

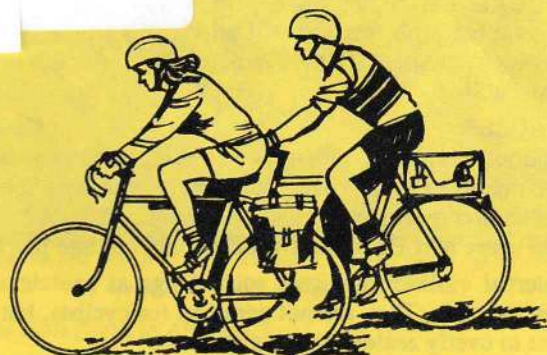


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CYCLE TOURING ASSOCIATION OF W.A. (INC.)



EDITOR: John Sherwood

July/August 1988
Issue Number 83

NOTICE BOARD

COUPLES WEEKEND

24TH TO 26TH SEPTEMBER 1988

This years couples weekend will be held during the September long weekend and will be at Harvey, accommodation being at the Wagon Wheels Hotel. Due to limited space on the bus and the success of previous weekends it will be essential to book early. Only 8 couples can be accommodated on the bus.

If you wish to participate in the weekend please forward a deposit of \$10 to Geoff Creighton the organiser at 46 Berehaven Ave, Thornlie (tel. 459 4178) as soon as possible. At this stage definite costs are not known, however accommodation is expected to be around \$40 per night per couple. Further information will be contained in the next newsletter.

MELBOURNE-SYDNEY BICENTENNIAL RIDE

Mention has been made in the last issue of a once in a lifetime ride, commencing in Melbourne on the 26th November and concluding in Sydney on the 10th December 1988. The cost of travelling to Melbourne is between \$420 by bus, \$460 by train and \$550 by plane. If enough people are interested, it may be possible to hire a small bus. If this is possible the cost including petrol would be around \$250. For more information on this ride contact John Sherwood on 447 8939.

MOUNTAIN BIKE RIDE

The Avocet Picnic Club will be holding a ride on mountain bikes in the Piesse Brook area on the 7th August 1988. The ride will depart from the Cnr Hummerston and Schipp Roads at 10.00am and will cover a distance of between 20-30km. CTA members who own mountain bikes are most welcome to join in the ride. For more information please contact James or Mathew King on tel. 4594178 (H).

FOR SALE

Wilderness rain coat (one of the best on the market) in good condition, medium size, \$100. For more information please contact Geoff Creighton on tel. 384 8365 (W).

THE VALLEYS TOUR

The South Australian Touring Cyclists Association Inc. is organising a tour of the Onkaparinga Valley between Saturday 1st October to Sunday 9th October 1988. The cost of the tour is \$140, which includes breakfast and evening meals and all accommodation costs. A support vehicle will carry your tent and sleeping bag, the rest you must carry on your bike.

The ride will cover the Barossa, Gilbert and Clare Valleys, a total distance of approximately 600km. For more information on the tour contact Brenda Hull (08) 339 3613.

MOUNTAIN BIKE RACE

A Mountain Bike race is being organised in Albany on Sunday the 14th August 1988, commencing at around 10.00am. The race will be over all types of terrain and will cover a distance of either 15km or 25km (depending on your grading). Trophies will be awarded to the winners. Entry fee is \$2, with a BBQ to be held after the race. For more information please contact Marcus Geneve on (098) 412166 or Perth, tel. 364 5779.

SPRING WILDFLOWER TOUR 10TH - 18TH SEPTEMBER 1988

Join us for CTA'S first tour of parts north of Perth. The tour starts and finishes in Dongara and takes in the towns of Mingenew, Mullewa, Yuna, Northampton, Geraldton, Greenough, and Walkaway. The distance covered will be between 60-90km per day over moderate terrain.

A scenic high-light of the tour will be the Chapman Valley, north of Geraldton. The valley is bordered by flat top hills, more typical of a desert landscape, which in the spring are covered by lush green grass with wildflowers all around.

We will be camping each night using a support vehicle (car and trailer) to carry camping gear and food. The cost will be around \$40 per person, this does not include food and transport to and from Dongara.

Deadline for bookings is the 15th August 1988. We require a payment of \$40 with your booking. For further information contact Richard Stallard On Ph 362 4340 (H).

CORRESPONDENCE TO: P.O. BOX 174, WEMBLEY WA 6014. FOR DETAILS OF CLUB MEMBERSHIP PLEASE CONTACT THE TREASURER

GENERAL NEWS

INJURY PREVENTION AND REHABILITATION

Article 3 by Peter O'Connell.

Ask any athlete what she dislikes most about his or her chosen sport, and the answer will invariably be the same: INJURIES. In cycling tourists are less likely to be affected than racers, but problems can still arise. This article is designed to highlight some of the most basic principles of injury prevention.

CAUSES

Injuries in sport invariably fall in to three categories. The first are due to external violence, so often seen on a football field, but less common in cycling. However, a "Stack" from a bike can cause horrific injuries which would fall into this category.

Internal violence involves such things as muscle strains and joint sprains. They are not common for cyclists, but can occur due to overly zealous training sessions.

By far the most common cause of injuries for the cyclist is overuse, a characteristic common to all endurance sports. Overuse injuries are usually an inflammatory reaction without loss or disruption of tissue fibres. Moving parts such as muscle and tendon, tendon sheaths, bursae and even ligaments become sore, hot and/or swollen.

HOW TO PREVENT INJURIES

FITNESS

This includes general well being. The athlete whose general health is good, who is eating well, getting adequate sleep and rest and who is not under stress from other aspects of his life is less prone to injury.

I cannot let this point go past without reference to smoking and drinking. Everybody knows how awful smoking is, so I won't labour the point. The bad news is that alcohol, if taken to excess, can only be considered a poison. A great pity!

Progress your fitness gradually. Jumping from a state of inactivity to full training in one quick step is one of the most common cause of all injuries. Cycling loads should be increased steadily as fitness improves.

Alternate "hard" rides with easier ones. Over enthusiastic training where each session is pushed to the limit invariably causes the body to break down somewhere.

Be prepared to lay off slightly if you are feeling jaded. Tiredness naturally accompanies hard cycle training, but such warning signs as increased resting and basal heart rates, or even something simple as not enjoying riding for a few days in a row, usually means that you are overtrained.

EQUIPMENT

All your equipment should be good quality and should be well maintained. This especially applies to your bike. It should suit your specific body anthropometry, and so should be fitted by someone who knows what he is doing. And at the risk of sounding like your mother (again!), an approved helmet should

be worn on all rides.

WARM UP

Warming up helps the muscles and other soft tissues become more flexible, and so less prone to injury.

Start your ride at a gentle tempo and gradually increase in intensity.

You should gently stretch the muscles of the lower limb before and after rides. Remember that all stretches should be sustained. Never bounce.

TECHNIQUE

Many common injuries suffered by cyclists are caused by poor technique. Even subtle alterations are often all that is required to correct problems which cause injuries.

Experienced coaches are available, and people with more experience can give invaluable experience about getting technique right. Not only will this help prevent injuries, but performance will improve.

PETER O'CONNELL

B.P.E.; B.App.Sc.(Physio); Grad.Dip. Sports Physio; M.A.P.A. Sports Physiotherapist Perth Physiotherapy Centre, 12 St. Georges Tce, Perth.

50 KM ACHIEVEMENT RIDE

This year's 50 km achievement ride saw a record number of starters-69 in total. The course was the same as last year with a fine but windy day. All riders bar one finished the course in the required time. The results are as follows:

D Doust	1.28	K Bunny	1.28	C Munday	2.15
L Munday	2.01	A Munday	2.15	M Niell	2.01
S Burton	1.28	D Niell	2.01	M Brunot	1.48
R Bowyer	1.48	B Creighton	2.01	B Leitch	1.51
G Creighton	2.01	E Rzczemek	2.30	M Elliot	1.40
B Rzczemek	2.30	K Pearmine	1.54	W Booth	2.07
S Booth	2.07	C Pilling	1.48	E Gianoli	1.51
D Van Royen	1.28	C Margrain	2.30	D Mc Evoy	2.01
J Richards	1.40	R Layton	2.00	J Martin	2.07
A Martin	2.01	D Clyside	2.01	D Gebert	1.44
A Lemson	1.28	D Braddon	1.37	S Thomas	1.56
P Giddons	1.43	R Evernett	1.46	K Claux	1.42
N Porteous	1.56	A Bourne	1.56	B Jahn	1.56
L Jahn	1.56	M DeVries	-	D Jones	1.56
M Girdleston	1.56	F Kelly	1.56	D Earles	1.56
N Barker	1.43	A Staurianou	2.10	B Page	1.56
R Masterman	1.56	B Stockman	1.43	R Bird	1.56
B Stockman	1.51	H Kapiteyn	1.56	K Ward	1.56
P Cooksey	1.28	M Bunny	1.37	M Lisson	1.28
R Hillary	1.43	M Talbot	1.43	J Walker	1.37
P Bombardieri	1.28	S Wiechecki	1.50	J Louiws	2.06
N Eddington	2.05	J-P Menage	1.45	P Smeets	1.50
P Donnelly	1.35	S Stockade	1.36	R Smeets	1.56

Helen Bunny

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AUDAX NOTES

AUDX W.A. has pleasure in announcing that the 1988 Opperman All-Day Trial will be held on the 15th October and finish on the 16th October 1988 at the Midland Oval. All teams are expected to finish between 9.00am and 12.00 noon. In conjunction with this event there will be club races, food and drink and lots more to do. So come along for a look, cheer and watch others do the hard work.

Anybody who has not yet entered their team please do so quickly so we can make our arrangements. If you require a partner(s) for your team, please contact John Martin on 293 8170 (H) or Bob Stockman on 273 5278 (H).

TOUR NOTES

ALBANY-PERTH BICENTENNIAL TOUR MARCH 12TH TO 26TH 1988

The idea of an Albany-Perth tour was conceived at a committee meeting in mid-1987. A commitment to hold a 5-10 day tour each year within W.A. had previously been made and with the Bicentennial year coming up, what better place to start than Albany, the oldest town in W.A.

In terms of the number of participants, the tour was the most ambitious yet organised by the CTA. All up 21 riders took part along with Dale Neil our professional photographer and "boiler of the billy". The distance covered was over 1000km in 14 days, covering some of the most beautiful areas of the state. Accommodation was, where possible at the Y.H.A. hostels as well as hotels and motels.

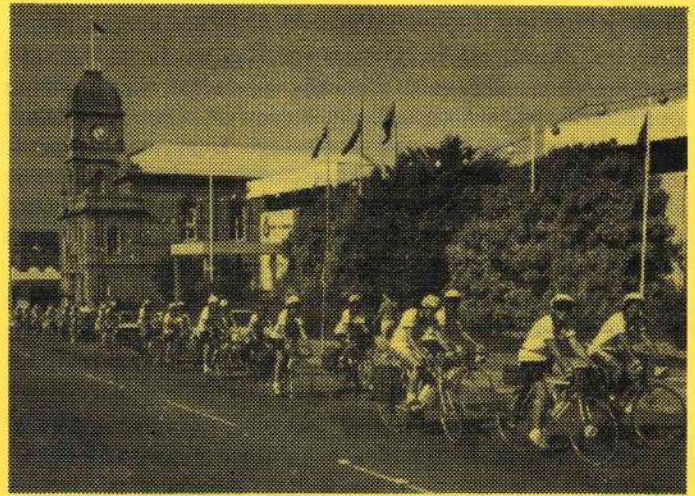
Meals were initially obtained from various restaurants, hotels and other food outlets. It soon became apparent however that meals more suited to our needs (ie. high in complex carbohydrates and low in fat) could be prepared by our many talented cooks that were both very appetizing as well as being a fraction of the cost of a bought meal.

One of the most notable aspects of the tour was the bonding together of the participants. What started as a group of individuals ended up as a team, with everyone helping out and being supportive of each other. That is what this club and cycle touring is all about.

In keeping with the trends started by the Hollywood moguls, it is planned to have an Albany-Perth Tour II and maybe an Albany-Perth Tour III, with enough variations to make each tour different. If the success of this tour is any indication it will be essential to book early.

Below are two articles submitted by members of the tour. Unfortunately due to the limited space available and the very detailed articles submitted it has been necessary to edit out some of the finer detail.

Ed.



"Beryl Creighton and Stan Wiechecki lead the 21 cyclists up the main street of Albany on the start of the tour".

Day 1 - Sat 12th Perth to Albany

A buzz of excitement was in the air as we prepared to depart Perth for Albany by coach on the first leg of the CTA's most ambitious bicycle tour.

The trip to Albany was most monotonous, even the countryside offered little relief being dry and parched from the long hot summer. As usual among cyclists the conversation centred around bikes, gearing and most importantly food.

We arrived at Albany at around 4.00pm and to our surprise - no bikes! Our leader Geoff informed us that we would have to carry our panniers some 500 metres up the hill to the Y.H.A. where our bikes were waiting.

Once the accommodation was sorted out, it was time for tea. I was lucky having my mother living in Albany and so along with Keith was able to get a home-cooked meal. The others went off in different directions, some to the hotel while others cooked at the Y.H.A.

THE Y.H.A. was quiet when we arrived back, apparently a group led by Kleber were entertaining the locals at the nearby hotel. The last of our group, Stewart and Sue had arrived having ridden approx 120km from Walpole into a stiff headwind, they looked tired.

Day 2 -Sun 13th Albany Rest Day

After an early breakfast it was off to explore Albany. We rode past the brig "Amity", around Mt Clarence, down to Middleton Beach and to the Emu Point for morning tea (tea, coffee, and scones). By this stage it was quite warm with a strong easterly wind blowing. We proceeded out to the Upper King River bridge where we had lunch at the tavern by the river.

The afternoon saw the group heading out to Frenchmans Bay for a look at the blow holes and other sights in the area. Again we stopped at a shop at Vancouvers Springs for drinks and ice creams before returning to Albany. Approximately 100km for a rest day was enough.

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Day 3 - Mon 14th Albany to Denmark - 54km.

Our first day on the road. After cleaning up the Y.H.A. and loading our panniers on to the bikes, we set off, resplendent in our Bicentennial tee-shirts to the Town Hall. Here we had our photos taken and received a message from the Mayor of Albany to be delivered to the Mayor of Fremantle. The ride to Denmark was very easy being very flat and having a good tail wind. We took the Lower Denmark Road which passes through Torbay then back on to the South West Highway.

Our accommodation at Denmark was at the Hotel. After lunch a small group headed out to Ocean Beach where Jenny went for a swim in the cold Southern Ocean (where were all those brave men?).

The evening meal was a real surprise, comprising lots of lovely fresh bread, Vegetables, rice, cheese and cold meats etc. It was held in a Gazebo on the banks of the Denmark River. A group led by Donna and Leonie had been busy all afternoon preparing this delightful meal.

Day 4 - Tue 15th Denmark to Walpole - 66 km+

No visit to Denmark would be complete without a visit to Winniston Park approx 8km out from Denmark on the Ocean Beach Road. This contains one of the largest private antique collections in Australia, including a large bed slept in by Queen Victoria. Unfortunately time did not permit a longer visit, there was so much to see. Sadly due to the recent death of Mrs Winniston the entire collection is going to be auctioned.

Not far out of Denmark we turned off to William Bay our designated lunch and swimming stop. After lunch it was down to Greens Pool for a swim. This pool is sheltered on three side by rocks and the water is a beautiful green, hence the name. Neil dressed or undressed in his underwear was first in followed by others including Denise and Donna in their nicks and bras. I am sure the locals thought that we were a crazy lot judging by the laughter and antics going on in the water.

Reluctantly we had to leave this lovely spot, however Walpole was still 50km away. Not long back on the highway when Bang! Geoff had broken a spoke (on the rear wheel of course), fortunately it did not take long to repair. Back on the road again we headed for Bow Bridge for afternoon tea, then on to Walpole up some fairly steep hills. One of the most exhilarating experiences of the tour to date was riding along the narrow winding road with large Karri trees on both sides of the road, you could even hear the birds singing in the forest.

Walpole was not our best stop, the evening meal was okay but the beds at the motel were most uncomfortable.

Day 5 - Wed 16th Walpole to Pemberton - 136 km

The longest and possibly hardest ride on the tour with the forecast being for E-NE winds and temperatures in the mid-30's. An early start was essential and by 7.30am we were on our way. our lunch stop was to be at Shannon River 65km from Walpole but the ride seemed to take forever, it was hot, the hills were long and steep and some of the riders ran out of water. Fortunately Dale came to the rescue and was able to replenish empty bidons.



"Neroli Barker, the youngest tour member prepares for the ride to Denmark".

After a long rest and plenty of food and drink, it was onto Northcliffe, not so many hills this time. At Northcliffe there was a rush to buy more food and drink to replenish hungry bodies and extra food for the evening meal. At around 3.30pm we set off for Pemberton still 40km to go, and more hills.

An advance party led by John and Mark had gone ahead and by the time the last riders had arrived just on darkness, dinner was well on the way thanks to the many helpers. Lots of bread, pasta and vegetables. Again thanks to Dale we were able to have a few cold tinnies under the stars outside the Y.H.A. premises. It was a beautiful still warm night. Special thanks to Ron Bowyer, the ride leader for the day who got us through this very difficult day's ride.

Day 6 - Thu 17th Pemberton rest day

This was supposed to have been a rest day however for some it ended up being a 100km ride (what a crazy lot we are!)

Arrangements had been made to have lunch at Sue Stockdale's parents farm approx 13km out of Northcliffe. Ten of the group went by train with the rest riding, from all accounts the train trip was well worth it. The ride to the farm was partially over loose gravel- very difficult to ride on.

Sue's parents had obviously gone to a lot of trouble in preparing a magnificent meal, lots of cool drink and plenty of food (they had obviously been forewarned about cyclists). Lunch comprised roast beef, chicken, a large variety of salads followed by apple and loganberry pie, cream cake and ice cream. Back at Northcliffe more food was purchased for the evening meal. This time it was Stewart's and Kleber's turn, a very large potato pie with the letters C.T.A. on top (carrots were used for this). Noel and Jenny who had stayed behind, had gone fishing and caught some trout - they were delicious. The meal was topped off with stewed peaches and cream, the peaches coming from a tree at the rear of the men's hut.

Day 7 - Fri 18th Pemberton to Nannup - 70km

A relatively easy ride, some hills mainly rolling countryside. We had our first stop at Karri Valley the former home of the

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Rajneeshees. Across the road from the lodge are a series of chalets overlooking a dam that previously supplied water to a hop farm. It is a very picturesque setting.

We stopped for morning tea at a little place along the Donnelly River where we had the usual tea, coffee and scones with cream. This was followed a short time later by lunch by the side of the road. On arriving at Nannup most of the group headed for the bar for a drink or two, it was still very hot cycling. Dinner was served in the hotel and was of mountainous portions, even Neil had trouble finishing off his fisherman's basket! After tea it was drinks on the verandah overlooking the Donnelly River.

This was my first Pannier tour and was a thoroughly enjoyable holiday. Thanks to Geoff for organising the trip so well and to all the other members of the group for their company

Stan Wiechecki

ALBANY TO PERTH BICENTENNIAL TOUR

Day 8 through day 14

Day 8 - Sat 19th Nannup to Augusta

Nannup is a favoured spot and after a huge meal at the Nannup Hotel and a good night sleep, we started off to Augusta. We had not travelled far when a fellow CTA member John Turley (now stationed at Bunbury) joined us for the day.

Lunch was held at Alexander Bridge (banana sandwiches again!) and a dip in Blackwood refreshed us sufficiently to tackle the steep hills and headwind into Augusta.

The highlights in Augusta included a top meal at Squirrels Restaurant- great food, great service and great value. Then onto the pub to dance the night away. Jim on the guitar, played some special requests and Stan showed us his style on the dance floor, while Jennie managed to beat all the guys at ping pong.

Day 9 - Sun 20th Augusta to Margaret River - 58km

A very brisk windy morning greeted us. A few brave souls ventured out to see the lighthouse at Cape Leeuwin while



Riding 'pannier to pannier' on a quiet road near Nannup are Noel Eddington and Jenni Lovis.

others headed off to the Jewel Caves. We all met again at Hamelin Bay for drinks, ice creams and a swim in the ocean before proceeding along Caves Road to the Arumvale Tea Rooms for Lunch. Geoff had booked ahead so they were ready for us...22 hungry cyclists devouring 84 dainty sandwiches, carrot cakes and copious quantities of tea and coffee,

The ride through the National Park from the Arumvale Tea Rooms was magnificent. The Karri trees were quite dense, the roads winding and downhill superb. A splinter group led by Leonie and Bea took off sprinting towards Margaret River, while the real leader that day (yours truly) ended up with the Tail End Charlie!

Day 10 - Mon 21st Rest day at Margaret River

Two nights at the Margaret River Lodge proved quite an inspiration to us all. We met up with Adrian the "Lone Cyclist" who cycles in thongs visiting every outpost in Australia. We invited him to join us in a BBQ that evening to relieve his staple diet of Jelly Beans and Musk Sticks. (In our numerous discussions on the nutritional requirements for cyclists, these had never been mentioned!!). Day 10 was supposed to be a "rest" day. However some of us played very hard. The wineries got hit by Ron, Mark, John, Denise, Beryl, Noel and Jenny while Prevelley Park got a visit from Leonie, me and Arie. Stan and Keith got caught up with their nutrition lessons and Keith even discovered soya burgers.

Day 11 - Tue 22nd Margaret River to Dunsborough - 48km+

This day's ride was a short one up the Bussell Highway, through Dunsborough to a stop at the famous Dunsborough Bakery before proceeding to the newly refurbished luxurious Y.H.A. on the beach front at Geographe Bay. It was here we met Jeff (the American who carried dice - anyone for a quick game of YATZHEE?).

Day 11 - Wed 23rd Rest day at Dunsborough

A time for relaxing with cappuccinos at the local coffee shop- don't you agree? Stan, however could not be stopped and led a small motley bunch out to Hap's Pottery (and winery) and Yallingup Beach. Jenny was seen in a deep trance (standing on one leg?) down on the beach.

Day 13 - Thu 24 Dunsborough to Bunbury - 96km

We took the main road to Busselton then the quiet alternate routes through Wonnerup and Ludlow, through the last of the native tuart forest for lunch at the Bubbling Billy in Capel. Upon arrival at Bunbury, we discovered our accommodation booking had been cancelled and rearranged. Dale and Geoff soon got us sorted out and we settled into our rooms. The next morning the TV cameras were rolling (in the rain) and Geoff gave an interview about what we were up to. Well done Geoff!

Day 14 - Fri 25th Bunbury to Mandurah - 99km

Everyone was feeling slightly sad that the tour was almost over. The ride to Mandurah seemed too easy, what happened to those lovely hills? That night we watched Geoff and ourselves on T.V. Looking good!

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Day 15 - Sat 26th Mandurah to Fremantle to Perth - 96km+

Our last day - so soon! We headed north from Mandurah to Rockingham and on to Fremantle where we made a triumphant entry flanked by fellow CTA members. We handed over our message to the Mayor of Fremantle - he congratulated our effort and we sang our theme song "We're all going on a cycling holiday" (to the theme of a Cliff Richard song of a similar name). After a quick cappuccino, we set off for the Causeway led by Richard Stallard and finished our grand tour. The champagne flowed, we all hugged each other and vowed to have a reunion very soon. It was a most enjoyable two weeks and our thanks to Geoff Creighton for tireless enthusiasm and everyone else in making this a most memorable holiday.

Donna Earles

BODDINGTON CAMPING TOUR- ANZAC LONG WEEKEND 23/4/88 - 25/4/88

The camping tour at Boddington was a great weekend for all and provided me with a further insight into the habits of CTA members.

Saturday saw people slowly arriving at Boddington Caravan Park and setting up camp. At about 2.00pm we headed off for a look at the gi-normous Alcoa conveyor belt, a ride of about 30kms.

Sunday morning was really cold. At about 9.00pm we set off to Wandering under a slightly ominous sky. The wind started up as we progressed which probably explained why only three people elected to do the circuit of 100kms. After we rode through Wandering (one of the coldest places in W.A.), the ride took an unusual course along a 15km stretch of gravel and at about halfway, lunch was taken.

After lunch was complete and we had re-commenced our trek along the gravel, the rain decided to make an impression resulting in a humorous variety of muddy legs, bodies and bikes rolling in to the Bannister Deli. After a short tea break it was back to the camp and showers for both bodies and bikes. Shortly after our arrival, the 100km riders rolled in with a Dutchman named William in tow who joined us and camped for the night.

The evening saw a strange ritual of setting ablaze a lawn mower catcher and making a sacrifice of toasted marshmallows to the weather gods (strange people!) followed by a mirthful singalong and natter.

On Monday morning I was awakened by the chattering of teeth and knocking of knees and upon inspection discovered an icicle in the form of David Doust who decided to ride down from Rockingham very early in the morning. After breakfast and a defrosted David in tow we rode off to Quindanning which incorporated a rally in the first part of the ride organised by Richard and Judith. At Quindanning we were treated to a very enjoyable BBQ and riders were awarded "caramello bears" for their part in the rally. After lunch, with food in our bellies and wind at our backs, everyone made good time back to Boddington where it was time to pack up and head back to Perth. This was only my second tour, both organised by Richard and Judith Stallard and both a great success and a lot of fun.

Graeme Thomas

CTA NORTHAM LONG WEEKEND 3/6/88 - 6/6/88

Friday night departure from the legendary Loton Ave., Midland, start of many a CTA Long Weekend tour. Arrived at 6.00pm after a hectic drive through the evening traffic, only to find- no bus! Just a small bunch of hopefuls, some with leave passes, waiting for Keith to bring the bus. Cup of tea and a hamburger, bus arrives, load bikes and gear and away, to put an end to a wet week, with the promise of a fine weekend to come.

To Northam was relatively a short drive, but far enough that the city seemed a couple of light years away. Accommodation was the Old Northam Railway Station, having been admirably converted from it's original function to a Youth Hostel. As it was early, we took a Friday night walk downtown to see how the place swings. Some swung into a Pizza Parlour and tried to leave without paying for the coffee, while others imbibed in the Shamrock (to ward off the cold you understand!).

Saturday saw the dawning of a fine (if cold) day. A short expedition to the local shopping centre to obtain food supplies for the day/evening. Departure for Meckering was 10.00am CTA time (ie 10.45). The ride was pleasant with mild undulations. A brief stop at the Centenary Monument on Spring Gully Road and late morning tea somewhere before the junction with Goomalling Road. There was a head wind on the Goomalling-Meckering Road and some confusion as to the direction to head just outside Meckering (was the ride leader actually reading his map upside down?). Course sorted out - "I think it's probably this way". We headed into Meckering and stopped at the roadhouse for a welcome cup of tea and some lunch. Return to Northam was via the highway and the group was assisted by the breeze which was now a tail wind. Wheeee.....!

Evening meal at the hostel, with plenty for all. An expedition across the road before tea encountered a lack of variety, only invalid port and beer, so after eating, the group trooped to the Shamrock at the other end of town. Well worth the effort, those who went agreed. Sunday saw another fine if cloudy day and the arrival of a couple of day trippers. Destination was Toodyay. A speedy trip along the old Toodyay Road was a scenic one, halted not long before the highway by a puncture. On into Toodyay and a lunch stop. The service from the lunch stop was a little disappointing but after everyone had eaten and had a sit on the kerb, we departed for home (Northam). At this point the road became a trifle hilly and combined with a breeze on the forequarter, the group split into a "fast" and a "slow". A stop at Buckland for some, while those who had been before, went on.

Back at base camp, three of our numbers departed for more urgent engagements in the big smoke and a nameless couple booked into a motel. Most of those left sauntered off to the Shamrock for the evening meal. The restaurant wasn't officially open, but the apprentice chef prepared a fine meal for us. The rain was a bit of a worry during the evening but this soon cleared. After the meal, it was coffee and port at the motel occupied by the nameless couple.

Monday saw the rain cleared away and a bright clear morning. A flurry of activity as the place was cleared, and gear packed. This was followed by a brisk ride to Clackline to meet the bus travellers coming back out to meet us. So brisk in fact was our ride that they only managed to ride about four kilometres before we met them. Load on the bikes, lunch and a cup of tea at Clackline and then the trip back to Perth, to finish a very pleasant weekend away.

Many thanks to Richard Evenett for organising the occasion and thanks to Geoff Creighton and Keith Pearmine for driving the bus.

A wonderful time was had by all.

Mark Elliot

GENERAL NOTICES

A number of members (probably now non financial members) have been enquiring about the fees for 1988. These were set at the Annual General Meeting held in December and are as follows:

Joining Fee	\$8
Junior	\$10
Student	\$10
Pensioner	\$10
Adult	\$18
Family	\$24
Club	\$35

If anyone has failed to pay their membership or wishes to join the club, an application form is included in the newsletter. The joining fee will not apply to any member who became unfinancial this year, ie 1988.

ARTICLES FOR THE NEWSLETTER

While we try to cover all the main events and tours etc, other articles of interest are always welcome, so if you wish to have an article published that may be of interest to others, Please send it to us.

An attempt is made to publish articles or details of events, tours, achievement rides as soon as possible after the event. If you volunteer or are coerced into writing an article, please make sure that it is received as soon as possible. The cut off date is the 10th day of every even month, ie Feb, April, June, Aug, Oct and Dec.

NEW MEMBERS

The following new members are welcomed (if somewhat belatedly) into the club: Tonna family, Michael Waters, Robyn Knox, Robin Williams, Sam Burton, Helen Roberts, John Iveson, Anthony Smith, Rippey family, Midolo family, Len Broadbridge, Robin Layton, Ben Leitch, Michele De Vries, Jim Richards, Adams family and Menage family.

C.T.A. RIDES CALENDAR

JULY, AUGUST AND SEPTEMBER 1988

JULY 10 MAZE RIDE

70-80 km Moderate Terrain Time: 9.30am

Meet at Guildford Town Hall or Mullaloo Beach Car Park at 9.30 am for an easy ride to the Maze near Bullsbrook. Bring a picnic lunch or buy something there. There is an admission

charge of \$3.00 for adults and \$2.00 for Children to the Maze and picnic area. Return to Guildford or Mullaloo mid afternoon.

Leaders: Stephen Booth (Guildford) Contact: 294 3682 (H)
Margaret Neil (Mullaloo) Contact: 447 8168 (H)

JULY 17 LAKE LESCHENAULTIA BBQ RIDE

30-40km Moderate terrain Time: 10.30am

Meet in Nicholl St., Mundaring, near the Mundaring Hotel, for a leisurely ride through quiet hills backroads to lake Leschenaultia. Bring a BBQ lunch or buy a snack from the shop at the lake. Return to Mundaring mid afternoon. (see below for alternative hard ride).

Leader: Neroli Barker Contact: 295 1387 (H)

JULY 17 HARD RIDE TO LAKE LESCHENAULTIA

90-100 km Hilly Terrain Time 9.30am

An alternative hard ride to Lake Leschenaultia, joining up with the other riders for lunch. Start and finish at the Causeway Car Park.

Leader: John Meakin Contact: 332 5550 (H)

JULY 24 10,000 IN 8 ACHIEVEMENT RIDE

120km+ Very hilly terrain Time: 8.00am

Meet at Kelmscott Railway Station at 8.00am for an 8.30am start. This is a very hard ride up the steepest hills in the Darling Range to achieve a total climb of 10,000 feet in 8 hours. Members or new members only. The ride finishes at Kelmscott at 4.30pm.

Leader: John Sherwood Contact: 447 8939 (H)

JULY 24 ALTERNATIVE LESMURDIE FALLS PICNIC RIDE

40-50km Moderate Terrain Time: 10.00am

Meet at the Causeway Car Park at 10.00am for an easy ride to the lower picnic area at Lesmurdie Falls. As we are going to the lower picnic area you won't have to ride up the hills. (The 100,000 in 8 riders will be doing enough hill climbing for one day!). Bring a picnic lunch. Return to Perth mid afternoon.

Leader: Richard Stallard Contact: 362 4340 (H)

JULY 31 SURPRISE BREKKY RIDE

40km Flat terrain Time 9.30am

Meet at the Kings Park Log at 9.30am for an easy ride culminating in a surprise brunch. Cost \$2.00 per Person. New riders welcome.

Leader: Bea Page Contact: 450 3655 (H) or 364 8777 (W)

CYCLE TOURING ASSOCIATION OF W.A. MEMBERSHIP APPLICATION

I/We wish to become members of the Cycle Touring Association of W.A. (Inc) and agree to abide by all the rules and by-laws of the association.

I enclose cheque / money for \$

SURNAME

GIVEN NAMES:

ADDRESS:

SUBURB: Postcode:

PHONE: (H) (W)

Signed: Date:

Forward to: Treasurer, C.T.A., P.O. Box 174 Wembley. W.A. 6014
(Joining fee \$8 junior, student, pensioner \$10, Adults \$18, family \$24, club \$35)

AUGUST 7 CHURCHMAN BROOK

60-70km Hilly terrain Time: 9.00am

Meet at Causeway Car Park at 9.00am or Kelmscott Railway Station at 10.30am for a picnic ride to Churchmans Brook. Bring lunch, returning to Perth mid afternoon.

Leader: John Sherwood Contact: 447 8939 (H)

MOUNTAIN BIKE RIDE - SEE NOTICE BOARD FOR DETAILS.**AUGUST 14 MARITIME MUSEUM - FREMANTLE.**

50km Moderate terrain Time: 11.00am

Meet under south end of Narrows Bridge to ride to Fremantle for lunch, before inspecting the museum which opens at 1.00pm. Admission by donation \$1.00.

Leader: Richard Evernett Contact: 444 8792 (H)

AUGUST 19-21 ROTTNEST WEEKEND

Depart by ferry at 6.00pm on Friday evening. Accommodation will be in self contained cottages. Cost \$62.00 for accommodation and return fare on ferry. Bring or buy your own food. As riding program will be very casual, hire bikes will be easier (and safer!) than taking your own. Maximum of 16 people. Bookings and deposits of \$20.00 to be forwarded to the leader by August 1st.

Leader: Denise McEvoy Contact: 445 7165 (W)

AUGUST 21 MUNDARING WEIR

70-80km Hilly terrain Time: 9.00am

Alternative ride for those not going to Rottnest. Meet at the Perth Railway Station at 9.00am or Guildford Post Office at 10.00am for a ride to the weir. Take lunch or BBQ as food stops are uncertain.

Leader: Mark Elliot Contact: 443 1991 (H)

AUGUST 28 KALAMUNDA ZIG-ZAG

50-60km Hilly terrain Time 9.00am

Meet at Causeway Car Park 9.00am to ride to Kalamunda via Welshpool road. After morning tea, return to Perth via the scenic Zig-Zag.

Leader: Neroli Barker Contact: 295 1387 (H)

SEPTEMBER 4 ROCKY POOL PICNIC

50km Moderate terrain Time: 9.30am

Meet at Perth Railway Station for an easy ride to Rocky Pool. Bring a picnic lunch.

Leader: Jenny Lovis Contact: 361 6444 (H)

SEPTEMBER 10 (SATURDAY) 300KM ACHEIVEMENT RIDE

A new course for 1988. Meet at Midland Town Hall at 2.30am for 3.00am start. The course- Clackline-Toodyay-Northam-Meckering-Goomalling-Toodyay-Midland. Bike must have front and rear lights. CTA members only. Time limit 18 hours.

Leader: Cleber Claus Contact: 458 7519 (H)

SEPTEMBER 11 JOHN COLES AZALEA SHOW

50-60km Moderate terrain Time: 9.00am

Meet at Causeway Car Park for a relaxing ride to view azaleas in bloom. Devonshire Teas available at the nursery. Return around midday.

Leader: Judith Stallard Contact: 362 4340 (H)

SEPTEMBER 18 TRAD JAZZ AT JABE DODD PARK

40km Moderate terrain Time: 10.30am

Meet at the Log In Kings Park for an easy ride to Mosman Park to enjoy the Jazz. Bring BBQ or picnic and a bike lock. Ride ends at Park, but you can stay and enjoy the music until 4.00pm.

Leader: Martin Bunny Contact: 330 3659 (H)

SEPTEMBER 25 WHITBY FALLS RIDE

80-90km Moderate terrain Time: 9.00am

Meet at Perth Railway Station at 9.00am or at Kelmscott Railway Station at 10.30am for the ride to Whitby Falls for Devonshire Tea. Return early afternoon.

Leader: Bea Page Contact: 450 3655 (H)

OCTOBER 2 CHITTERING VALLEY RIDE

130km Moderate terrain Time: 9.00am

Meet at Perth Railway Station at 9.00am or Bullsbrook at 11.00am for a ride through the lovely Chittering Valley. Bring lunch as there are no shops after Bullsbrook.

Leader: Arie Lemson Contact: 448 2834 (H)

C.T.A. Committee for 1988

President:	Martin Bunny	H. 330 3659
Vice President:	John Sherwood	H. 447 8939
Secretary: Denise	McEvoy	W. 425 7165
Treasurer:	Geoff Creighton	H. 459 4178
Committee Members:	Arie Lemson	H. 448 2834
	Bea Page	H. 450 3655
	Richard Stallard	H. 362 4340
	Neroli Barker	H. 295 1387