, very invigorating. Organised at 5pm the previous afternoon there were many day trips to participate in. Lake Kepwari with a side trip to Lake Stockton, Harris Dam with a lunch at Harris River Estate winery, a local ride around Collie and the toughest ride of them all to Wellington Dam to see the giant mural. After the day ride many cyclists gravitated to Central Park for coffees and a treat from the coffee wagon and other cafes close by. Collie made an excellent base for a spoke tour with great cycleways along the river, forest tracks, cafes, hotels and restaurants for meals, murals, museums and friendly locals.

DAY 7 To HARVEY

After saying goodbye to the folks heading back to the big smoke in their polluting cars it was a reverse ride back down Mornington Road to Harvey. The weather was perfect and sunny and everyone soon settled into their own comfortable cycling cadence on the rolling hills. Another brilliant downhill onto the coastal plain. After setting up tents we headed off for the short trip to Harvey Dam and rode across the dam wall. There we met a lady who had a bird cage with a parrot inside strapped to her chest, she takes it everywhere. After a group photo I then rode to the park at the base of the dam to try out the Spam slices cooked on the BBQ by Patrick and Yew Li, which tasted very nice. That night we ordered pizzas from Anchovies Pizza. I ordered the Yarloop Special





which was fiery hot and we ate them down the road at a beautiful character house that Patrick and Yew Li were staying at. On the walk back to the Caravan Park in the dark that night I saw some girls trying to stop the traffic on the road. An Echidna was slowly walking across the road. I considered picking it up but those spikes looked pretty sharp, so I pushed it slowly with my shoe away from the road (my yearly act of random kindness is now used up).

DAY 8 To MANDURAH then HOME

I was up super early, packed the bike and headed off at 6am (the others left a few hours later with a stop at a Pinjarra café). It was going to be a hot day with strong, mostly tailwinds. I opted for the longer but more scenic ride through the country lanes towards the coast then followed the Harvey Estuary, over the Dawesville Channel Bridge, checked out the Italianesque canal development then rode along the scenic coast cycleway to Mandurah. The only incident of note was when I attempted to take a photo of a bush property with a state flag, dockers flag and sign saying 'No Freeloaders' and just a second before I clicked the photo, I heard a honk of the horn and the Landcruiser pulled into the driveway right in front of me. I'm sure the very grumpy looking, successionist, Docker supporter would have considered cyclists as the ultimate freeloaders so I beat a hasty retreat. The days cycling was around 100kms but worth it for the water views. Thanks Christine for organising such an excellent tour.

By Randell Holland



Some more photos



A LOOK AT SOME OF THE OYB BIKES AND THEIR OWNERS

‘A COUPLE OF COUPLES’ By David Grubb.



First couple, Barb and Gus King. Gus as you probably know is our esteemed webmaster.

This couple, like yours truly and Sally, have a couple of Viventes, often described as “the best touring bike for your buck that you can obtain in Australia”, (but not any longer if my information is correct!)

Anyway, back to the OYB bikes.

Gus's is a 2008, Vivente World Randeneur, in the standard (only?) configuration of the time. All steel, 3 x 9 Deore gearing, 700 x 35 wheels, front mechanical disc, rear rim brakes, dynamo front hub and integrated front and rear lights. Being 2008 this bike is burgundy in colour. It does not have a name. Gus has ridden 15 OYBs, 12 of them on this bike, which according to the computer has done exactly 30,488 km, “that is exact” says Gus, “apart from a few rides to the shops, or when I have forgotten to start the computer!” In other words, it isn't exact at all, just another number!

Gus says he has 1 ½ bikes at the moment, the half being a clunker to ride to the railway station, it isn't good enough to nick and it doesn't matter if it does get nicked. Gus knows all about leaving bikes at railway stations and having them nicked!!!!

Barb's Vivente is a 2011, variously named “the baby bike”, “Trixie the Tourer” or Beatrice, which means “the bringer of joy and happiness”. Same spec as Gus's bike, however in black, like most Viventes were for around 10 years. Barb has four other bikes, Ruby, a Giant Hybrid 25years old, and Margarita, or Rita, for short, a 15 year old Giant CRX2 road bike. Barb obviously likes naming her bikes! The other two bikes are for lending, and I didn't get their names, so I guess they are not so important. Barb has done 15 OYBs, 10 of these on “baby bike”, which has done 25-30,000 km, (not such an “exact” number, but just as informative), including a couple of European trips.

If you see Barb and Gus on their Viventes, you may notice that for Barb, blue is the coordinating colour, for Gus orange is the colour.

A quick look at another two in photos:



Karla Aguila, and her Trek aluminium road bike, this is the first OYB for Karla.



James Bantick and his All City Space Horse, a steel, light touring bike. This is James' second OYB.

Bridgetown Spoke Tour Montage

Sunday 28th November -Friday 3rd December 2021

Four days, four rides and (more or less) four groups each day. Good weather, light winds and plenty of hills to climb. When you are in Bridgetown every ride starts with an up, it only took a day or two for some to figure out they could take their bike and drive to the top of the ridge, the downside to that was they miss out on the fast and fantastic downhill coming back to town.

Great time was had by all 30+ attendees, no significant incidents in a collective 8,000+ kms of riding. Thanks to Connie for the great organisation of it all. Looking forward to next time? *By David Grubb*



Dangerous roads of Perth

Scarborough Beach Road, Scarborough

A road to avoid with no shoulder, high kerbs, multiple street and driveway entries and heavy traffic. Never attempt a right turn from the centre lane. Similar roads include Guildford Road, Walcott Street, Canning Highway and Shepperton Road.



Great Eastern Highway, Greenmount

Heavy traffic with many trucks, no shoulder and barriers on the downhill section. Unfortunately Toodyay Road is just as dangerous, so if heading east on a road bike Coulston Road and Ryecroft Street though Darlington is a much better alternative or best of all take the rail trails if on a touring bike or mountain bike.



Canning Road, Karragullen

A narrow road with no shoulder on a truck route with a sharp 50mm high kerb with bends. On some sections I would advise getting off the road completely when trucks are coming in both directions and wait until no vehicles are present before moving on.



Marine Parade, Cottesloe

Kilometres of dooring zones along the beach with heavy traffic especially in the mornings at weekends. The footpath is usually full of dog walkers. Drivers are pre-occupied looking for a parking spot rather than paying attention to cyclists.



Mundaring Weir Road, Bickley

A steep, windy road with no shoulder, high kerb and limited passing opportunities through the scenic Bickley Valley. Frustrated motorists take risks to get past slow moving pelotons especially on the busy Sunday afternoons.



BOOK REVIEW

WILD RIDE; Epic Cycling Journeys Through the Heart of Australia, written by Daniel Oakman

As touring cyclists we sometimes think we are adventurers blazing a trail through to the unknown. Well, sorry to say, we are not really blazing into anywhere, and this book demonstrates why, by telling of a few adventurers who really did blaze away into the unknown on a bicycle. The added interest with this book is it is set entirely in, and is about Australia, and about as Australian as it can get.

A few examples.

How about Sarah Maddock, who in 1894 cycled from Melbourne to Sydney, 925 kms over nine days, the first woman to do so. She only learned to ride a bike in 1893, at the age of 33. In 1895 she rode Sydney – Brisbane – Sydney. No mention of what the roads were like, not the bike(s) she rode, certainly not lightweight carbon fibre!!

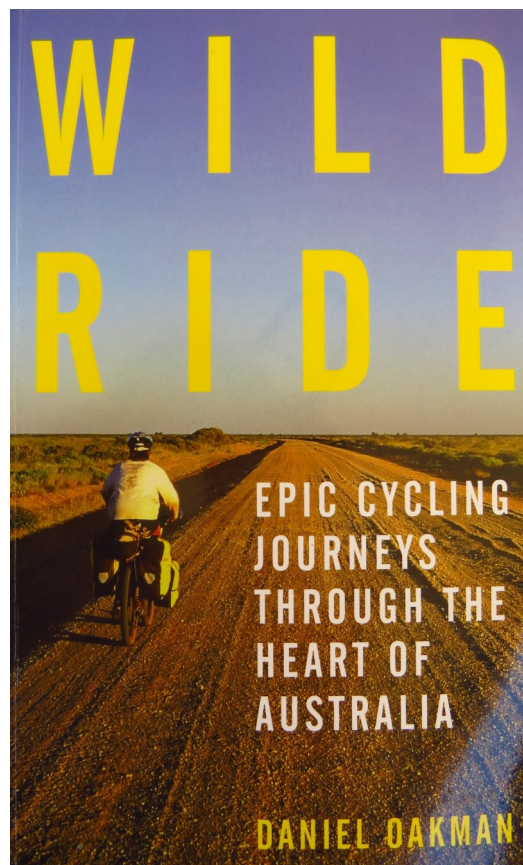
Then there was Jerome Joseph Murif, who at the age of 34 decided it was time to “do something”, so he looked for a record to break. Ride a bike across the continent, so in 1897 he set off from Glenelg in Adelaide and rode to Darwin. He arrived in Adelaide from his home in Broken Hill, bought a bike, painted over the logo and called his bike “Diamond”, it was 13kg without luggage. To reduce the likelihood of punctures he fitted a thick tyre to the rear wheel and glued an extra strip of rubber on the front. Single gear of 62.5 inches (approx 34 x 15 set-up). 3,380 km later and after many trials, tests and almost disaster and 74 days of hardship, he was in Darwin.

We now have the internet, maps and plenty of information. If you were in NSW in 1896 you could buy a book, “Cyclists Touring Guide”, “Roads, Distances, Hills, Scenery, Towns, Hotel Accommodation, Road Maps”. Wow, let's go!

And so the book goes on, it makes me want to get on the bike. It also made me appreciate the efforts of true heroes of the past and how we as humans are always up for a challenge. One of the riders on his around Australia ride carried a rifle, both for protection from potential conflict and to shoot food for the evening meal. Now on the Silos tour I remember how concerned we all were to make the IGA before it closed at 12:30, so having to shoot your food and cook on an open fire puts it all into perspective.

A good read, highly recommended.


David G



Thanks to their daring and determination to ride where others had not, a plethora of bike adventures with historic significance still await today's adventurer. Today, these roads, tracks and trails allow cyclists to reconnect with their legacy. And with this great collection of ripping yarns, Dan pays tribute to Australia's 'wild riders'.

— Rupert Guinness, sports writer and author

This book tells the story of cyclists who were overcome by the need to venture into the wild on two wheels, the courageous men and women who undertook some of the most epic bicycle journeys of all time.

A photograph of a motorcycle parked on a dirt trail. The motorcycle has a red fuel tank, black handlebars, and black panniers on both sides. A red helmet is hanging from the handlebars. The background shows a dirt path leading into a hilly, brushy landscape under a clear sky.

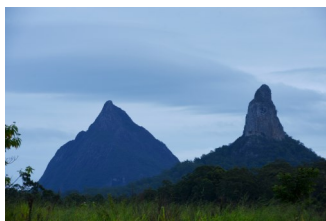
*I dream of being free
To ride all day
Go where I want
My bags and bike all I own*

*On the trail
Once again
Castles in Spain
On the road again*

By Gary Pinnegar

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

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.



Jacaranda Ride



Christmas lights on the night ride.



Colin getting ready for the OYB



Stan's ride to Point Walter



Smile



The 'Tough guys' at Roleystone after climbing the hill in the heat.

What is the correct answer ?



Some suggestions

"My wife told me if I buy one more bike she gonna leave me..... God I'm gonna miss her!" **RICHARD**

I always buy a black bike to cast doubt in the wife's mind if she gets suspicious **ED**

I would start with C and not stop talking, giving compliments for at least a full 30 minutes accompanied by flowers and her favourite treats. Not giving her time to think...Of course. Note: when I said treats, it's obvious that does not include jewellery. With that kind of money you could upgrade the frame, a set of wheels, a new indoor trainer, etc. **RICARDO**

"I'm holding it for my buddy. He's hiding it from his wife" **JIMMY**

"It followed me home" **SALVADOR**

NEVER EVER ANSWER B! **JOHN**

Someone hacked my account, bought the bike, since it's here might as well use it anyway **DAVE**

Here - have a glass of wine, honey. **JERZEY**

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)

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)

Final 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 | 18/12/2021 300 K | AWARD |
|--------------------|-------------------------------------------------------------------------------------------------------------|-------------------------|--------------------|---------------------------|---------------------|---------------------|----------------|
| John Farrelly | John Farrelly | John Farrelly | | John Farrelly | John Farrelly | John Farrelly | Super Achiever |
| Christine Liddiard | Christine Liddiard | Christine Liddiard | Christine Liddiard | Christine Liddiard | Christine Liddiard | Christine Liddiard | Super Achiever |
| Liz Marshall | Liz Marshall | Liz Marshall | | Liz Marshall | | | Achiever |
| Richard Marshall | | Richard Marshall | | | | | |
| NFP | NFP | NFP | NFP | NFP | NFP | | Challenge |
| John McMahon | | John McMahon | John McMahon | | John McMahon | | Achiever |
| Linda Tompkins | Linda Tompkins | Linda Tompkins | Linda Tompkins | Linda Tompkins | Linda Tompkins | | Challenge |
| Eric Tocock | Eric Tocock B | Eric Tocock B | | | | | Merit |
| Rita Miller | | | | | | | |
| Cliff Miller | | | | | | | |
| Patrick Clancy | Patrick Clancy B | Patrick Clancy | | Patrick Clancy B | | | Achiever |
| Yew Li | Yew Li B | Yew Li | | Yew Li B | | | Achiever |
| Bruce Shaddock | Bruce Shaddock | Bruce Shaddock | | | | | Merit |
| Udeni Gunasekera | | | | | | | |
| Trevor Knox | | | | | | | |
| Stuart Crombie | Stuart Crombie | Stuart Crombie | | | | | Merit |
| Kleber Claux | Kleber Claux B | Kleber Claux 21/9 | | | | | Merit |
| Randell Holland | Randell Holland | Randell Holland | | | | | Merit |
| Connie | | | | | | | |
| Noel Eddington | | | | | | | |
| Silvia Klemens | Silvia Klemens | Silvia Klemens | | | | | Merit |
| Jeremy Knowles | Jeremy Knowles 2 | Jeremy Knowles | | | | | Merit |
| Steve Digwood | | Steve Digwood | | | | | |
| | Greg Atter | Greg Atter | Greg Atter | Greg Atter | Greg Atter | | Challenge |
| | Don Ward | Don Ward | | | | | |
| Wayne Bertram B | Wayne Bertram | | Wayne Bertram(0 | Wayne Bertram | Wayne Bertram | | Challenge |
| | Vanessa Pietrasik | | Vanessa Pietrasik | Vanessa Pietrasik | | | Merit |
| | Bruce Robinson | | | Bruce Robinson | | | |
| | Dave Oakley B | | | | | | |
| 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.

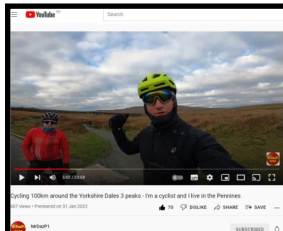
Contact : Liz, 0423207258 or email clothing@ctawa.asn.au for any enquiries or orders.

Some cycling vlogger channels to watch



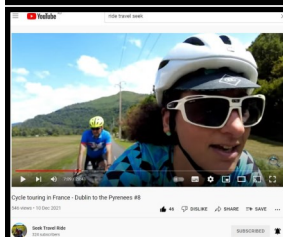
Paul Green Vlog . Paul rides around the towns and countryside around Lincolnshire discussing a range of cycling issues, reviews cycling gear, meets up with other cycle vloggers and advocates using your local small coffee shop.

Here's a link to an episode on his You tube channel. [Riding With Roy out to Fulbeck Cafe - Viewers Ride on The Way - Triban Cycle Chat - YouTube](#)



MrDazP1. Always starts his vlogs with the line "I'm a cyclist and I live in the Pennines" He goes on rides though the beautiful Yorkshire and Lancashire countryside with his mate Mike and gives detailed maps and descriptions of his rides with a little humour thrown in.

Here's a link to an episode on his You tube channel. [Cycling 100km around the Yorkshire Dales 3 peaks - I'm a cyclist and I live in the Pennines - YouTube](#)



Seek Travel Ride. An Australian couple Bella and Stephen who cycled through France to their new home in southern France and enjoy the local food, culture and some cycling challenges.

Here's a link to an episode on their You tube channel. [Cycle touring in France - Dublin to the Pyrenees #8 - 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

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 (If paid before 31 Jan 2022) | \$35 \$30 | \$30 \$25 |
| New Adult membership | \$30 | \$25 |
| Concession: | | |
| Full-time Students/Pensioners | \$20 | \$20 |
| 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.