

THE CHAIN LETTER

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

Autumn 2023

Issue 284/ ISSN:2206-9585

PRESIDENT'S REPORT

Another year! Thanks everyone for turning up to the AGM. A few more attended than in previous years. CTAWA Cycle Tourist of the Year 2022 was awarded to Brian McAuliffe. A very well deserved recognition for his enormous efforts and sacrifices in OYB 2022 and in many club events prior to that. Congratulations.

A special thanks to those who stood up to be on the committee; Blue Bruce actually volunteered to be Treasurer weeks before the AGM. We welcome new members Blue Bruce (Treasurer), Jeremy (Secretary), Alwyn (Social Co-ordinator) and Simon (Web Master, back again). Stayers are John F. (Achievement Rides), Randell (Newsletter), Connie (now Clothing) and Christine (OYB) and myself (President). We will get together in the coming days to find our seats and get started in providing a great year of riding.

Also, a last 'thankyou' to the committee members who have done such great work in the preceding years; Doug whose Secretarial pen has reminded us to meet and having met reminded us again of what we agreed, Christine who took up the Treasurer's books *ex officio when needed*, Gus whose work on the web page we have admired over the years, Yew Li whose catering at social nights and effortless organising of club dinners we have greatly enjoyed, Liz, Connie and Trevor whose efforts in organising rides and seeing us fitted out in club colours have built our esprit d'corps on the roads and Dave, the silent giant of a Vice-President who spoke little but wisely when something tricky came up.

Tours and long personal rides are starting up as the weather moderates, First off, Trevor is leading a group of long distance wanderers from the mouth of the Murray River to almost its source. I am betting some do make it up the hill (the Australian Alps) to the source. There is a campground nearby at Cowombat Flats that should be handy if a blizzard snows them in. Randell is heading off soon after for his Melbourne to Sydney solo epic on his new Kona touring bike. Keep us informed Big Man. Others are off to New Zealand, France and Japan. Have fun folks.

Planning for next year's 50th Anniversary of the CTAWA's first pannier tour has started. Amazingly, some of the original riders are looking to join in. Proof that cycling keeps you young or at least going, for longer! If you want to be involved and take some of the weight off the organiser's shoulders please get in contact with someone on the CTAWA or OYB's committees to offer your help.

You might have seen the site works in McCallum Park for the new Causeway bike and pedestrian bridge? It is a \$125 million project that will give cyclists a lot more visibility to the motorists dodging traffic on the Causeway Bridge. The new bridge will separate us bikers and electric scooter riders from the walkers and runners who all have to share the dangerously narrow bridge footpath for now.



UPCOMING EVENTS

Tours and Events. Put these in your calendar.

- **On Your Bike 2023 - Rivers of the Darling tour** - Sat 7th Oct to Sun 15th Oct 2023. More details will be on the website when all overnight venues have been confirmed. For details click on link [2023 On Your Bike – Rivers of the Darling tour](https://www.ctawa.asn.au/2023-On-Your-Bike-Rivers-of-the-Darling-tour) [Cycle Touring Association of Western Australia \(Inc.\) \(ctawa.asn.au\)](https://www.ctawa.asn.au)

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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 and upcoming Events	1
Club Information.	2
Annual General Meeting	3-5
Out and About	6
Ride Guidelines and Information	7
'Watch out for them pigs'	8
Australind Spoke Tour Photos	9
Cycling History	10
Social Page	11
Achievement Rides , Clothing	12
The Social Page	13
Membership Details	14

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

Anke Goldschmidt
 Ken Sheldrick
 Sheila McKenna
 Darryl Cass

John McKell
 Michael Holland
 Tilda Newman

DEADLINES: Contributions for the next issue (Winter 2023) should be sent to the Editor (editor@ctawa.asn.au) no later than **25 May 2023**.

DISCLAIMER: Opinions or comments from contributors and members do not necessarily reflect those of the Club, its committee, the Editor, or its membership as a whole.

Annual General Meeting—Briefs

Sunday, 26 February 2023

President's welcome

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

Compared to the previous year this year's (2022) accidents from tours and rides was

much less (2 ribs, 1 wrist injury). This suggests that although the ride groups were

larger this year people were more careful.

Covid: Members thanked for being mindful of the need maintain healthy practices and

where there were occasions a rider felt they may have either a cold or covid coming

on took the responsible option and stayed away.

Stuart thanked ride leaders, particularly Connie for leading rides this year. Numbers were up. Each ride often exceeding 24.

Tours were again popular even with the threat of covid and some of the camping grounds no longer available. Brian and Christine were thanked for their leadership of the 2022 and 2023 OYB.

Retirees' Run, Queensland Rails, Trails tour, Toodyay long weekend tour and Australind Spoke tour were well attended.

Stuart also alerted the incoming CTA committee that 2024 would be CTAWA's 50th year. The implication is that we normally have something special each 10 year anniversary.

Trevor volunteered to undertake planning and leading a celebratory tour for the 50th anniversary.

Day rides is an ongoing task all year to maintain a calendar with leaders for every Sunday and Wednesday plus the occasional night ride and perhaps may have to be restructured.

Trevor suggested that a tour to one of the eastern States in a year or two would be good and that he was looking into this.

The CTA committee has 13 office bearers and members. This is quite large, but means individuals are not burdened with a lot of work. We had looked at operating with just the 4 office bearers and 1 committee member attending meetings, and the other committee members carrying out their duties without having to attend meetings.

This may be something the new committee might want to consider.

Liability insurance continues to be an expensive item. Last year it cost \$3,000 and is expected to increase again this year. It was noted that we do need liability insurance as all local councils require we (they) are covered.

The storage of the OYB bike trailer is a problem. Disposal is a possibility.

Trevor

pointed out that because of the age of many members and with the 50th anniversary in

2024 the trailer would be a requirement. Apparently some members have offered to

provide storage. It was suggested that a broadcast to all members be made to

establish if a suitable alternative location to Brian's front yard (where it is currently) can be found.

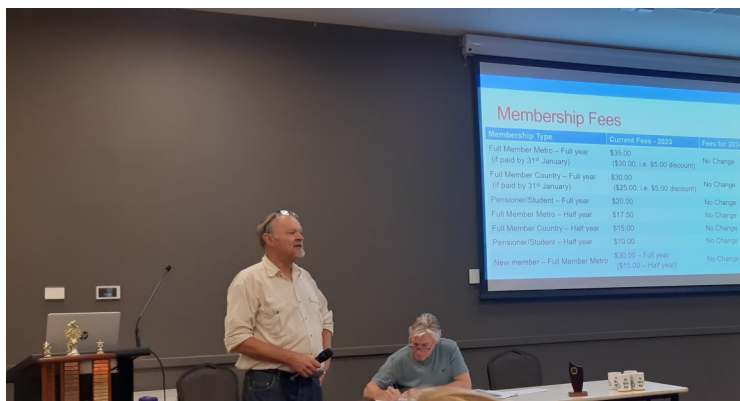
Treasurer Christine Liddiard

The position of treasurer has been vacant for 2023 so Stuart informed the AGM of CTAWA's financial position. Using a power point to display graphs and charts, it showed that since 2009/10 to now our assets and cash has been increasing and the CTA is in a very sound financial position.

Membership for 2022 was 233 which is slightly down.

Membership fees have been lowered in recent years to comply with recommendation from two year earlier AGM to reduce the funds by lowering costs to the members. OYB made a slight profit in 2022.

Chris Meadwell was treasurer for most of 2022 and when he wasn't able to finish out the year Christine again took over this role. Stu-



art recorded the CTA's thanks.

Rides Coordinator Connie Van den Ende

Connie thanked everyone who lead rides in 2022. The ride leaders were made up of both regular leaders and new leaders and this provided rides to new and wonderful locations. A compilation of the rides in 2022 and the number of participants amounted to over 100,000 kilometres.

Tour coordinator Trevor Knox

Trevor briefly mentioned to points of interest about the 2022 tours. Retirees' Run was restricted with limited accommodation so ride numbers were small. Queensland Rails Trails tour was run at the time of adverse conditions and as a consequence participation numbers reduced. Toodyay long weekend tour was popular and Australind Spoke tour was exceptionally well attended. The Southern Dams and Murals Tour (to Collie) organised by Christine in 2021 was also a popular tour. So much so that the Over 55's are planning a tour based on this tour. Trevor added that there could be more cross exchange of tours between the two associations.

Feedback from tour participants suggests spoke tours are popular.

Although Trevor is stepping down from the position of tours coordinator he will continue to plan and lead tours.

Achievement Rides John Farrelly

In 2022 there was in the order of 25 entries in the various achievement rides. John considered it an interesting task to arrange and manage the various achievement rides and will continue to do so in 2023.

Social Co-ordinator Yew Li Cheng

There were 6 events for 2022:

Christmas Lunch – Chidlow Tavern

Ride Leaders BBQ (Yew Li applied for and received a \$250 grant from)

The Whys and Wherefores of OYB Tour

Qld Rail Trail Tour + Q & A with The CTA Panel

Christmas In July

Quiz Night + Talk on Cycling from China to the UK

Yew Li undertook to have interesting choices of foods at the socials. Yew Li thanked all the helpers, Particularly Robyn C. who assisted in the preparation of these nights.

Clothing Liz Marshall

In the absence of Liz, Stuart reported that stocks were low and will need topping up. Sun protection items like nose cone and sleeves proved to be popular. There may be a demand for other items not currently on offer and suggestions should be made to the 2023 merchandise coordinator.

Website Angus King

Gus after 7 years developing and running the CTAWA website will be stepping down as webmaster. Gus indicated that although he would no longer undertake this role he was willing to assist in the behind the scene activities.

Newsletter Randell Holland

Randell compiles a newsletter for each season. The 4 newsletters each year contain a number of interesting articles supplied by members and Randell thanked members for their support. Randell made the comment (Randell's sense of humour creeping into the AGM) that he tried to get a new front page photo of the CTAWA president eating a goodie from a bakery each issue.

ON YOUR BIKE

2022 tour – Christine Liddiard

In the absence of Brian, Christine reported that the 2022 Southern Forests OYB tour had 115 riders including one from Tasmania and one from Germany. This OYB was possibly one of the hilliest OYB to date.

Christine thanked the OYB Committee and the many volunteers who assisted on tour. The only real concern during the tour was a mechanical problem with the bike trailer.

2023 tour

The 2023 OYB is "The Rivers of the Darling".

Planning is proceeding well and there is just some finalizing of catering outstanding. The route has been modified from the original course in order to keep daily rides to a comfortable distance. This was achieved by removing two of the towns that were in the original planning and substituting two closer towns. Interestingly Wandering which is the smallest town the OYB will be camping at was the first town to say yes to the tour and yes to being able to handle the catering.

The tour brochure should be available in early April.

OYB Committee

The AGM endorsed the following OYB sub-committee:

Christine Liddiard (Tour Leader)

Ann Wilson

Sue Piesse

Roy Stone

Terry Bailey

John Farrelly

Achievement Rides John Farrelly

In 2022 there was in the order of 25 entries in the various achievement rides. John

considered it an interesting task to arrange and manage the various achievement rides and

will continue to do so in 2023.

Achievement Ride Recipients – awards

I. Merit – Eric, Liz, Greg, Jeremy, Taka.

II. Achiever – Bruce S.

III. Challenge – Patrick

IV. Super Achiever – Lynda, Christine and John

2022 Newsletter Article of the Year – presented by Randell to Gary Pinnegar for his poem ‘Sunday Morning’ Issue 281

2022 Rides of the Year

Multi Day Ride of the Year – presented by Stuart, awarded to Trevor Knox for the Australind Spoke Tour.

Person who lead the most rides during 2021 – presented by Connie, awarded to Connie Van Den Ende

2022 Cycle Tourist of the Year – presented by Stuart awarded to Brian Mc Auliffe.



Achievement Ride Recipients

Election of Committee Members for 2023

The following were elected:

President – Stuart Crombie, Vice President – Noel Eddington, Treasurer – Bruce Shaddock, Secretary – Jeremy Knowles, Achievement Rides Coord. – John Farrelly, Clothing – Connie Van Den Ende, Newsletter Editor – Randell Holland, Rides Coordinator – Sarah Cutts, Social Coordinator - Allwen Pascoe, Webmaster – Simon Koek.

GENERAL BUSINESS POINTS Please consult the CTAWA website for more details .



CTAWA 2023 Committee

OUT AND ABOUT

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



A night ride to Mt Helena Tavern for dinner.



Meeting at the new train station at High Wycombe



Tracking down trolls at Dawesville.



A rest break at Mosman Park



Another troll found in Mandurah.



A New Years Eve ride in the city.

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 ride leader 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)

Watch out for them pigs

By Gary Pinnegar



I listen to giggling at five thirty in the morning.

The laughter didn't awaken me. I was already awake freezing in my not so warm sleeping bag.

Tam and Nick had cycled from Albany in record time. They covered ninety kilometres a day, laughing, giggling and enjoying every minuet.

That's the great thing about the Munda Biddi, there are the huts. One can spend all day quietly cycling along, communicating with nature and meet up with like minded people in the evening.

Kilometres?

I cover very few of them. I cycle from hut to hut and camp out in the bush whenever the mood takes me. I can't go any faster, I spend more time pushing my bike than I do cycling. The slightest incline and I'm off the saddle walking the track. Yeah, I know, my bike is too heavy, my cycling position is too upright, do I really need all that stuff? Yes I do. It's cold out there at night. I am a hoarder. I fill my living space with stuff I don't need, and load my bike up with enough survival equipment to mount an expedition.

Clinton: Is your name Gary?

Me: Yeah.

Clinton: I have rode out here to find you. Your friend was worried about you, she hasn't heard from you.

Me: Ha ha, I'm fine, no coverage for days, (I should really get that Garmin in Reach!)

Clinton had ridden fifty kilometres over rough tracks to find me (I covered fifteen kilometres in the same time it took him to cover fifty.)

Thanks Clinton (what a great guy!)

"Some of the worse hills and soft gravel await you after Jarrahdale"

"Really" I nonchalantly exclaim. " I'll be all-right" (forgetting that I had only one brake)

My friend and I had been working on the bike a couple of days before. I mentioned that the brake was spongy and he assured me it was just fine. Of course , I didn't try the bike out fully loaded. Anyway, I still had my front brake.

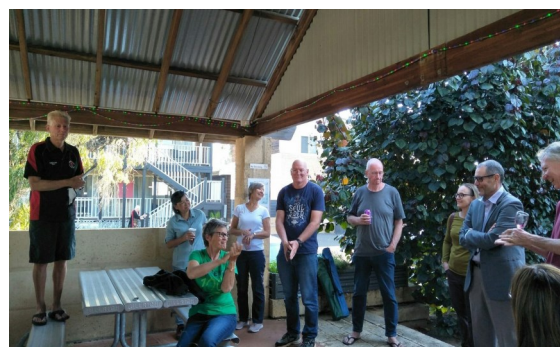
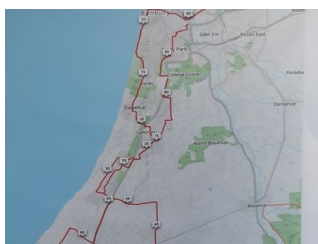
Now when one has to navigate a two ton bike with a ton of unnecessary gear onboard down what looked to me like a soft pea gravel covered cliff face with ruts the size of the wrinkles on my face. It becomes an hilarious exercise. My front wheel would lock and the whole bike would slide into the rut with me hanging on for dear life.

After navigating the ski slopes I start to look for a nice camping spot. I find the worse spot imaginable and settle down for the long night. Dinner is eaten sitting on a horizontal burnt Balga tree which culminated in a nice black sooty patch on the arse on my trousers.

I did see a pig, a little one, running off into the bush. Loads of Yonka (Kangaroos) and Mr Karrak (Red tail cockatoo) screeched continuously in the gum trees leaving a litter of leaves and gum nut shells on the trail from his morning smoko.

AUSTRALIND SPOKE TOUR PHOTO MOSAIC

Between 27th November to 2nd December 2022 about 50 cyclists attended the Australind Spoke Tour organised by Trevor based at the Australind Tourist Park. Various circular routes from Australind to Harvey, Dardanup, Capel, Donnybrook and the Ferguson Valley were created by a local cyclist with a variety of distances and terrains and usually a café along the way. The weather was fine and sunny with a few hot days thrown in. The cyclists enjoyed a dinner together at the Australind Golf Club and on the rest day many played tennis, bowls, kayaking and sightseeing. Here's some photos



Some Cycling History



Tessie Reynolds

Women in the 19th century were advised against cycling. It was seen as an unhealthy activity for the supposedly “fragile” female body – and it went against well-established social conventions. However, in 1893, aged just 16, Reynolds set a record for cycling from Brighton to London and back in just 8 hours 30 minutes.

Contrary to the norms of the day, she completed the cycle in “rational” dress – pantaloons and a shirt, rather than a traditional voluminous skirt.



THE SOCIAL PAGE

CTAWA Christmas Lunch 2022

10th December at The Chidlow Tavern.

A large number of CTAWA members and their partners met at The Chidlow Tavern for the annual Christmas Lunch. Many rode to the tavern from Midland train station up the Heritage Trail and Kep Track on a thankfully coolish summers day. The meal and company were excellent and with full bellies we rolled back down the hill.

Cycling up the hill



Lots of merriment, eating and drinking.



Then back down the hill.



The CTA Achievement Ride Series 2023 Results

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)**

50K	100K	5000 in 4	160K	10000 in 8	200K	300K
19/02/2023						
John Farrelly						
Christine Liddiard						
Linda Tompkins						
Noel Eddington						
Connie Eddington						
Rita Miller						
Cliff Miller						
Bruce Robinson						
Sue Whittome						
Silvia Klemens						
Jeremy Knowles						
J [REDACTED] M [REDACTED]						
John M [REDACTED]						
Randell Holland						
Stuart Crombie						
Don Ward						

The 50km Achievement Ride ends with a coffee at Bullsbrook.

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](http://NozKon.com). The CTAWA has bulk-purchased some tan NozKons and are available for \$12-00 each.

Contact : Connie email clothing@ctawa.asn.au for any enquiries or orders.

HAPPIEST DAY OF MY LIFE!



THAT'S ME ON THE RIGHT.

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 2023

	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.