

THE CHAIN LETTER

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

Winter 2023

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PRESIDENT'S REPORT

Welcome to the Cycle Touring Association of Western Australia! Come and share a half day ride with us on our usual mid-week Wednesday or Sunday half day coffee runs. You'll enjoy a moderately paced ride usually on off-road cycleways and quiet back roads to a sociable coffee and cake at a small cafe. We don't bite and we haven't left anyone behind to be eaten by drop bears in ages. See our rides calendar at [CTAWA rides calendar](#) and keep up with current news on our Facebook site [Facebook CTAWA](#).

Looking for something longer? A week away? Join us on the annual On Your Bike Tour. This semi-catered tour (we provide a hearty rider's breakfast and evening meal while our truck carries your tent and gear between overnight stops) will be the '[Rivers of the Darling](#)' visiting the western wheatbelt and jarrah forests in 2023. The week long Bridgetown Spoke Tour '[We Love Hills](#)' in November will be more challenging but equally enjoyable.

A longer tour? Meet up with friends and organise your own tour. Some of our riders have just returned from riding the length of the Murray River from Adelaide to Melbourne, other solo adventurers rode from Melbourne to Sydney, while the very keen Dave rode the length of the Mississippi River in the USA. Currently other club members are riding in Taiwan, France and south-east Asia.

At home Allwen ran her first social night as convenor where members and guests heard more about the Murray River ride and farewell beloved club member Lucy who is moving interstate. Everyone has at least heard Lucy on rides even if they weren't quite sure where the noise was coming from. Thanks Allwen, we look forward to the next social night as the weather starts to warm in spring.

Administratively the club is running well. New committee members are finding their feet with club finances, the rides calendar, social events and website officers doing great jobs. Noel found the club a new home for the CTAWA bicycle trailer (available for use by members). I wrote to the Western Australian Minister for Sports and Recreation asking for government support for public and liability insurance for clubs such as ours as costs have doubled in two years. Support could be in finding a cheaper group insurance option for all WA sporting and recreational clubs rather than the administratively complex subsidies for individual

clubs. No answer as yet.

Covid is re-appearing in these cooler months so we strongly support members getting recommended vaccinations while maintaining good hygiene and self-quarantining if an infection is suspected. If everyone does this we will be able to keep on riding as we have been to date.

As always, I look forward to seeing you on rides including the Achievement Ride series which is being well attended in 2023.

Ride safe and ride often.

Stuart



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](#) [Cycle Touring Association of Western Australia \(Inc.\) \(ctawa.asn.au\)](#)
- **Bridgetown Spoke Tour – We Love Hills** - Sun 26th Nov to Sat 2nd Dec 2023. For details click on link [Bridgetown Spoke Tour – We Love Hills](#) [Cycle Touring Association of Western Australia \(Inc.\) \(ctawa.asn.au\)](#)

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

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
Out and about	3
Ride Guidelines and Information	4
Ride Report 'The Bolter'	5
Cycling Artwork	6
Ride Report Melbourne to Sydney	7-9
Social Page	10
Achievement Rides , Clothing	11
Membership Details	12

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.

NOTICES

1. **COVID.** The CTAWA abides by the latest WA government regulations. [COVID-19 coronavirus \(www.wa.gov.au\)](https://www.wa.gov.au) . If unwell please don't attend the club's events.
2. **CTAWA MEMBERSHIP.** Membership to the CTAWA is not valid until Membership Fees are paid in full.
3. **SCAM E-MAILS.** Be careful when viewing emails and then downloading attachments from purported CTAWA members. They may not be genuine.

WELCOME TO NEW MEMBERS

Darryl Cass

Andrew Keay

Rauno Jarvinen

Keith Smith

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.



Heading up the Zig Zag.



Swan Valley cycling amongst the vines.



Sharp turn in suburbia.



Tandem heading up the hill at the Zig Zag.



Cycling in South Perth.



Checking out a new café near Garrett Road Bridge.

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)

RIDE REPORT

Midland-Mundaring-Midland (a.k.a The Bolter)

10 May 2023
by Jeremy Knowles



Participants (i.e Riders): Jeremy (Ride Leader), Silvia, Yew Li, Patrick, Bruce

Participants (just there for the photo): Rita, Cliff, Liz, Richard

Proposed Route: Midland-Kalamunda-Mundaring Weir-Mundaring-Midland

I was looking forward to leading a ride up in the hills during some cooler weather after many rides near the coast during the warmer months. However the weather forecast was looking a bit dodgy but I surmised the hardy souls of our committed riders would see a good turnout. Things weren't looking great weather-wise when Liz rang me the night before. I was expecting a heartfelt confirmation that she would be there, with Richard in tow come rain hail or shine. But NO, it went like this:

Me "Hello Liz"

Liz: "Why haven't you cancelled? It's too late to cancel it on Face Book or on the Web Site."

Me: "Toughen up. We'll see what it's like when we get there in the morning. If it's really bad we can cycle a bit and go to a closer café."

Liz: "Or we could just go to a café."

So, the seeds were sown for a ride down the slippery slope to perdition. Rides cancelled at the mere suggestion of rain? or at the sight of vegetation bending gently to the caress of a Zephyr breeze? etc etc.

Next morning approx. 8:32 Yew Li messaged me: "Where are you? Is the ride cancelled? We're at the start with Bruce"

Me: "No. We're on the train. There in 1 minute 30 seconds."

A short time later we emerged nice and warm from the train and dashed through the driving rain to a covered awning to be greeted by three riders and three puddles of water below them threatening to flood the forecourt. Bruce shivering, soaking wet and already attempting to surf the net with shaking fingers to see what was available in rain jackets that actually kept the rain out. Patrick and Yew Li looking happy that their raincoats and rainhats kept the water at bay. Then Rita materialised looking fresh and dry.

A somewhat unanimated debate commenced. Me: "Who wants to ride up at least to Kalamunda. If it's bad we can stop at Liz and Richard's and try out their new coffee machine?" OK, sounds like a plan. Or in Bruce's case "A p-p-p-l-l-lan" He's nearly dying of hypothermia remember.

Rita's phone went "Bing". A message from Liz and Richard. They're driving down the hill and having a coffee at Bolt. So much for us trying out their new coffee machine.

Me: "I do have a plan C. I have downloaded an alternative route from Midland Train Station. 420metres, zero altitude gain, and a coffee at the end, and as I'm the leader that's what we'll do."

Better wait until 8.45 in case Greg arrives. 8.45 arrives, Greg doesn't, so off we cycle. Rita de-materialises. 490 metres and 3.01 minutes later, we arrive at Bolt Café. Rita AND Cliff materialise still looking fresh and dry. I think they drove the 490metres. Richard and Liz definitely did. Someone complained it was 70 metres further than stated.

We negotiate a table by a heater. I lend Bruce a Merino wool top and eventually his shivering stops. Before we know it, hours have gone by, the weather has cleared but thankfully it's too late to cycle up the zig-zag as it's close to 11am.

The Fabulous Five Riders rode off towards Perth. The others drove off. Yew Li: "We'll be going near Last Crumb Café, we can stop there." OK agreed. Later. Yew Li: "We'll be going past our place, we can stop for another coffee." OK, agreed.

Finally everyone made it to their respective homes happy that they had completed another CTA adventure.

Actual Route: Midland Train Station- Bolt Café **Actual Distance:** 490metres. **Start Time:** 8.45am **Moving Time:** 2:34minutes. **Elapsed Time:** 3:01 minutes **Ascent:** 1 metre.

CYCLING ARTWORKS



Mosaic on the PSP in Mt Pleasant.



Junk art in the Bickley Valley.



Alien bike abduction mural in Peru.



Starved cloth Statue



Martian cyclist mural in Peru

A solo, self-supported ride from Melbourne to Sydney

By Randell Holland

Type of bike New Kona Sutra touring bike with 700 x 40C tyres.

Equipment used and performance. Naturehike Mongar 2 person tent, Black Wolf Equinox 220 sleeping bag, Kathmandu 3 season 70mm mattress.

My bike performed well with no mechanical issues. The Mongar tent is great with enough height so I can sit up and can fit my gear on the other side of the mattress. I did have to wear additional clothing in the sleeping bag on the cold nights and I really like the built in pump in the Kathmandu mattress.



Route description An inland route (20 days, 1300kms approx.) mostly avoiding the Hume Hwy including The Great Victorian, Murray to the Mountains, Yackandandah and High Country rail trails through Victoria, hitting the coast near Wollongong then north to Sydney



Accommodation used I Stayed at friends and family houses in the cities and a good Samaritan in Tumut let me camp in her back yard, wild-camping along the rail trails, free camping at Jingellic, Jugiong and Gunning in NSW, an room at an old pub in Marulan NSW for 2 nights, some caravan parks and tent sites in National Parks.

Why did you do this ride Visit friends and family, see stunning coastlines, historic towns, rail trails, open countryside and enjoying the cosmopolitan delights of Australia's largest cities.

Weather Conditions Mostly fine until Yass NSW then the odd shower, rain and occasional thunderstorm to Sydney. No really hot days but the nights started getting a little chilly (5 Celsius) around the Southern Highlands just south west of Sydney.

Favourite Day on the Bike The ride between Tallangatta Vic to Jingellic NSW. Pretty flat ride along the very full Lake Hume apart from a hilly area around Granya. Perfect weather, great scenery along a glassy Lake Hume with no traffic to speak of.

Worst Day on the Bike Definitely the ride along the Hume Hwy between Jugiong to Yass (60km). 40-50km headwinds included an extra buffeting from continually passing trucks and with all the dry grass it really got the Hay Fever going.

On the days ride between Jingellic and Tumbarumba there were two sections of roadworks that blocked half the road, went for about 2kms and required everyone to follow a pilot vehicle. Unfortunately for me these started at the bottom of the hill and the traffic at the other end couldn't leave until all the traffic had passed. So the pressure was on me to not fall too far behind and keep everyone waiting, I was exhausted afterwards.



Scariest Day on the bike Going down Macquarie Pass from Robertson in the Southern Highlands to the coast. Very steep with switchbacks, hairpins and occasional areas to safely pull

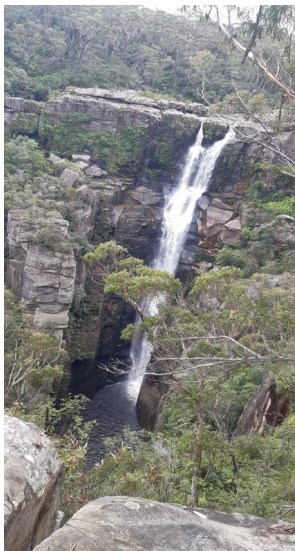
over. My navigational app. recommended I do a 50km diversion through Wollongong. On the positive side there were sensational views and no large trucks or caravans to deal with.

What you would do differently next time Not much. I never used my portable gas cooker as you can't take the gas containers on aeroplanes. For a short trip easier to buy coffees at the local cafes.



Tips Never leave your bike unlocked. I visited the (Ned) Kelly childhood home in Beveridge Vic, I did a short lap around the block reading the information boards when I made it back to my bike a ute with two dodgy people smoking away was parked right next to my unlocked bike (they didn't seem to be very interested in seeing the historic sight).

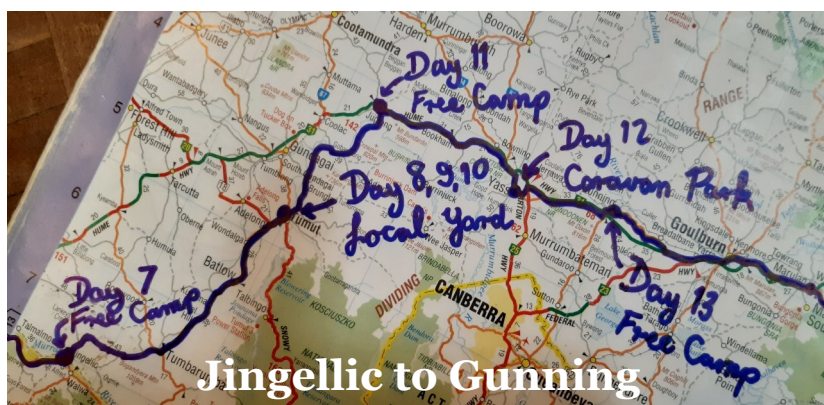
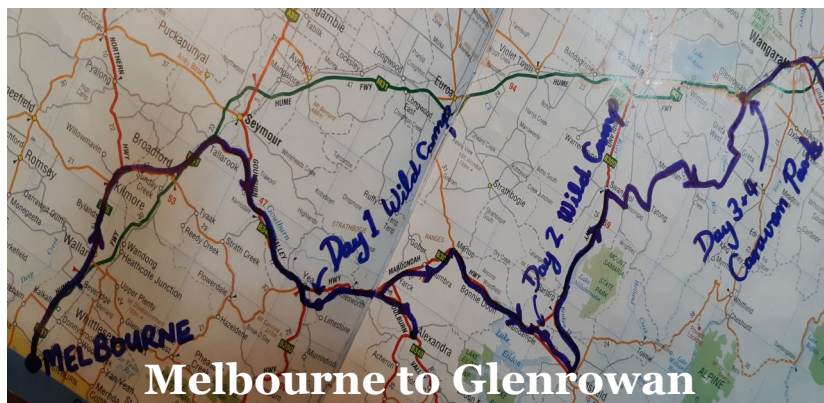
Also take a beanie to keep the head warm (especially for baldies) and to cover your eyes when you go to bed for a better sleep.



Mission Accomplished

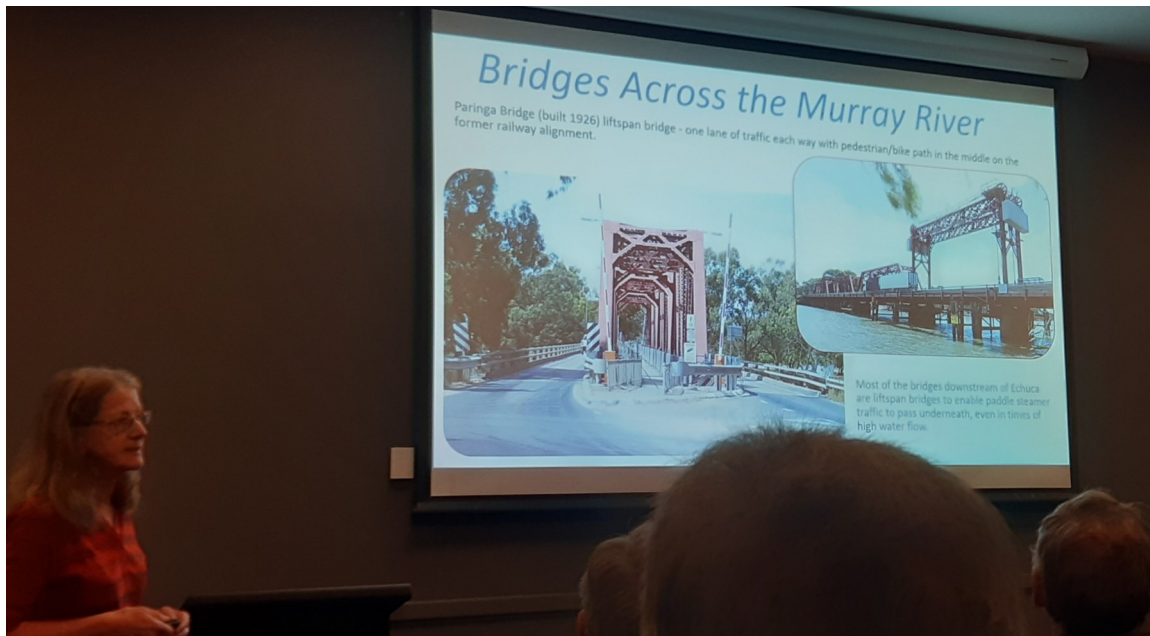
My Melbourne to Sydney Route on Page 9

My Melbourne to Sydney Route



THE SOCIAL PAGE

Social Night at The Rise in Maylands 18th May 2023



The evening started with a talk from Christine about her recent cycle tour from Adelaide to Melbourne via the Murray River. The tour started on 28th February to 28th of April and covered about 2789kms. She highlighted the variety of bridges, locks, weirs, painted silos, campgrounds and wildlife she discovered along the way. Congratulations to Allwen on her first social night as the new Social Coordinator.





Farewell Lucy

Sadly, Lucy will soon be leaving us for the tropical climes of Brisbane. We'll miss her vibrant personality, however, she hopes to return for an On Your Bike ride in the not too distant future.

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
2/19/2023	3/19/2023	4/16/2023				
John Farrelly	John Farrelly	John Farrelly		 <p>The 100 mile (160km) challenge at Bakers Hill starts at the pie shop .</p>		
Christine Liddiard						
Linda Tompkins	Linda Tompkins					
Noel Eddington						
Connie Eddington						
Rita Miller						
Cliff Miller						
Bruce Robinson		Bruce Robinson	Bruce Robinson			
Sue Whittome						
Silvia Klemens						
Jeremy Knowles		Jeremy Knowles		 <p>On the road between York and Beverley</p>		
Jane M						
John M	John M	John M 11/4/23				
Randell Holland			Randell Holland			
Stuart Crombie	Stuart Crombie	Stuart Crombie	Stuart Crombie			
Don Ward		Don Ward				
Liz Marshall 15/3		Liz Marshall 3/5/23				
Richard Marshall 15/3						
	Nick Choy					
	Bruce Shaddock	Bruce Shaddock				
	Taka Nukumizu					
	Sarah Cutts					
		Greg Atter				

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

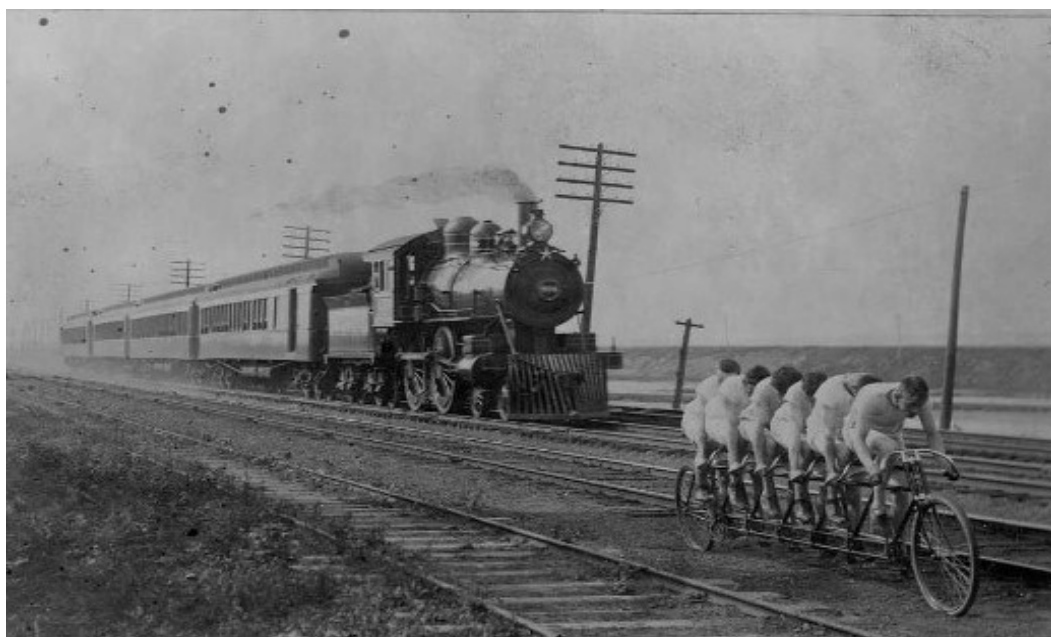
CTA Sleeves. Yellow \$20

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.



Six employees of the E.C. Stearns Bicycle Agency, known as the Stearns Sextuplets, race a New York train as a publicity stunt for the company in 1896. The group almost died in a prior trial run, but were victorious in the actual race.

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	\$35	\$30
(If paid before 31 Jan 2022)	\$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.