

# THE CHAIN LETTER

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

Summer 2023

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## PRESIDENT'S REPORT

Hello fellow cycle-tourers,

The year end draws close. 2023 has been busy for many of us. The new members of the leadership committee found their feet under the table and have done very well. I want to particularly thank our Newsletter editor Randell for quietly putting together several years worth of Newsletters to keep us all up to date and entertained.

CTAWA day rides on Wednesdays and Sundays have been well attended with the participants enjoying the benefits in increased fitness. We did have an unusually high number of social rides cancelled due to poor weather in the winter of 2023. After some consideration we are making efforts to ensure that all scheduled rides do go ahead although if weather is particularly unpleasant (cold, wet, windy or hot) the rides might be shortened.

Tours continue to be what we exist for and the On Your Bike 'Rivers of the Darling' was great fun as usual. Small group tours organized by individual club members were popular with small groups riding up the Murray River in Victoria, in Taiwan, Japan and Europe. Solo riders rode across Canada and from Melbourne to Sydney.

Rider numbers on the 2023 OYB were down on previous years. Interestingly regarding the latter, several riders commented on OYB that the smaller number of riders allowed for a more relaxed event with less rushing to have meals and more time to chat to friends.

The reasons for why this might be are being considered. Initial thoughts are that the drop is temporary as some of the usual participants were on tours overseas now that covid restrictions have lifted while others were caring for family members or friends with significant health problems or have medical problems themselves.

However we cannot ignore the fact that our membership is getting older and many find riding and getting in and out of tents more difficult than in previous years (six members used E-bikes on the OYB and these were successfully integrated into the tour; no fuses were blown by charging e-bikes!). Other reasons may be that the OYB has visited many of the tour venues previously and the novelty may have worn off. A real possibility is that the usual highly organized format of camps and meals is less attractive in competition with modern trends to informal meet ups and regular dining out during the year.

Whatever the reasons, it is apparent that the membership of the CTAWA is aging and recruiting new younger members is difficult. Similar comments apply to finding members willing to join committees and organize club events. Finding new ways to present

our enjoyment of touring and recreational rides to attract new riders, and hopefully to convert them into becoming members, will be a big task in 2024.

In general, the CTAWA continues to operate well with frequent social and longer rides organized. Our finances are in good shape and club services such as club clothing, social nights and dinners are running well. With the goodwill of members this will continue.

I don't know about you but 2023 has been a bit tiring, or maybe I haven't recovered from keeping up with 'The Girls' on the ride back from Connie's excellent weeklong Spoke Tour 'We Love Hills' in Bridgetown.

Enjoy the holidays, keep enjoying the riding, and I'll see you all again in 2024.

Stuart



## UPCOMING EVENTS

[Tours and Events. Put these in your calendar.](#)

- **Mountain Bike Retirees Run** on Friday 26th January to Monday 29th January 2024. Contact Liz 0423 207 258
- **CTAWA Annual General Meeting** on 9.30am 25th February 2024 at The Rise, Maylands. See pages 7 & 8 for details.
- **Albany to Perth - CTAWA 10 Year Milestone Tour** - Sat 20th April to Sun 5th May 2024. Next year the Cycle Touring Association of WA reaches a major milestone, the club being operational for fifty years. In keeping with past practice of celebrating every successive decade a long distance cycle tour from Albany to Perth is currently being organised by Trevor.

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**CTA Email:** [info@ctawa.asn.au](mailto:info@ctawa.asn.au)

**Website:** [www.ctawa.asn.au](http://www.ctawa.asn.au)

**DEADLINES:** Contributions for the next issue (Autumn 2024) should be sent to the Editor ([editor@ctawa.asn.au](mailto:editor@ctawa.asn.au)) no later than **25 February 2024**.

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

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**Housekeeping**

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

Email: [members@ctawa.asn.au](mailto:members@ctawa.asn.au)

**Safety Issues**

**If you have safety issues — email [info@ctawa.asn.au](mailto:info@ctawa.asn.au)**

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

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

**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.



## **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 ride to Coogee.**



**Coffee break on the river at Bayswater.**



**Donkey's ears.**



**Jacaranda ride.**



**Heading south in a heatwave.**



**Bridgetown here we come.**

## 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](http://givit.org.au)) is an online charity where people can go to donate to people in need. Currently on the GIVIT website there are a number of charities asking for donated bikes for their vulnerable clients (adults and children's size bikes).

If you have a used bike in good condition, that you no longer need, they are asking if you would be willing to donate to GIVIT.

Donating your old bikes might help a child get to school and a job seeker get to an interview. For vulnerable WA people bikes are an essential means of transport and would be so appreciated.

If you need further information on how GIVIT works you can check out their website or contact: Sarah Visser, Engagement Officer – WA, [Sarah.Visser@givit.org.au](mailto:Sarah.Visser@givit.org.au) (0480 223 840)



## *My 'Cycle with Serafina'*

Where in Perth do you take a cycling visitor? Our city is blessed with many great cycling routes to many varied destinations. We have safe cycling paths along the river, coast, railways, freeways, rail trails in the hills and Rottneest to explore. Serafina from Adelaide who runs a popular Youtube channel 'Cycle with Serafina' was keen to see the sights on her bike so I offered to show her around for her last three days in Perth. The first day was just a ride around the city from the Stadium to the UWA via Kings Park, the second day was from the city to Fremantle and return on both sides of the Swan River and on the last day we rode up the coast to Hillary's Marina then caught the train back. You can see the videos by clicking on the links below.



[Cycling in Perth - Day 1 - Swan River - YouTube](#)



[Cycling in Perth - Day 2 - Fremantle - YouTube](#)



[Cycling in Perth - Day 3 - Sunset Coast - YouTube](#)

## *Happy Anniversary*



Romance blooms on OYB 2023 as these wonderful people celebrate their 22nd anniversary of meeting on OYB 2001. Happy anniversary to Mark and Teresa (Photo by Suzanne)



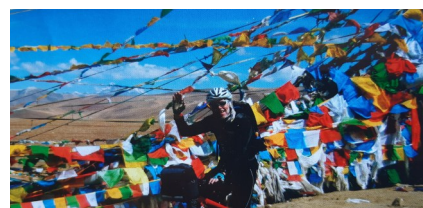
# Lhasa to Kathmandu 2011

In 2011 CTAWA members John and Sarah joined a 3 week cycling expedition organised by Red Spokes from Lhasa , Tibet to Kathmandu, Nepal. They had two years earlier done a cycle tour in India and then two years later did a cycle tour to Peru with the same company.

The tour which was rated a 10 out of 10 on the hardship rating came with many challenges, especially with the unseasonal snow they encountered. Also, head aches due to altitude sickness, rough gravel roads, water freezing in your water bottles, hair-raising rides in the back of trucks inches from sheer cliffs, snow storms and continual stops at military posts to have their documents checked.

When riding at high altitude you have to be careful not to swallow the water into your lungs as you're panting so much and on an overnight stay at a mountain monastery, a monk left the door open so they had to wade through a snow drift to get to the toilet. One toilet was the ultimate in unisex consisting of a wooden plank with four holes, no privacy screen and a resident yak who enjoyed consuming the contents.

Despite the tough conditions John said "I would do it again in a instant"





## Annual General Meeting

**Sunday, 25 February 2024, 9:30 am for 10:00 am start**  
**The Rise, 28 Eighth Ave (Corner of Guildford Rd), Maylands**

### AGENDA

#### 1. Welcome

#### 2. Apologies

#### 3. Minutes of the last Annual General Meeting 26/2/23

#### 4. Reports

- (1) President
- (2) Treasurer
- (3) Rides Coordinator
- (4) Achievement Rides
- (5) Social
- (6) Clothing
- (7) Website
- (8) Editor
- (9) OYB

#### 5. Awards

- (1) Achievement Ride Recipients
  - i. Merit Series
  - ii. Achiever Series
  - iii. Challenge Series
  - iv. Super Achiever Series
- (2) Newsletter Article of the Year
- (3) Multi Day Ride of the Year
- (4) Cycle Tourist of the Year

#### 6. Election of Office Bearers for 2024

#### 7. General Business

- (1) Subscriptions
- (2) Appointment of Auditor
- (3) CTA Address
- (4) Other

### AWARDS

#### Achievement Rides Series

Merit Series – 50 and 100 km, and 5000 in 4.

Achiever Series – 50 and 100 km, and 5000 in 4 *plus* any one of: Century Challenge *or* 200 km *or* 300 km *or*

10,000 in 8 *or* 200 km in two consecutive days.

Challenge Series – 50, 100, Century Challenge and 200 km, and 10,000 in 8.

Super Achiever Series – 50, 100, 200 and 300 km, and 10,000 in 8.

#### Newsletter Article of the Year

This award is chosen by the Editor of the Chain Letter and recognises the best article submitted during the year.

#### Multi Day Ride of the Year

This is an opportunity for you to nominate your favourite weekend away or tour ride. Choose the ride you enjoyed the most – nice weather, great atmosphere, interesting destination, good food, great company, achievement or fun? A list of all multi day rides provided during the 2023 calendar year will be available at the AGM for members to vote on. This award is an opportunity for you to show your appreciation to a ride organiser, and allow the club to recognise and reward their effort. Note that the On Your Bike Tour cannot be nominated.

#### Cycle Tourist of the Year

Nominations are called for the 2023 Cycle Tourist of the Year. The award is made by the CTA to the member who, in the opinion of the membership, has contributed the most to cycle touring and the CTA throughout the year. *Criteria for Cycle Tourist of the Year criteria provided on p. 4 of this Chain Letter.*

Note: If you believe no member has suitably demonstrated the qualities required for this award, you may nominate "No Award". If the number of "No Award" nominations exceed the total number of member nominations, then no award is made that year.

**The closing date for nominations for 2023 Cycle Tourist of the Year is 18 January 2024.**

#### ELECTION OF THE COMMITTEE MEMBERS FOR 2024

The committee consists of four office holders - President, Vice President, Secretary and Treasurer - and committee members for the positions of Rides Coordinator,

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

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

Nominees, proposers and seconders must all be voting members of the CTA. A summary of the roles and responsibilities for each of these positions is given below;

#### President:

Provides direction and leadership for the club and committee members. Has a vision of why the club exists and where it should be going. Communicates this vision to others.

#### Vice President:

Stands in for the CTA President in the President's absence. Assists the President and other committee members when needed. Helps to coordinate the committee and club functions. Acts as the club safety officer.

#### Secretary:

Attends meetings and takes minutes of the meeting. Retains records of CTA committee meetings and sends meeting reminders at least one week prior to meeting. Attends to any outgoing correspondence as required. Prepares documents for the AGM and ensures notice of meeting is sent to all members at least 42 days prior to the meeting.

#### Treasurer:

Keeps the financial books/electronic files up to date for the CTA, including a proper record of all payments and monies received and the current cash at the bank. Processes membership subscriptions and reports on the current membership numbers and new members monthly.



**Rides Coordinator:**

Prepares the CTA Rides Calendar for the year, including updating the rides list and calendar on the CTA website and prepares rides information for the bi-monthly newsletter. Organises ride leaders for Wednesday and Sunday rides.

**Achievement Rides Coordinator:**

Works with the Rides Coordinator to schedule all achievement rides throughout the year, including updating the CTA website. Arranges support for the achievement rides and maintains the list of all riders who meet criteria for the various AR series. Arranges badges and awards for the AGM.

**Editor:**

Produces the CTA's quarterly newsletter "The Chain Letter". Corresponds with contributors to The Chain Letter, helps to

set formatting standards for CTA publications and formats the main events calendar.

**Webmaster:**

Maintains the CTA website.

**Social Coordinator:**

Organises the social events held by the CTA. The main events are the regular Social Nights held for members and the Annual General Meeting.

**Clothing Coordinator:**

Ensures that adequate supplies of CTA clothing are held on hand, and are distributed to buyers in a timely manner. Maintains adequate records of sales and money. Ensures all stock is securely stored and reports to the CTA committee (monthly) and at the AGM on stock and sales during the year.

**Tours Coordinator:**

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

**Committee positions are open for 2023, please send Expressions of Interest to Stuart at : [president@ctawa.asn.au](mailto:president@ctawa.asn.au) or phone 0409 882 931**

**Note:**

There will be a link set up on the CTAWA website with nomination forms for Committee positions; 2023 Cycle Tourist of the Year and the different Awards. Members will be advised by email.

## Nominations - 2023 Cycle Tourist of the Year

**Nominations are called for the 2023 Cycle Tourist of the Year.** The award is made by the CTA to the member who, in the opinion of the membership, has contributed the most to cycle touring and the CTA throughout the year. Criteria to assist in selecting the Cycle Tourist of the Year is provided below. Note: If you believe no member has suitably demonstrated the qualities required for this award, you may nominate "No Award". If the number of "No Award" nominations exceed the total number of member nominations, then no award is made that year.

**Criteria**

Nomination for Cycle Tourist of the Year may be based on:

**Tour Achievement:** The person may have realized a personal goal to cycle tour (perhaps across Australia or overseas) and involved the CTA by organizing and leading it as a CTA tour. The achievement of a personal challenge on its own is not as important as meeting that challenge and assisting other members in that goal.

**Leadership:** The person demonstrated an outstanding display of leadership, which provided direction to the CTA during the current, or previous year. This may have been a drive towards more touring, or social endeavors, or cycle education, or a membership drive, etc. Generally this would relate to CTA Presidents, but this is by no means a necessary condition.

**Club Support:** The person has consistently been there for the Club over a number of years. This award would be in recognition of their services in a Committee role, Ride Leader role, Ride Organiser role, Tour Leader role, and Public Relations/Social role over the current and/or previous years.

**Innovation:** The person may have introduced a radical change in thinking for the club membership in general, or altered the customary thinking of the role or proposed direction of the CTA. Innovative ideas may have been the introduction of club uniform, or major improvements to newsletters or ride descriptions. The introduction of an

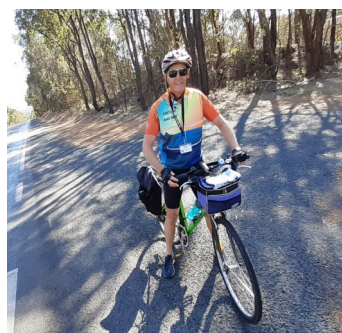
Achievement/Challenge series, progressive dinners, evening social rides or other ideas which galvanize and focus the general club membership.

**Note 1:** The Cycle Tourist of the Year is not a reward for completing all the Achievement or Challenge series, or having ridden a given number of kilometres etc., since these are personal goals which do not reflect the needs or involvements of the general membership.

**Note 2:** The above criteria was compiled as a guide to help people understand what they are voting for. Someone may fit into one or more of the criteria. You may feel someone deserves it for other reasons. If you feel someone deserves the award, nominate them, but if you feel no one deserves it, then you may cast a no award vote.



# 'ON YOUR BIKERS' AND THEIR BIKES

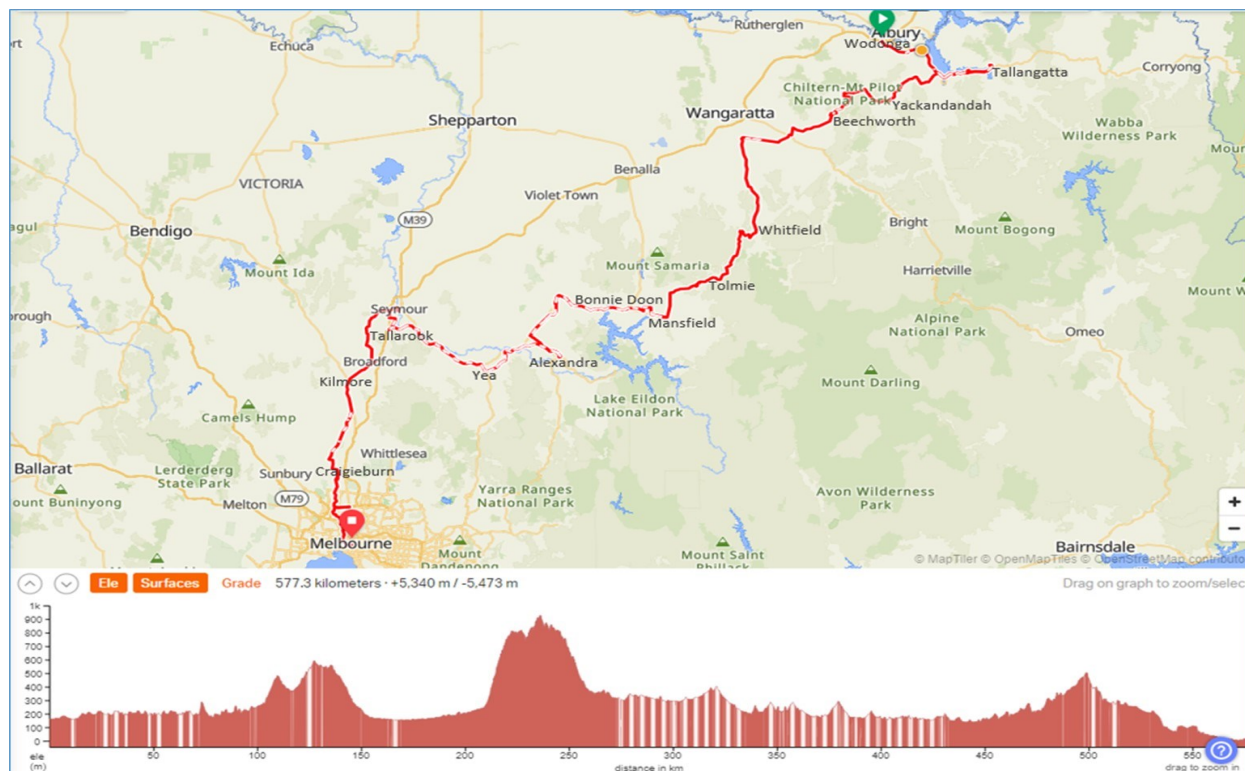




# Albury-Wodonga to Melbourne

11 April to 24 April 2023

After some 5 weeks cycling along the Murray River from Goolwa (SA) to Albury-Wodonga (NSW/Vic), there were four of us, Trevor, Dave, Jane and I, that headed in a south westerly direction on the final leg of our cycling tour from Adelaide to Melbourne.



Leaving Wodonga on a sunny morning we were soon riding on the High Country Rail Trail, mostly along the southern edge of Lake Hume, but not on the location of the original railway line. The construction of the Hume Dam between 1919 and 1936, meant 14 kms of the original railway line had to be moved to higher ground and the relocation of the Huon Lane Station. When the dam was expanded in the 1950s, a total of another 14kms of deviations were required. During this time, in 1956, the original township of Tallangatta (now referred to as Old Tallangatta, or a "Town on the Move") was relocated 8kms to the west.



With the closure of the railway line in 1981, the bridge at Sandy Creek was decommissioned and the deck removed. It wasn't until 2012 that the new 600m long Sandy Creek Bridge was built to connect the rail trails on either side of Sandy Creek, 9 Kms west of Tallangatta.

After a very peaceful overnight stay on the water's edge at the Tallangatta caravan park, it started to rain at 6:30am. Although the weather reports indicated the rain would soon pass, after a couple hours with hot drinks in the warm bakery, a lull in the rain gave us false hope that the rain was abating. This proved wrong. We had a wet ride to Yackandandah.

The enclosed camp kitchen with a solid fuel heater at the 'Yack' caravan park was most welcome. So much so, that Dave took full advantage of the warmth, by sleeping there. The

next day, it was mostly uphill to Beechworth (elevation gain of 521m) with the last 9kms on the Beechworth to Yackandandah Rail Trail. The benefit of the uphill was the subsequent downhill the next day from Beechworth—on the Murray to Mountains Rail Trail—to Everton. We made it to Whitfield later that afternoon, and enjoyed a great meal at the pub that evening. Once again, the weather forecast wasn't great. However, with the rain not due to arrive until mid-afternoon, and with the help of a local who carried our panniers 22kms up the hill almost to Tolmie (elevation gain of some 1,000m with gradients of up to 10%), we headed for Mansfield (a much bigger town with many more facilities than Whitfield). With two nights in a cabin at Mansfield we had a relaxing rest day with on-off rain.

When we left Mansfield, we started our ride on the 134km Great Victorian Rail Trail (GVRT) between Mansfield and Tallarook. Building the railway line from Tallarook to Mansfield began in 1882 and reached Mansfield in 1891. With a branch line to Alexandra opened in 1909. The line was closed in November 1978. Interest in developing the disused rail corridor into a rail trail began in





1999, however didn't progress far until 2005, when the Shire Councils of Mitchell, Murrumbidgee and Mansfield formed a partnership and began seeking funding from the Federal Government. The rail trail was officially opened in June 2012. After crossing the Glad Phillips Bridge over Lake Eildon (20km from Mansfield), we arrived at Bonnie Doon—the town made famous in the 1997 movie, *The Castle*, as the holiday destination of the Kerrigan family.

After Bonnie Doon, there was a lunch stop at Yarck, where I enjoyed one of the best Rueben sandwiches. We then continued onto Alexandra, seeing several sculptures and art installation along the rail trail.

Alexandra, was originally a gold mining town, and soon had farming and timber industries. Now tourism also plays a key role for the district, due to the town's location being at the gateway to Victoria's high country.



Trevor on the Beechworth to Yackandandah Rail Trail



Great Victorian Rail Trail, 5km from Yarck

From Alexandra, it was onto Yea, which included riding through the only tunnel on the rail trail—the 201m long Cheviot Tunnel. In Yea, we had our final rest day (with motel accommodation). The day was spent walking around the town, Dave doing some repairs to one of the wheels on his bike and having more than one visit to the fantastic Provender Country Bakery. This bakery had one of the most impressive ranges of sweet and savory items I have ever seen, with all bakery items being made on the premises.

After Yea, we rode to the end of the Great Victorian Rail Trail at Tallarook. It was then a short 14km ride north to Seymour. The town of Seymour services the local agriculture areas and the nearby Puckapunyal military base. The next day we rode via Broadford to an overnight stay at Kilmore. Leaving Kilmore, the

following morning, we had the last 'hill' to cross before a mostly downhill to Melbourne. Some 9kms south of Kilmore, we turned onto Old Sydney Road—the worst road of the whole trip! Hilly, mostly unsealed and very rocky! The only saving grace was that there was very little traffic.

At Craigieburn, on the northern outskirts of Melbourne (about 35kms from the CBD via bike paths), Trevor caught the train into Melbourne. Dave, Jane and I rode onto Fawkner for a final overnight stay, before riding into the Melbourne CBD the following day.

Riding from Adelaide, along the Murray River to Albury/Wodonga, then down to Melbourne was a journey of about 6 1/2 weeks. With the ride from Wodonga to Melbourne, being the last two of those weeks. As with any long tour, there were a couple of challenges along the way (hills!). However overall, we were very fortunate with the weather and the places visited, the variety of things to see and the experiences enjoyed, which all made the tour a fantastic trip.

Written by Christine



TrailArt installation along the Great Victorian Rail Trail



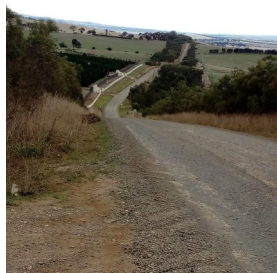
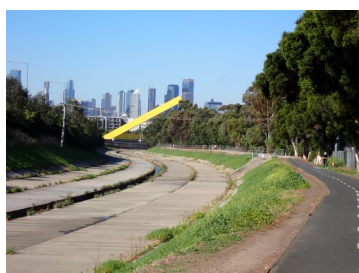
Artwork on tree trunk (GVRT)



Mural on side of a Butcher Shop (Alexandra)



Custard tart (Yea's Provender Country Bakery)



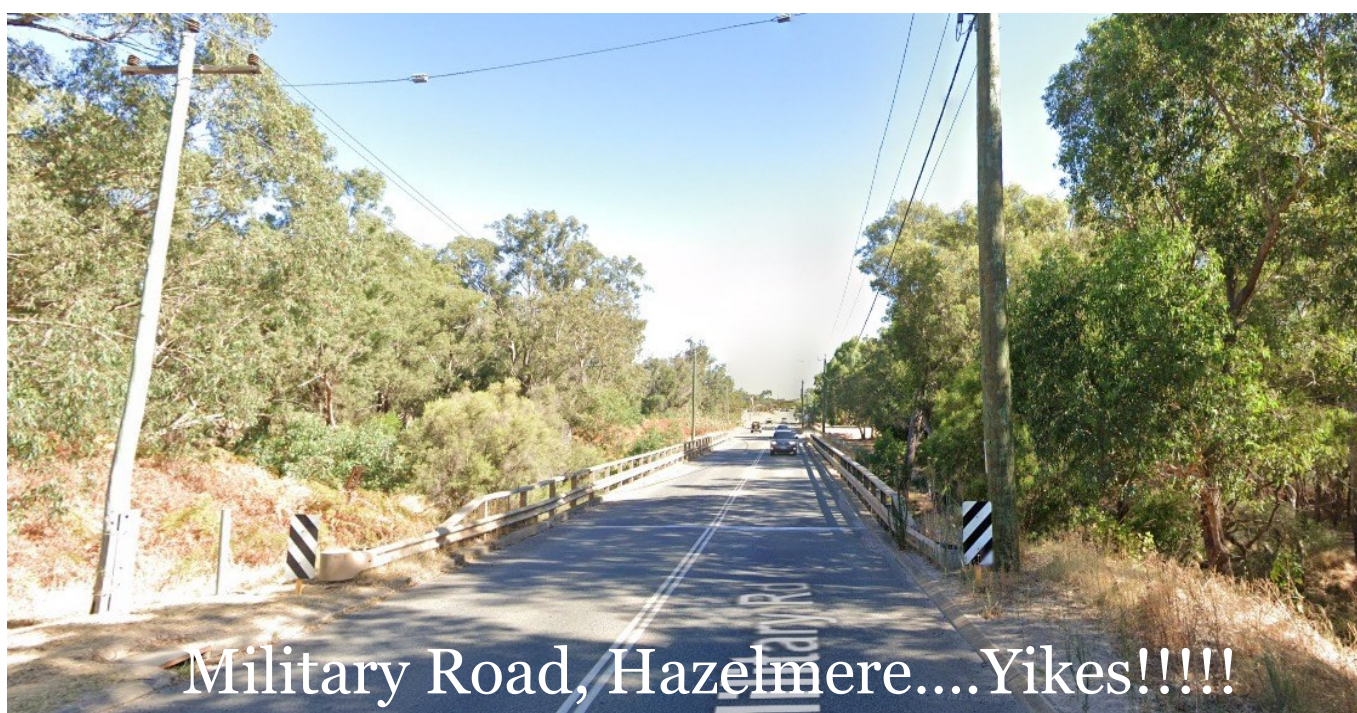


# Death Trap

My nomination for the worst cycling road in Perth has to be **Military Road** in Hazelmere. I had a 'Close encounter of the cyclist kind' last week where I was sandwiched between a wide truck and guard rail on the 'Bridge of Death' with less than a foot on each side to spare (my most near death experience since I started cycling in my youth). This had me questioning my route selection judgement and also I thought I'd better warn other cyclists of it's dangers.

Around rush hour there is a huge amount of traffic on this road including trucks and Transperth buses. At each end there are T junctions where you have to do a right turn in the middle of the road with traffic squeezing past all around you (there are no marked lanes) and then you have to run the gauntlet of the 'Bridge of Death'. Unfortunately there is no footpath alternative and a missing gap on the Roe Highway cycleway here and a new bridge planned for Abernathy Rd which is permanently bogged down in red tape and won't be started by the next century. This means that this situation will be around for a while yet.

Ironically, the City of Swan has just completed a Dual Use Path alongside Midland Road (which crosses the road an unnecessary amount of times) and leads you to...gasp... **Military Road** (no wonder very few cyclists use it).



So how can you get to Midland from the south of the Helena River safely on a bike....sorry.... not possible unless you do a large detour to Scott Street in Boya or Amherst St in Woodbridge. Here's some techniques you can try to cross the bridge (not recommended);

- 1) Ride in the middle of the lane as is your legal right. Pretend that you are in France where people respect cyclists and are happy to wait for 10 seconds behind you, whilst the reality around you, has irate motorists tailgating you or accidentally running you over.
- 2) Wait at the beginning of the bridge for a few minutes until the traffic clears the lanes, then ride your bike like a 'bat out of hell'. Unfortunately due to a bend in the road at each end (which you can't see around), traffic will most likely pass you on both lanes before you can get across the bridge.
- 3) Just keep riding as close to the guard rails as is safe and pray that the truck drivers that overtake you have excellent judgement as they squeeze past, because you can guarantee that they won't brake and take your safety into consideration. Also it is advised to ring your life insurance company to increase your cover before this is attempted.

**'Choose life' and give this road a wide berth.**



## 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	19/03/2023	16/04/2023	7/05/2023	25/06/2023	19/08/2023	
John Farrelly	John Farrelly	John Farrelly		John Farrelly	John Farrelly	
Christine Liddiard	Christine Liddiard 25/3	Christine Liddiard 11/9/23		Christine Liddiard	Christine Liddiard	
Linda Tompkins	Linda Tompkins			Linda Tompkins 1	Linda Tompkins	
Noel Eddington						
Connie Eddington						
Rita Miller						
Cliff Miller						
Bruce Robinson		Bruce Robinson	Bruce Robinson	Bruce Robinson 2	Bruce Robinson 10/11/23	
Sue Whittome						
Silvia Klemens						
Jeremy Knowles		Jeremy Knowles				
Jane McMahon					Jane McMahon 10/11/23	
John McMahon	John McMahon	John McMahon 11/4/23		John McMahon 28/6		
Randell Holland			Randell Holland			
Stuart Crombie	Stuart Crombie	Stuart Crombie	Stuart Crombie	Stuart Crombie 3/	Stuart Crombie 10/9/23	
Don Ward		Don Ward				
Liz Marshall 15/3	Liz Marshall 25/5	Liz Marshall 3/5/23				
Richard Marshall 15/3						
	Nick Choy					
	Bruce Shaddock	Bruce Shaddock	Bruce Shaddock 28/5/23			
	Taka Nukumizu				Taka Nukumizu	
	Sarah Cutts					
		Greg Atter			Greg Atter	
Steve Digwood 15/3	Steve Digwood 2/7	Steve Digwood 26/6		Steve Digwood 7/8/23		

## 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 **\$30** (you will need to contact the Clothing Coordinator to arrange a suitable time for pick up). These mirrors use two zip ties for mounting onto your helmet. If you are cycling overseas where traffic is left hand drive, these mirrors can be easily adjusted



**NOZKON, The most stylish and versatile nose sun protection device to date, the NozKon** (pronounced "nose cone"). Simply attach the adjustable hook & loop strap onto your glasses or goggles and go! [NozKon.com](http://NozKon.com) - [The newest technology in sun protection for the nose](http://NozKon.com). The CTAWA has bulk-purchased some tan NozKons and are available for \$10-00 each.

Contact : Connie email [clothing@ctawa.asn.au](mailto:clothing@ctawa.asn.au) for any enquiries or orders.



**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 Rides Coordinator would love you to hear from you. Remember, if we have no ride leaders, we have no club!

Check out the website to give you some tips and information on leading a ride.

[http://www.ctawa.asn.au/ctawa\\_files/rides/CTA%20How%20to%20be%20a%20Ride%20Leader.pdf](http://www.ctawa.asn.au/ctawa_files/rides/CTA%20How%20to%20be%20a%20Ride%20Leader.pdf)

## Membership Details

CTA membership is from 1 January to 31 December. New members joining after 30 June may pay the half year membership price (1/2 of the prices shown below).

### Membership Fees 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](http://www.ctawa.asn.au)>. Please send your cheque and form to the Cycle Touring Association, PO Box 174, Wembley WA 6913. A receipt of payment is only issued on request.

The CTA is a non-Government organisation relying on membership fees, donations and volunteer labour to achieve our aims and objectives.

These monies help provide each member with a number of social evenings with suppers, weekend trips and tours at cost, to name a few of the material benefits.

For more information, send an email to [info@ctawa.asn.au](mailto:info@ctawa.asn.au).