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



EDITOR: Noel Eddington

APRIL - MAY 1989 Issue Number 87

NOTICE BOARD

CYCLISTS SOCIAL SESSION

Involve yourself in an Enjoyable Evening of Entertainment and Education whilst Imbibing and Indulging.

Wine and Cheese

Date: Friday, 21st April, 1989

Time: 7.30pm

Venue: Palmyra Recreation Centre
Cnr. Murray Rd. and Canning Hwy, Palmyra

Dress: Casual.

Wine and Cheese Provided !.

BYO plate for supper. Also if you dont like plastic cups, bring a glass.

Numbers must be confirmed, so contact Betty Stockman on 2935278, by Wednesday 19th April.

ON THE MEND

It was 22nd August, 1987 when fate struck Robert Min Oo a cruel blow. He had just begun the friendship ride in England which was to take him around the world ending in Sydney in January 1988 as part of our country's Bi-Centennial Celebrations, when he was involved in an accident.

After spending nearly four months in hospital in Bath he finally arrived home in early December. Robert has been undergoing medical and physio treatment since then, and the news is that the pin will be removed from his leg in February.

We wish you a good recovery Robert as we miss your company on our rides.

FOR SALE

Dawes Touring/Racing 21" Reynolds 531 frame, Tronard front rack, Blackburn rear & Brooks saddle (what else!)
Good condition \$250 Contact Stan: 3391727(w).

WANTED

The best bicycle mechanic in Perth.

AvocetCycles is looking for an experienced bicycle mechanic to work in the workshop. This is a top job for a top person. Excellent wages and conditions will be offered for the right person.

Apply: John Sampson, Avocet Cycles.

PANNIERS AVAILABLE

The Club has a pair of panniers available for members who would like to do some cycle touring and who do not own a set. If your would like to make use of them please contact the Treasurer, Betty Stockman, Phone 293 5278.

THANKS BOB

Have you ever wondered why day trips and weekends away when we make use of the C.T.A. Trailer normally leave from Bob Stockman's garage in Midland? Ever since the trailer was built in 1984 it has been generously stored by Bob at his garage which is a great bonus to the club; I am sure not many of us would like it parked in our driveway all year round. Also Bob allows us to leave our cars parked in the safety of his locked yard while we are absent enjoying ourselves on our bikes. Thank you Bob for helping so many of us to take part in these very enjoyable trips with such a good feeling of security.

NEW MEMBERS

The following new members are welcomed into the club:

Philip Parr, Annette Thomas, The Murray Family, Percy Lentin, Mark Shlien, Colin Farmer and Family, Cameron Butterworth, Keith Ryan, Graeme and Philip Burton.

TOUR NOTES

DUNSBOROUGH AUSTRALIA DAY WEEKEND

As is customary on CTA weekends away, it is the poor newcomer still learning to change gears without falling off who is conned into writing the weekend report. So here goes.

The second pick-up point was on the corner of Stock Road and Leach Highway where the remaining bikes were loaded onto the CTA Trailer after some juggling by John and his assistants. The convoy (bus, trailer and Stan and Anne in their 4-wheel drive) then headed south on its way to Dunsborough. After a brief intro on the PA, Aileen collected the outstanding dues. New friendships were made and old ones renewed over a bag of "Minties", the contents of which were single-handedly (left one I think) distributed by Wendy. A brief pit stop was made somewhere past Mandurah only to find the cafe had long since shut. Only Neroli managed to get some food after convincing the proprietor of her hunger. The rest of us had to be content sucking on some "Minties" wrappers.

Saturday morning began with breakfast CTA style - cereal with frozen milk followed by toast and cups of tea and coffee. The Youth Hostel chores were tackled next with great efficiency although some confusion did arise when the men were detailed to mop the ladies toilets. By the way, Robyn and Mike had made their own way to the Hostel the night before and were welcomed to the chores. The first ride of the weekend was to Sugar Loaf Rock. During our conversation which centered around the apparent beauty of the coast, we were attacked by a swarm of flies. The discussion quickly changed to the advantages of wearing pink clothing. You see pink is supposed to repel flies. Sorry Andrea, but you still need to be a bit more convincing before you see me strutting around in pink. The ride back up the cliff from Sugar Loaf had granny gears and knee joints doing overtime, but we all made it. After returning to the Hostel via the bakeries of Dunsborough, all speed limits were broken in a mad dash to the Busselton Parade. If one didn't mind parading around in the midday heat, one surely had to question the sanity on riding behind the brewery dray which was pulled along by four large Shire Horses. Never before had the difference between a knight's horse and a brewery horse been more apparent as we were forced to manoeuvre through a freshly laid obstacle course. After the parade some of the team went for some quick shopping before we all returned to the hostel along back roads at a more sedate pace. With almost 100 kms. clocked up for the day most of us were quite happy to spend the rest of the afternoon swimming and socialising.

Sunday started in much the same way. More chores and more breakfast with some more frozen milk. Neroli proudly



Wendy O'Meara (left), Robyn Knox (centre) and Andrea Revell (right) discuss the Dunsborough bakery delicacies!

displayed her medal for coming third in a 5 km race the evening before. Well done. We pedalled slowly to Yallingup where most of us spent a couple of hours on the beach. Meanwhile back at the ranch Wendy ably assisted by Anne made sure she didn't miss any sun. There was also an unconfirmed sighting of a Wendy look alike attempting something resembling one armed hand stands at the end of the jetty.

Monday morning was only slightly different. The milk wasn't frozen but only because there wasn't any, for the late risers anyway. Thank you John for a mercy dash to Dunsborough. The troops then headed north with the bus and trailer in pursuit. Several stops were made enroute providing the foolhardy with drinks and those of sounder mind a chance to retire to the comfort of the bus. All bikes and riders were finally loaded at Capel before returning to Perth late Monday afternoon.

Before making a round of sincere acknowledgements, the fashion concious among you might want to contact Denise for the latest in beach towels. Thanks to Stan for organising and leading the weekend away. Thanks also to John for driving. Above all thank you all for a great weekend.

Percy Lentin

P.S. The characters and situations in this report are factual and resemblance to any real person is intentional.

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TANDEM CYCLING AT ROTTNEST

On the weekend of the 24-26 February, five CTA riders were invited to cycle with the WA Tandem Cycling Club at Rottnest Island to act as steersmen for blind riders.

On Friday night we caught the Sea Raider and got settled into the barracks.

The first two hours of Saturday morning was spent fixing the bikes and sorting out who was riding what. In all there were twelve tandems of which four were top quality racing tandems, three were not too bad and the rest were very bad so the people that got the good bikes were very happy.

At about 9.00am we hit the road and got a very good soaking and after two laps of the island most had had enough of riding. After lunch Ken Norris showed some very interesting cycling films of the Tour de France and many others.

Sunday morning we held a time trial around the island with the following results:

BLIND RIDER	SIGHTED RIDER	TIME
X Ron Anderson X	Ray Clancy	31.00
X Greg Youngsen X	Michael Waters	31.00
X Steve Way X	X Ken Norris	32.00
X Keith Hayes X	Noel Eddington	33.00
X Michelle Griffin X	Kleber Claux	34.00
Steven Hewitt	Peter Steer	38.00
X Darren Taylor X	X Lionel Taylor X	39.00
X Mark Lindsay X	X Andrew Stuart	51.00
X Carl Andri X	X Frank Culverwell X	58.00
Ron Hayes	Keith Pearmine	60.00

In all it was an excellent weekend: one of the high points was seeing a young man called Mark Lindsay, who is totally blind, riding a bike around a car park by himself and being told when to turn by Ron Anderson, who has only one per cent of his sight.

I would like to thank Ron Anderson and Ken Norris for inviting us to Rotto and I hope there will be many more events like this one.

Mike Waters

SPRING TOUR '89

Thinking of a cycling/camping tour this year? If so, mark in your diary the dates for the Spring Tour '89 to be run from Saturday 11th to Sunday 19th November. This will be a 500km circuit from Bunbury to Pemberton and return, taking in some lovely South West towns including Busselton, Nannup, Manjimup, Boyup Brook and Collie.

The Tour group will meet in Perth and be transported to Bunbury where the actual cycling will commence. There will be vehicles accompanying the Tour to carry your baggage and camping equipment. After returning to Bunbury on the last Sunday, the group will be transported back to Perth.

The Tour is being organised by C.T.A. with assistance from Bikewest and will be a major feature of this year's Bikeweek.

To register your interest, contact the organiser or any member of C.T.A. Committee.

Ron Bowyer

Organiser

14 Excelsior Street, Shenton Park 6008

Phone: 382 3993 (Home)
224 2422 (Work)

COMMUNITY AID ABROAD

Community Aid Abroad will be holding the Twelfth Walk/Cycle Against Want this year.

Date: Sunday, 16th April 1989

Distance: Up to 40 kms.

Routes: Three optional routes for the Perth event, all using foreshore dual use paths.

Separate events for Fremantle, Wanneroo and several country towns.

Entry Fee: \$10 or ring 321 5043 for a sponsorship book.

Proceeds To: Community Aid Abroad's self-help projects, including Bangladesh Flood Relief.

Further information from: Scott Christie

Community Aid Abroad

935 Wellington Street

West Perth 6005

Phone: (09) 321 5043

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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:

MOUNTAIN BIKE RIDE

After a back injury, I was advised to take up straight handlebar bike riding as a form of exercise. Having spent several weeks standing at newsagent's counters trying to decipher cycling magazines, I eventually decided Mountain Biking sounded the most exciting and demanding form of riding.

I rushed around to bike shops all over Perth and picked everyone's brains for the information on the right bike. Eventually, I used my own brains and rang Bob Stockman for confirmation of my choice. I was elated! My choice of bike was fine, so off I trotted to Avocet to pick up my Repco High Sierra.

I thought I was pretty good at bush bashing after a few weeks, so I joined Bob and his son and John Martin for their Sunday "run". My God, what an experience!! To watch those three guys in action is unbelievable. The way they handled their bikes on various and often down right dangerous (I was apprehensive to say the least!) surfaces was nothing more than amazing.

After covering a distance of 35kms. (the most I'd ever ridden - I told them afterwards) I was completely st.....!!! To see a middle aged man in Stubbies and boots chucking wheelies in the bush was not what I'd imagined our Sunday "run" might be!

Nevertheless, it got me hooked instantly, so look out all you "stump jumpers", Jack Flash is on his way!!!!

P.S. Many thanks to Betty for the superb spread after the ride - I sure needed it! See you next time.

Jack Thornley

CYCLING ACHIEVEMENT

I do not believe that to achieve something is to set a goal and strive for that goal. If this was the case, I would be in danger of losing sight of my values and adopting procedures designed purely to achieve this goal and nothing else.

I believe that to achieve something means to know what your values are and to act accordingly in support of these values. This means cycling achievement has nothing to do with setting a modest or bold target and everything to do with knowing what is wanted out of cycling generally. And for me that is simply - fun and friendship!!

Wendy O'Meara

FEES FOR 89.

JOINING FEE	-	\$10
ADULT	-	\$20
FAMILY	-	\$26

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RIDE REPORT FORMS

Do you ever wonder how the ride organisers keep tabs on rides which have the best support or could be improved in some way?

It is through the ride leaders report forms which should be enclosed with your newsletter if you have been kind enough to agree to lead a ride.

It is only through these forms that your rides committee can objectively give you the types of rides you want. So please help us be mailing the ride report forms promptly to the CTA post box while the ride details are fresh in your mind.

GREAT CYCLING ACHIEVEMENTS

Next time you are wondering how long it will take you to complete a 50km training ride, or whether you are capable of tackling 300km in one day, you might like to reflect on the following cycling records.

For sheer speed John Howard (USA) takes the cake with 245km/h behind a specially designed racing car on the salt flats of Utah (245km/h is also the maximum speed of a Porsche 911).

For one hour of riding Francesco Moser currently holds the record of 51.2km (try riding that speed on the flat for just one minute without wind assistance!). In 1928 the current standing start one hour motor paced record of 122.8km was set by 38 year old Leon Vanderstuyft.

Four years later, in 1932, 28 year old (Sir) Hubert Opperman, riding behind a motorcycle, rode 1384.4km in 24 hours (average 58km/h). The standard of these amazing motor paced records is reflected in the fact that they have remained unchallenged for over 56 years, despite all the intervening improvements in training and technology.

The unpaced 24 hour record is 830.8km set by 32 year old Michael Secrest in 1985. While the world 100km record set by 30 year old Ole Ritter, Denmark in 1971 is 2 hours, 14 minutes or 44.8km/h.

Despite the fact that several endurance records for the 1920's, 30's and 40's still stand, the last few years have seen significant improvements in many of the world's transcontinental records. Last year, Victorian Audax member, Graham Woodrup set a new trans Australian record (4380km) of 10 days, 17 hours and 56 minutes (average 407km/day) taking 6 1/2 hours off Bruce Hunt's 1974 record. In 1986 Peter Pensyeyers rode 5000km across America in an incredible 8 days, 9 hours and 47 minutes (average 595km/day) slashing over 1/2 day off Jock Boyer's record, while relative newcomer to competitive cycling, Elaine Maroille completed the across America distance in 1986 in an equally impressive 10 days, 2 hours and 4 minutes (average 496km/day). The

FEEES FEEES FEEES

That horrible word again!!

Fees for 1989 became due on January 1st, so hurry now and settle your account with our Treasurer, otherwise this will be your last newsletter.

Members joining during the second half of 1988 should only have paid half of the annual fee when joining. If you have any queries in this regard please bring it to the attention of the Treasurer before settling this years account.

Land's End to John O'Groats, or end to end, UK record in 45 hours, 3 minutes (average 30.3km/hour) set by 45 year old John Woodburn in 1982. Eileen Sheridan who holds the women's record of 2 days, 11 hours went on to ride 1609km in 3 days, 1 hour (average 536km/day).

For sheer out and out endurance, two records stand out. 28 year old Thomas Godwin in 1939-40, despite the UK's notorious inclement weather, rode 100,000 miles (161,000km) in 500 days! (average 322km/day) - If you don't think this is hard you might like to try riding over 300km per day for just a week. In 1983 Carlos Vierra rode an average of 12.6km/hour non-stop for nearly 8 days. His total time off the bike during his 8 day ride was 2 1/2 hours!

Finally, if you think that all this high speed, high endurance riding can only be tackled by younger riders you might wish to reflect on the efforts of some older rider such as Ed Delano (USA) who at the age of 73 rode a 16km time trial in 28 minutes (average 34.3km/h).

Rod Evans

SEX AND CYCLING

According to the West German Institute for Marriage and Family Studies, riding a bike can damage your sex life.

The study showed that cyclists make the lousiest lovers, whilst walkers and hikers make the lustiest.

Any chance of including some more hiking on our next CTA ride?

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C.T.A. RIDES CALENDAR

MARCH - MAY

MARCH 12 PERRY LAKES BREAKFAST RIDE

Meet at 7.30am at BBQ area at north side of Perry Lakes for an easy 15-20km ride before BBQ breakfast. Ideal introductory ride for new members. Bring food for BBQ.

Leader: Dale Neill

Contact: 447 8168 (Hme)
328 6333 (Bus)

MARCH 12

ALTERNATIVE RIDE AUDAX 200 KM RANDONEE

Hilly/Hard Ride

Meet at Kelmscott Railway Station at 6.30am for 7.00am start. Entries close March 5th.

Leader: Peter Steer

Contact: 276 1774 (Hme)
420 6180 (Bus)

MARCH 19 50 KM ACHIEVEMENT RIDE

Moderate Terrain

Meet in Chittering Road, Bullsbrook (just off Great Northern Highway) for first of the season's achievement rides on a new course. Meet at 8.30am for 9.00am start.

Leader: Arie Lemsen

Contact: 307 5820 (Hme)

MARCH 19

ALTERNATIVE RIDE FAMILY AND BEGINNERS RIDE

Easy Terrain

Meet at University clock tower, Crawley at 9.00am for an easy 20km ride around Crawley.

Leader: Andrea Revell

Contact: 330 4897 (Hme)

MARCH 26 WATERWHEEL TEAROOMS RIDE

Moderate/Hilly Terrain

Meet at 8.30am at Causeway Carpark (Corner Riverside Drive) for a ride through the foothills to Bedfordale for morning tea at Waterwheel Tearooms. (80kms.)

Leader: Kleber Claux

Contact: 458 7519 (Hme)

MARCH 24/25/26/27

EASTER TOUR

Hilly Terrain

Meet at Midland Town Hall at 9.00am on March 24th for a pannier tour to Northam Youth Hostel. Two days of touring the Avon Valley returning to Midland after lunch on Monday, March 27th.

This tour is entirely self-catering. No group food provided. Cost (accommodation only) \$25.00. Bookings close March 13th.

Leader: John Martin

Contact: 293 8170 (Hme)

APRIL 2 LAKE JOONDALUP RIDE

Easy Terrain

Meet at Wanneroo Showgrounds at 9.00am for a 20km tour of Lake Joondalup.

Leader: Noel Eddington

Contact: 2931305 (Hme)

APRIL 2

ALTERNATIVE RIDE CHITTERING VALLEY RIDE

Hilly Terrain/Hard Ride

Meet at 9.00am as above for a ride via Neaves Road, to Bullsbrook, then through the Chittering Valley to Muchea, Bullsbrook and back to Wanneroo. (80km)

Leader: Keith Pearmine

Contact: 458 0202 (Bus)

C.T.A. COMMITTEE 1989

PRESIDENT: Arie Lemson 307 5820 (Home)

COMMITTEE:

VICE PRESIDENT: Bob Stockman 293 5278 (Home)

Noel Eddington 293 1305 (Home)

SECRETARY: Aileen Martin 293 8170 (Home)

Andrea Revell 330 4897 (Home)

TREASURER: Betty Stockman 293 5278 (Home)

Michael Waters 444 2892 (Bus)

Wendy O'Meara 387 8826 (Home)

APRIL 9**25KM TIME TRIAL**

Meet at 7.30am for an 8.00am start at corner of Cook and Bannister Street, Canning Vale. Members and new members only.

Organiser: Chris Pilling

Contact: 274 9357 (Bus)

APRIL 9**NIGHT RIDE WITH NOEL**

Easy Terrain

Meet at 5.00pm at the Causeway Carpark (Riverside Drive corner) for an easy 40km ride to Point Walter and return. LIGHTS ESSENTIAL.

Leader: Noel Eddington

Contact: 293 1305 (Hme)

APRIL 14/15/16**MOUNTAIN BIKE CAMPING WEEKEND**

Meet Kelmscott Railway Station at 7.00pm sharp with cars and bikes to drive to Dwellingup for a weekend of exploring the dirt roads. You must be entirely self sufficient in tents, food, etc.

Leader: Stan Weichecki

Contact: 275 4352 (Hme)

APRIL 16**ALTERNATIVE LAKE MONGER RIDES**

Easy Terrain

Meet at 9.00am in carpark at South East end of Lake Monger for an easy ride around the lake. (20km)

Leader: Neil Porteous

Contact: 457 7146 (Hme)

OR

Medium Terrain

Meet at 9.00am as above for moderate ride which includes Reabold Hill. (50km)

Leader: Bea Page

Contact 450 3655 (Hme)

APRIL 21 (FRIDAY)**CYCLIST SOCIAL SESSION**

Meet at 7.30pm at Palmyra Recreation Hall, Canning Highway, Palmyra. See separate article in this newsletter.

APRIL 23**WALYUNGA NATIONAL PARK RIDE**

Medium Terrain

Meet at 9.00am at Guildford Post Office for a ride to Walylunga National Park via West Swan Road. (60km)

Leader: Ron Bowyer

Contact: 382 3993 (Hme)

APRIL 23**ALTERNATIVE RIDE AUDAX 300KM RANDONEE**

Hilly Terrain/Hard Ride

Meet at Midland Town Hall at 2.30am for a 3.00am sharp start. The course is Midland-Guilderton-Gingin-Toodyay-Midland. Entries close: April 16th, '89.

Organiser: David Midolo

Contact: 307 3804 (Hme)

APRIL 30**SOUTH DANDALUP DAM RIDE**

Moderate Terrain

Meet at 9.00am at Armadale Railway Station for a hard ride to South Dandalup Dam and return. (100km)

Leader: Tony Willis

Contact: 451 8982 (Hme)

APRIL 30**ALTERNATIVE RIDE SOUTH DANDALUP DAM RIDE**

Moderate Terrain

Meet at 9.00am as above and put your bike on the CTA Trailer and take the bus (Fee \$1.50) and let John Martin drive you to North Dandalup, ride to the dam and back to North Dandalup and bus back to Armadale. (30km)

Leader: John Martin

Contact: 293 8170 (Hme)

MAY 7**PERRY LAKES RIDE**

Easy Terrain

Meet at 9.00am at BBQ Area on North side of Perry Lakes for a ride around the Lakes area. (30km)

Leader: Noel Eddington

Contact: 293 1305 (Hme)

MAY 7**ALTERNATIVE RIDE 100KM ACHIEVEMENT RIDE**

Hilly Terrain

Meet at 8.30am for a 9.00am start at Armadale Railway Station for 100km ride over the Jarrahdale course. Time limit of five hours. Members or new members only.

Organiser: Richard Evenett Contact: 444 8792 (Hme)

MAY 14

ROCKY POOL RIDE

Easy Terrain

Meet at Midland Town Hall at 9.00am for a ride to explore Rocky Pool and return to Midland. (30km)

Leader: Brian Jahn

Contact: 341 3269 (Hme)

MAY 14

**ALTERNATIVE RIDE
MORNING TEA AT GIDGIE**

Hilly Terrain

Meet at 9.00am as above for a ride up Red Hill for morning tea at Gidgegannup (best fruit cake in town). (80km)

Leader: Phil Torkildson

Contact: 386 3738 (Hme)

MAY 21

EXPLORING NEDLANDS/CRAWLEY

Easy Terrain

Meet at 9.00am at the University Clock Tower for a ride with "Grandfather" Neil Porteous who grew up there and remembers Penny Farthings on Stirling Highway. (25km)

Leader: Neil Porteous

Contact: 457 7146 (Hme)

MAY 20/21

**ALTERNATIVE RIDE
AUDAX 400KM RANDONNEE**

Hilly Terrain/Hard Ride

Meet at 13 Cunnold Street, Pickering Brook at 4.30am for 5.00am sharp start. The Course: Pickering Brook-Bodding-ton-Narrogin-Brookton-Pickering Brook. Entries close May 13th.

Organiser: John Martin Contact: 293 8170 (Hme)

MAY 28

WATERWHEEL TEAROOMS RIDE

Medium Terrain

Meet at 8.30am at Kelmscott Railway Station for a ride to Waterwheel Tearooms to (hopefully) meet the Mundaring Weir Riders. (50km)

Leader: Arie Lemson

Contact: 307 5820 (Hme)

MAY 28

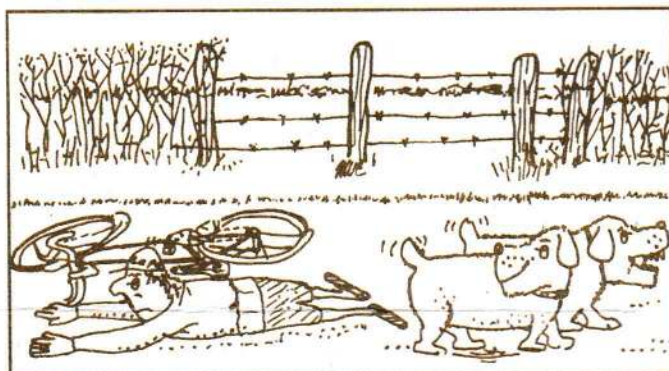
**ALTERNATIVE RIDE
MUNDARING WEIR RIDE**

Hilly Terrain

Meet at 8.00am at Midland Town Hall for a ride through Mundaring Weir. (90km)

Leader: Michael Waters

Phone: 444 2892 (Bus)



"It's the thrill of the chase I enjoy. It's an anti-climax when you catch them."

All riders are required to carry a pump, spare tube or puncture repair kit and suitable tools. Whilst not compulsory, we strongly recommend all riders wear a hard shell helmet.

Correspondence to: P.O. Box 174 Wembley W.A. 6014
For details of club membership please contact the treasurer.