



REGISTERED BY AUSTRALIA POST
PUBLICATION No. WBH 1276

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



EDITOR: John Sherwood

November/December 1988
Issue Number 85

NOTICE BOARD

ANNUAL GENERAL MEETING — 11 DECEMBER 1988

MORNING TEA 9.30 AM — MEETING 10.30 AM.

LOCATION: Hamer Park Hall, Second Avenue, Mt Lawley

AGENDA

1. Minutes of the 1987 Annual General Meeting.
2. Reports from the President, Treasurer, Rides Organizer, Newsletter Editor and Audax Sub-Committee.
3. Election of Office Bearers for 1989.
4. Cycle Tourist of the Year Award.
5. Best Newsletter Article of the year.
6. General Business.

CYCLE TOURIST OF THE YEAR AWARD

Nominations are called for the Cycle Tourist of the Year for 1988. This award is made by the association to the member who, in the opinion of the membership, has contributed most to cycle touring and the CTA throughout the year, while setting the highest standards in terms of ability and attitude towards fellow cyclists.

Record your vote by mailing the name of your nominee together with brief reasons for your selection to:-

"Cycle Tourist of the Year
CTA of WA (Inc)
P.O. Box 174 Wembley 6014"

Alternatively, you may hand your written nomination to the Secretary at the Annual General Meeting on 11 December.

Previous recipients of the award are:

1978 Nicole Harrison	1979 Wayne Lally
1980 Neil Porteous	1981 Mark Bettell
1982 Dale Neil	1983 John Martin
1984 Ian Hore	1985 Bob Stockman
1986 Ron Bowyer	1987 John Sherwood

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ANNUAL DINNER

Those members who have not already made a booking to attend the annual dinner are urged to do so. Numbers are limited. The date is Wednesday 23rd November 1988 at 8.00pm at "Al Picchio's" (Italian Cuisine), 235 Stirling Hwy, Claremont and it is B.Y.O.

The cost is \$20 per head which includes soup, a choice of 4 entrees, 6 main courses, 4 desserts and coffee.

For more information and bookings contact Brian Jahn on 341 3269 (H) or Chris Pilling on 274 9357 (W).

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NEW YEARS EVE BUSHDANCE

If you are at a loose end on New Year's Eve, why not come along to a bushdance held on the lawn under the stars at the University of Western Australia. Quite a few CTA members went along last year and had an enjoyable time. You don't have to be an expert dancer, the band explains each dance as they go. Tickets are available on the night and cost about \$10. Bring your own drinks, blanket and folding chairs, nibblies, etc. The dancing starts around 8.00 pm. For further details, ring Richard Stallard on 362 4340 (H). See you there!

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CYCLE TOURING MAPS - METRO AND COUNTRY RIDES - GREAT VALUE!

SAVE 50 cents on this collection of 29 GREAT maps produced by Action Outdoors: CTA price is \$9.00 (retail \$9.50).

Tours include: Canning River, Rottnest, Stirling Range, Pickering Brook, 4 National Parks, Sawyers Valley, Chittering Valley, Historic York, Rockingham, Jarrahdale, Dwellingup, Busselton, Cape Naturaliste, Wineries around Cowaramup, Margaret River, Blackwood River, Walpole National Park and Cosy Corner.

Ring Denise McEvoy on 425.7165 (W) to purchase your set.

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FOR SALE

20 1/2" Dawes Mirage (Super Galaxy specifications) English L/W touring bicycle. Reynolds 531 tubing. Sugino triple crankset with biopace rings 52.42.28, six speed cluster 14-26. Shimano Diore + 600 derailleurs with SIS 600 levers. Pelissier QR alloy hubs, Birmalux alloy rims, new IRC 1-1/8 touring tyres and thorn proof tubes. Milremo suade saddle, Weinman brakes. New Esce guards and rear carrier. Excellent condition. \$600 (buying a Moulton). For further information contact Robin Layton on 401 6018 (H).

NEW PRODUCTS

TYRE SAVERS

These handy devices which help remove glass and thorns from tyres are now being manufactured locally at a cost of \$5 per set (2).

For more information contact Robin Layton on 401 6018 (H).

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TOURING BICYCLE: AT LAST— AN EX STOCK TOURER

After the steep price rise in the Repco Nashiki Cresta fully equipped touring bike, followed by the downgrading of the frame (no longer carrying the Nashiki banner) and subsequent price reduction and virtual disappearance from the Perth bike shops, it is pleasing to report that by mid December a new "off the shelf" touring bike will be available to W.A. touring cyclists.

SHOGUN, a brand better known in the Eastern states than in W.A. (although one or two well known C.T.A identities are seen astride Shoguns) are about to introduce their ALPINE-GT triple chain ring tourer with oval chainrings, long arm derailleurs, cantilever brakes, racks and all the goodies tourists need.

Frame sizes range from 20" to 24" plus an 18" frame especially for the ladies.

The retail price is believed to be in the \$670 to \$700 range. My sneak preview information came from Avocet Cycles in Claremont, so pester John, Jamie or Matt for more information if you are in the market for a new touring cycle.

Martin Bunny.

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MOULTON BICYCLES

Some members may have noticed a strange looking bicycle on recent CTA rides. It is none other than the extraordinary Moulton bicycle, designed by Dr. Alex Moulton from England.

Frame kits are now being imported at a cost of around \$1700. The complete bicycle with Suntour Cyclone or similar equipment will cost around \$2500.

For more information on this remarkable bicycle, contact Steve Parry on 328.7438 (H).

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GENERAL NEWS

BICYCLE INSURANCE

As a result of comments made by members, enquiries have been made into obtaining bicycle insurance. Two alternatives are listed below:

- (1) BANGOR INSURANCE BROKERS, P.O Box 65 Menai, NSW 2234. tel (02) 543 6397, will cover a bicycle/s against theft or damage as a result of fire, flood or collision anywhere in Australia apart from your private residence.

The cost is \$50 annually for the first bicycle and \$10 annually for any additional bike. Accessories not on the bike to the value of \$1000 are also covered. A \$100 excess will apply to each claim.

For more information contact Bangor Insurance Brokers.

- (2) COMMERCIAL UNION ASSURANCE CO of AUST LTD, 179 St Georges Tce, Perth. Tel 426 0333.

As an addition to their contents policy, bicycles can be insured for theft or accident anywhere in Australia including your residence. The cost is approx 4% of the insured value of the bicycle/s in addition to the cost of the contents policy. A bicycle insured for \$1000 would cost an extra \$26, while bicycles insured for \$3000 would cost an extra \$78 per annum. No excess is applicable.

For more information contact Commercial Union.

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BICENTENNIAL PERTH TO PINJARRA BIKE RIDE - SUNDAY 23 OCTOBER

The Great Perth -Armadale-Pinjarra Bicentennial Bike Ride on 23 October 1988 was a great success, with around 550 cyclists taking part. The CTA won a prize of \$100 for the largest group of riders from one club or organization (over 50 CTA riders).

The WA Tourism Commission organized the event with assistance from the CTA. Thanks to all CTA members who came along, especially those who gave assistance with mechanical support and First Aid for 1 or 2 minor falls.

Richard Stallard

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NEW MEMBERS

The following new members are welcomed to the club: Rodney Evans, Michael Madlener, the Allen Family, Terence Harrison, David Allen and the Jones Family.

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INJURY PREVENTION AND REHABILITATION

ARTICLE 4 BY PETER O'CONNELL

CYCLING HYGIENE

Anything that interferes with the quality of your recreation time is ultimately detrimental to performance. For cyclists, common problems arise in the groin and feet, but these can be prevented by good hygiene practices.

GROIN

In cycling, the majority of your weight and the reciprocating action of the legs create a prime problem for pressure and irritation in the groin region. The crotch is a tender skinned, flexible area, concentrated with sensitive nerve endings. It certainly was not designed for the pressure that a bike saddle creates. Keeping friction to a minimum and maximizing cleanliness can dramatically reduce the incidence of "bottom problems".

Let's begin with clothing: cycling knicks should never be worn more than once without a thorough washing. When drying, place them inside out and in direct sunshine, so that the ultra violet radiation will help destroy any remaining bacteria.

If you are using a traditional chamois, it will be very stiff after washing. Maintain pliability by applying a lubricant before wearing. Useful substances for this include lanolin, baby oil, vasoline or vitamin E. Be careful, however, because these substances are oil based, and can block sweat glands and pores.

On the newer synthetic pads the moist lubricant can be omitted in favour of a dry, non-chafing powder.

Cleaning the groin skin thoroughly with soap and water, applied with a washcloth, is critical to avoiding infection.

If you are prone to chafing or fungal infections, keep the area very dry and consider the use of antiseptic powder.

FEET

Peddalling long hours in the confines of cycling shoes can cause unique foot problems. Athletes feet is a fungal infection which is not uncommon among cyclists. The sole of the foot is heavily concentrated with sweat glands, and being encased in a shoe, it creates a prime growth area for bacteria and fungus. Always wear fresh thin socks, and dust your feet with an antiseptic powder prior to rides. Drilling some small holes through the sole of the cleated shoes keeps feet dry and more comfortable.

Because cycling shoes are designed to be a snug fit for maximum power delivery through the pedal, so it is very easy to get blisters and black toe nails.

Blisters can be prevented to some extent by thin socks and the use of localised lubricant. Treatment for blisters should be

lancing the surface to relieve pressure, and gently draining the contents, and application of an antiseptic solution. Healing blisters should be protected from further abuse and exposed to the air as much as is practical.

Black toenails occur when the end of the nail is traumatized by repeated contact with the shoe or pressure from an external surface such as a toeclip. Keeping toenails short and cut straight across will help prevent both ingrown nails and the contact problem.

If you get a blackened nail, relief of the pressure under the surface is the normal medical procedure. A small hole is drilled through the nail to allow the accumulated blood to escape, and for air to get to the damaged tissue. If you have any doubts about the procedure, you should consult a qualified sports medico or podiatrist.

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 Terrace, Perth.

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NEW BY-LAW

Following the Special General Meeting of 17 August, the Committee canvassed for further alternate views on the topic of changes to scheduled Rides or Tours.

The response was reviewed at the 19 September Committee Meeting. In addition, considerable thought and discussion was given by your Committee to the desirability or otherwise of attempting to define in a By-Law:

- the precise criteria which would warrant serious consideration being given to alter an event (e.g. weather conditions or road conditions considered potentially unsafe, etc.)
- the criteria on whether to cancel, revise or only reschedule an event to a later date
- the precise mechanisms for deciding how and/or when the rescheduled event was to be conducted (if the decision was to postpone rather than to cancel)

The unanimous Committee opinion was that it would be virtually impossible, and indeed not desirable, to attempt the above in a By-Law.

Accordingly, the Motion considered and passed at the Special General Meeting was slightly modified only to cater for the case where decision/action may be required before actually reaching the start point of an event, e.g. a Tour to Fiji would not have been able to even start, given the recent coups there, and for the case where decision/action may be required part-

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way through an event, e.g. a bushfire cutting the road or traffic accidents rendering a critical bridge impassable.

The Motion therefore became:

"That CTA By-Law 7 be amended by addition of the following:

- 7.8 Any Ride or Tour may be rescheduled, cancelled, amended or otherwise altered by a simple majority decision of the Leader together with a quorum of Committee members prior to the event, or the Leader together with those Committee members present on the day or during the progress of a Ride or Tour. In the event of an even vote, the Leader shall have the casting vote."

Proposer: M.Bunny; Seconder: G. Creighton.

The Motion was put and CARRIED.

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TOUR NOTES

SPRING WILDFLOWER TOUR —

10 - 17 SEPTEMBER, 1988

"Why do CTA tours always go south of Perth?"..."There's nowhere interesting left to go that we haven't been before."

It was comments like these that prompted Richard to suggest and then offer to lead a tour in the Geraldton hinterland during the wildflower season.

And so it was that four intrepid adventurers, Breakdown, Pig, Grub and Big Kid set off for roads unknown. Why were there only four on the tour? Perhaps the others had heard rumours of the haunted lodge where locked doors open themselves in the middle of the night, and phantom cats jump through closed first floor windows...perhaps it was the knowledge that the tour included 50 km of dirt roads...or maybe some had heard of the legendary winds that howl on the Batavia coast...?

The tour started in Dongara in brilliant sunny spring weather which stayed with us for all but 3 hours of the tour. First stop was Mingenew, then on up to Mullewa the next day through Coalseam Reserve, cloaked with carpets of yellow everlasting and past undulating wheatfields. For most of the day, we battled strong headwinds which made the 88 km seem like a lot more. The 100 km dash into Geraldton the following day seemed easy in comparison. The descent through the flat-topped hills into Geraldton was marred by heavy rain, but we cheered up after some hot drinks and food at a roadhouse on the outskirts of the town.

The next day it was back up into the hills again which, incidentally, are of similar height to the Darling Ranges near Perth. Once over the hills, we enjoyed a speedy descent into the Chapman Valley. As we were flying downhill, Pig tried to kill Big Kid and Breakdown by dropping a sleeping bag on the road just in front of their wheels. Pig's plans went awry, however, when the stretchy strap which had previously held the sleeping bag on the rack caught in the spokes of the back wheel and wrapped itself five times round the rear axle. Fortunately, all three involved in the incident had lightning quick reflexes and good brakes.

We continued along the stunning Chapman Valley to Northampton, and then returned along the same route the next day. The southern part of the valley is ringed with flat-topped hills, red the ironstone ridges and gullies providing a colourful contrast with the lush green fields. Flocks of pink and grey galahs kept us company as we cycled along.

The last two days were spent leisurely pedalling back to Dongara, taking in the historical hamlet and devonshire teas at Greenough.

And how to sum it up? In Pig and Breakdown's words:

"No road too rough
No hill too tough
Just lots of laughs
and lots of Galahs."

So come-on you guys - be more adventurous next time! You missed out on a great tour.

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300 KM ACHIEVEMENT RIDE

The 300 km Achievement Ride is the last on the Super-achievers' menu; that may be why so many people will turn up at 2.30 am to torture themselves over the next 14 hours or more. Of the record number of starters (30), 28 finished, including 14-year-old Ben Stockman, and five women (Bea Page, Denise McEvoy, Sue Campbell, Neroli Barker and Aileen Martin), within the 18-hour time limit. The only mechanical troubles I heard of were Mark Elliott's three punctures and one of Brian Hawes. I am sure everyone was sore in one or more parts of their anatomy at the end.

The ride started at 3 am, heading off up Great Eastern Highway to Clackline. The dark concealed the hills, but not the semis, which were, on the whole, reasonable. The rising sun, although it didn't warm anything up for a few hours, was very welcome, and it was a relief to be able to see more than ten feet ahead. By York, everyone was numb with cold, and a cup of hot soup went down well. The only relief from the boredom of the 66 km run from York to Brookton was Beverley, where bits of planes littered the roadside, rather than beer cans and shredded car tyres. The sight of Arie's 4-wheel drive nearly

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made up for the previous stretch, and a cup of tea and something to eat was enjoyed by everyone.

After a long rest, a more interesting run along Brookton Highway to Dale Road West was slightly easier, except on the occasional head wind stretches. Another cup of tea and a slice (or two) of cake and it was back on the road for the final stretch, another 68 km.

Signs such as "Dead Horse Creek", "Poison Gully", and "Death Adder Creek" made you wonder about the sanity of our pioneers, and then about the sanity of ourselves.

After a few more hills, and 100 km of Brookton Highway, Canning Road led the way to civilization, and the approaching end to the pain. 18 km later was the steep downhill of Kalamunda Road, and the end of the hills. A fast run home on the flat, and Midland Town Hall appeared, the end of the 300 km Achievement Ride.

Congratulations to all those people who got themselves out to Midland at 2.30 in the morning; more congratulations to those who completed the course; and still more congratulations to those who have earned their "Super Achiever" status. Congratulations also to Peter Meyers and Brian Hawes, who finished after 11 hours and 45 minutes. The successful riders were:

Max Talbot	Sam Burton	Brian Hawes
Peter Meyer	Sue Campbell	David Midolo
Denise McEvoy	Keith Pearmine	Bob Stockman
Ben Stockman	Robin Layton	John Martin
Aileen Martin	Kleber Claux	Mark Elliott
Fred Hacking	Lindsay Fisher	Glen Bird
Peter Steer	John Meakin	Chris Pilling
Bea Page	Eddy Rzemek	Noel Eddington
Kym Griffith	Manfred Lisson	Neroli Barker
Peter Bombadier		

On behalf of all riders, many thanks to Arie Lamson for his

COUPLES WEEKEND: 24 - 26 SEPTEMBER 1988

Five couples participated in the "Couples Weekend" which was held at Harvey over the long weekend. It was shortly before 10 am that the bus rolled out of Bob Stockman's yard with one driver, 9 passengers, lots of luggage and 10 bikes on the trailer. The lack of couples embarking on this venture by comparison with former years, was a pity, but the friendship and fun had by those who did go more than made up for the lack of numbers.

Some highlights of the weekend were as follows:

1. The rides had been advertised as "flat terrain": WOW! even I could not find anything that resembled a hill - thanks Geoff. Also the rides were kept short: terrific!!
2. Accommodation was excellent. We had units 1 - 5 at the Waggon Wheels Motel all together: very well organized.
3. Ten bodies sitting, laying or lounging in a motel room after the evening meals, with connoisseurs deliberating over which Port was the best.
4. A visit to the Mill at Yarloop on Saturday, with a guide who had obviously been aroused from his afternoon nap to take us on tour. Our little party were an interested bunch, and on numerous occasions passed comments to the guide on various aspects, to which our tall, chain-smoking friend replied, "Yer not wrong"!! This, of course, became the catchcry of the weekend.
5. Sunday's visit to the Emu Tech: very interesting. We were taken around in an open truck to view the emus, and then a barbecue pack was supplied to us all for lunch. After various "old boy scouts" tried their best to show their prowess at firelighting, we finally enjoyed a well cooked lunch before the ride home.
6. The sad look on the face of a house guest as he came into the dining room on Sunday morning to hopefully partake of a cooked breakfast. After 10 cyclists had already had a good start, there were only two rather dismal looking

AUDAX NOTES

1989 PROGRAMME FOR AUDAX RIDES

200 km	12 March
300 km	23 April
400 km	20/21 May
600 km	19/20 August
1,000 km	15/16/17/18 September

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WIND-UP

The annual windup and presentation of Audax awards will be held on 17 December, 1988 at 7pm at the home of John Martin, 13 Cunnold Street, Pickering Brook. All those who have participated in an Audax event this year, all the people who have supported Audax events in any way (especially our support crews) and any persons wishing to support Audax events in the future are invited along with their families.

Please bring your own meat for a BBQ, and if possible a folding chair to help make your evening more comfortable. Salads, drinks etc. will be supplied.

A general meeting will be held during the evening and it will include an election of officers of the Audax sub-committee of the CTA for 1989.

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600 KM AUDAX RIDE - 27 AND 28 AUGUST, 1988

This year's 600 km Audax ride was one of the most enjoyable rides of my cycle touring career.

The ride was blessed with perfect weather, a friendly group of riders always willing to help each other, excellent back-up, beautiful scenery, and not a single puncture.

Whilst the major highlight of the ride was the sense of achievement in finishing 600 km of hard pedalling, the ride was also highlighted by an inspiring ride from Neil Porteous, who stayed with us for most of the day; riding up Bedfordale Hill at 5.30 am on a clear Sunday morning with the surrounding countryside bathed in the glow of a full moon; the picturesque ride through the mining town of Boddington; the sight of a paddock of blackboys just past Boddington; racing Kleber Claux through the hills to Dwellingup; and the intrigue of waiting for John Martin to change off his big chainwheel.

From a statistical point of view, our first day's ride commenced at 5.30 am and followed a 360 km course from Armadale, through Kwinana, Mandurah, Pinjarra, Harvey, Bunbury, back through Mandurah and finishing at 7.40pm in Armadale. Neil Porteous and Kleber Claux, who were both suffering from upset stomachs, finished at 9 pm. The second day's ride of 240 km commenced at Armadale, through Bannister to Crossman, Boddington, Dwellingup and Pinjarra, arriving back at Armadale at 5.20 pm.

Seven riders completed the course: John Martin, David Midolo, Peter Steer, Neil Porteous, Kleber Claux, Peter Bombardieri and me. John Meakin, Anne and John Waters, Susan Midolo and Arie Lemson provided the very much appreciated back-up support.

If you ever wanted a reason to tackle the rigours of a 600 km ride, then this year's 600 km Audax was it.

Rod Evans.

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C.T.A. RIDES CALENDAR

NOVEMBER 20 6-HOUR TIME TRIAL

See Noticeboard for full details. Participants must nominate no later than November 13 using the entry form enclosed with this Newsletter.

Members only.

Leader: Ron Masterman

Contact: 339 3071 (H)

NOVEMBER 20 ALTERNATIVE RIDE TO ARALUEN

50-60 km Moderate Terrain 8.30 am

Meet at the Causeway Car Park at 8.30 am or Kelmscott Railway Station at 9.30 am for an easy-paced ride to Araluen. After some morning tea, and a wander around the grounds, turn to Perth early afternoon.

Leader: Geoff Creighton

Contact: 459 4178 (H)

NOVEMBER 25-27 RAVENSWOOD CAMPING WEEKEND

40-100 km per day Varied Terrain

Drive to Ravenswood (between Mandurah and Pinjarra) on Friday night with bikes and camping gear. We will be staying at the Ravenswood Caravan Park beside the Murray River. There are several interesting ride destinations accessible from Ravenswood including Mandurah and Peel Inlet, Dwellingup and Pinjarra.

The cost for an unpowered tent site is about \$6.00 per night. If you have a caravan, feel free to bring it along. Ring Stan before November 12 to reserve your place. Members only.

Leader: Stan Weichecki

Contact: 275 4352 (H)

NOVEMBER 27 ALTERNATIVE RIDE TO WUNGONG DAM

80-90 km Hilly Terrain 8.00 am

Meet at the Causeway Car Park at 8.00 am for a hard ride to Wungong Dam. There will be a morning tea stop along the way. Return to Perth early afternoon.

Leader: Tony Willis

Contact: 457 2191 (H)

DECEMBER 4 FREMANTLE RIDE AND RIVER CRUISE

30-40 km Moderate Terrain 8.30 am

Meet at the Barrack St Jetty at 8.30 am for an easy ride to Fremantle. The cycling officially concludes in Fremantle, then we board a Swan River Cruises vessel for a leisurely 90-minute cruise back to Perth. Wines will be served during the boat cruise. The cost is \$9.00 per head, PAYABLE TO DENISE BEFORE NOVEMBER 27. PRIOR BOOKINGS ARE ESSENTIAL.

Leader: Denise McEvoy

Contact: 4257165 (W)

DECEMBER 4

MUNDIJONG MOUNTAIN BIKE RIDE

40-50 km Rough Terrain 9.30 am

Meet at Mundijong townsite at 9.30 am with your mountain bike for an interesting ride along a heritage trail into the nearby hills. The trail follows the route of the original railway to Jarrahdale. From there, the ride continues to Pipehead Dam, and then via bush tracks to Serpentine Falls. After some lunch at the tearooms near the falls, return to Mundijong, arriving early afternoon.

Leader: David Doust

Contact: (095) 276 209

DECEMBER 11

ANNUAL GENERAL MEETING RIDE

20-30 km Moderate Terrain 8.30 am

Meet at the Causeway Car Park at 8.30 am for an easy ride to the CTA Annual General Meeting. The meeting will be held at Hamer Park Hall, Second Ave, Mt Lawley (just north of North St) starting at 10.30 am. Morning tea will be served between 9.30 and 10.30. Please try to attend this important event. (See agenda elsewhere in this issue.)

Leader: Steve Parry

Contact: 328 7438 (H)

DECEMBER 18

FAMILY BBQ AT POINT WALTER

50-60 km Moderate Terrain 10.00 am

Meet at the Causeway Car Park at 10.00 am for a leisurely ride to Point Walter for a pre-Christmas BBQ. Bring meat, buns, bathers, towel, etc., etc. (You may need your touring panniers to carry all this stuff!) Gas BBQ's are available and the Point Walter kiosk will be open for drinks and icecreams. Return to Perth late afternoon, via the Stirling Bridge.

Leader: Ian Hill

Contact: 444 1671 (H)

DECEMBER 27 (TUESDAY)

BYO PICNIC BREAKFAST

40 km maximum Moderate Terrain 8.00 am

Bring your own milk, OJ, Weetbix, Muesli, croissants etc and join us for a picnic breakfast at a Surprise destination. The ride starts at the "Log" in Kings Park at 8 am and will return there late morning. Bring bathers and a towel in case we end up at the beach.

Leader: Binkie Barley

Contact: 444 2719 (H)

DECEMBER 31

NEW YEAR'S EVE BUSHDANCE

See Notice Board for details.

JANUARY 1**OBSERVATION CITY
DINNER RIDE**

30-40 km Moderate Terrain 6.30 pm

Meet at the Causeway Car Park at 6.30 pm for an easy ride to Observation City in Scarborough for dinner (take-away fish and chips followed by an ice-cream). Return to the Causeway about 10.00 pm.

NOTE: Lights are essential for this ride. No lights - no start.

Leader: Richard Stallard

Contact: 362 4340 (H)

scrumptious smorgasboard breakfast. The cost is about \$8.50 for a continental breakfast and about \$10.00 for a full cooked breakfast. This ride was very popular last time, so ring Martin on 330 3659 (H) by January 15 to reserve your place. Don't leave it till the night before or you may miss out. Return to Perth late morning.

Leader: Martin Bunney

Contact: 330 3659 (H)

JANUARY 8**LAKES RIDE**

30-40 km Moderate Terrain 8.00 am

Meet at Lake Monger (south-eastern carpark) at 8.00 am for an easy ride around Herdsman Lake, Jackadder Lake and Perry Lakes. Return to Lake Monger around midday.

Leader: Stan Weichecki

Contact: 275 4352 (H)

JANUARY 27-30**ALBANY LONG WEEKEND**

Escape from the summer heat to Albany for a leisurely weekend exploring the many local attractions. Meet at Stockmans Garage, 15 Loton Avenue, Midland on Friday night at 6 pm for a 6.30 pm departure to Albany by bus. There will be a compulsory sleep-in on Saturday to recover from the long trip. Accommodation is at the YHA hostel. The cost will be about \$30 per person, which includes accommodation for the three nights and CTA-style breakfasts. Send your bookings with a deposit of \$20 per person to Stan by January 10. The bus will arrive in Perth late Monday afternoon.

Leader: Stan Weichecki

Contact: 275 4352 (H)

JANUARY 15**CABLE WATER SKI PARK**

50-60 km Moderate Terrain 8.00 am

Meet at the south end of the Narrows Bridge at 8.00 am for an easy-paced ride to the Cable Waterskiing Park in Spearwood. There are BBQ's available so bring along meat, buns, etc. for lunch. There are two large swimming pools, so bring your bathers and towel. (Showers and changerooms are available too.) Admission is FREE! We will spend 2-3 hours at the park, returning to Garden City and Perth mid afternoon. New members welcome.

Leader: Ron Bowyer

Contact: 382 3993 (H)

JANUARY 29**HILLARYS BOAT HARBOUR
RIDE**

30-40 km Moderate Terrain 8.00 am

For those not going on the Albany weekend, meet at the petrol station at Floreat Forum shopping centre at 8.00 am for an easy-paced ride to Hillarys Boat Harbour for morning tea at one of the outdoor cafes. There will be time to browse in the many shops or have a swim before returning to Floreat around midday. New members welcome.

Leader: Robin Layton

Contact: 401 6018 (H)

JANUARY 22**BREAKFAST AT THE NEW
ESPLANADE**

50-60km Moderate Terrain 6.30 am

Meet at the north end of the Narrows Bridge at 6.30 am for a ride to the New Esplanade Hotel in Fremantle for a

NOTE:

All riders are required to carry a pump, spare tube or puncture repair kit and suitable tools.

While not compulsory, we strongly recommend all riders wear a hard shell helmet.

C.T.A. Committee for 1988

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

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