

REGISTERED BY AUSTRALIA POST
PUBLICATION No. WBH 1276

**SURFACE
MAIL**

POSTAGE
PAID
PERTH
W.A. 6000



CYCLE TOURING ASSOCIATION OF W.A. (INC)



EDITOR NOEL EDDINGTON

1990 OCTOBER/NOVEMBER ISSUE No96

PRESIDENT ON PAGE ONE

Around this time of the year most members start to slow down a little since most of our long rides are over so we present our annual Telethon fund raiser.

RIDE TO PINJARRA

On October 14: The Perth to Pinjarra fun ride will be from Armadale, a distance of 70km. We would like to see many CTA members on the road for this fun ride. There are special offers for our members and for a free ride - become a marshall. We need all the help we can get. Entry forms will be mailed to members separately, so you can't forget October 14. See notice board for further details.

FRIDAY NIGHT SOCIAL EVENINGS

Our social nights are now on their way to becoming a regular feature of the CTA please check for the correct dates in your calender.

THANKYOU

Thanks to Trevor Holm for supplying us with good tyres for the CTA trailer. Nice thought Trev.

RIDE REPORTS

If you volunteer/accept to be a ride leader, you also need to fill out the ride report form. These are used by the rides planning committee to give the members the kind of rides that are supported.

Thank you for your assistance and pleasant cycling.

ARIE LEMSON

THE UPWARD TREK

The hill, It starts off slowly
Almost easy at the base
But as you get up higher
Your heart begins to race

Then as you climb still higher
And the goings getting tough
You wonder why you're doing it
Your legs have had enough

But onward ever upward
As you start to wheeze and pant
It levels off, then up again
In your mind you start to chant

To start a raging anger
That will take you up the hill
And find that hidden energy
Your greatest hope fulfilled

A burning desperation
To make it to the top
Your breathing's now so heavy
And you really want to stop

But something deep inside you
Keeps you going till the end
You reach the top, you're nearly dead
Another hill as friend

ELIZABETH A.GREEN

* Written after 'climbing' Mt Brown York 9/9/90

NOTICE BOARD

INFORMAL RIDES

A new feature in our ride calendar are the informal rides on which we give a time and a meeting place for those who do not wish to join our organised ride on that day, but would still like company to go out riding with. It is up to those riders to determine where to go and for how long - try it, we hope that it will work.

THE SCENIC TOODYAY TOUR NOVEMBER 3,4

Meet at Stockman and Son, 15 Loton Avenue, Midland at 8 am for an 8.30 start. We will be travelling via the Chittering Valley and Julimar Road, which has about 8 km of good dirt road, to Toodyay. Time permitting, we will have afternoon tea at Peacan Hill tearooms and look at the many historical sites around Toodyay.

It is planned to stay overnight at the beautiful old Freemasons Hotel where the meals are excellent. Cost is \$19 per person including continental breakfast.

Sunday, take in a few more sites and start for home via Clackline, Wundowie, Chidlow, Mundaring and Midland. Money required with booking. Make cheques payable to K. Claux, please.

Numbers are limited so book early. Closing date 26 October. Organiser Kleber Claux 4587519(H)

FRIDAY NIGHT SOCIAL EVENINGS AT MURDOCH UNIVERSITY

Venue: Enter Murdoch campus off South street and follow the C.T.A. signs.

On October 19 we will have a video evening with bike maintenance and as our guest, Hilton Wilson of Glen Parker Cycles, will show us his goodies.

On November 23 we will have an auction of all our cycle bits and pieces, so bring your all your old bike parts and stacks of money and we'll have a fun night.

The C.T.A. would like to thank Murdoch University and staff for their help with our venue.

ARMADALE TO PINJARRA BIKE RIDE

Members should have received their Armadale to Pinjarra Bike Ride Special Offer entry forms by now.

You may have noticed that there was no provision for the return train travel.

After discussion with the event co-ordinator, for those members who wish to return to Armadale by train, you will need to obtain an official entry form from the W.A. Tourist centre, 772 Hay Street, Perth or any Target chemist or the Hotham Valley Tourist Railway, Commonwealth Bank Building, 86 Barrack Street, Perth.

The special offer entry form should then be attached to the official entry form with relevant information and an additional \$10.00 then sent to the event co-ordinator.

Marca Mikolics
Jesus People Welfare Services Inc, Po/Box 6282
East Perth 6004.

Also there is a reduction for Juniors under 16.

The costs are Seniors ride only \$10.00 ride plus train \$20.00

Juniors ride only \$7.50 ride plus train \$17.50

RAINBOW COAST TOUR 1991

Following the success of the On Your Bike WA series of tours, the South West Tour 89 and the Central Wheatbelt Tour 90, we are pleased to announce the Rainbow Coast Tour 1991.

This tour will run from Saturday 13 April to Sunday 21 April and be centred on WA's magic "Rainbow Coast".

Further details will be announced soon, but the tour can only offer a maximum of 100 places, so book your holiday now and be sure to get your registration in early. To secure further details as soon as they are available, write to

On Your Bike Tours
PO Box 174

Wembley WA 6014

and enclose a stamped, self-addressed envelope.

CYCLORAMA

SALES • SERVICE • REPAIRS
PEUGEOT **KABUKI**

- ALL MAJOR BRANDS STOCKED
- EXTENSIVE RANGE OF SPARES & ACCESSORIES
- ROAD & TRACK SPECIALIST
- B.M.X. CENTRE • EASY PARKING

1234 ALBANY HWY,
CANNINGTON

458 8302

THIS SPACE

AVAILABLE

CONTACT

THE C.T.A.

TREASURER

OLIVERS CYCLELAND

339 1415

166 Canning Highway, East Fremantle 6158

Touring and racing equipment
Sun-tour clusters and wheels built
to your specifications
Michelin and Specialised tyres
Huret - Suntour - Shimano Gears
Parasport Clothing

DEHYDRATION

With your body composed mainly of water, it is essential to avoid dehydration at all costs. This is especially important on longer rides, where dehydration, once "caught" is almost impossible to cure.

Dehydration can strike at any time, on any reasonably long ride, however cool or wet the day is. Naturally it is most difficult to avoid, and far more serious during hot weather, but even cold days can bring dehydration if you are not in tune with your body's water loss and consequent need for replenishment. One of the most unreliable methods of preventing dehydration is to drink when you are thirsty; because thirst is only associated with the mouth, and dehydration affects the body and brain. Certainly, if you are thirsty, then you should drink, but you should drink far more than you think you need if you have been riding for more than an hour or two, or you are starting a long ride. In summer, you might be draining a large (750ml) bottle every thirty minutes, and still feeling thirsty, but at least you are aware of your need for water. Dehydration can be most dangerous in winter, when you are still sweating, but don't feel warm, and your mouth doesn't dry as quickly, so you are less inclined to drink. Even more dangerous is when wearing a raincoat, as these keep water out, but also keep the body warm, and sweaty while pedalling. Even the Gore-tex Wilderness Equipment jackets induce sweating, their redeeming feature is that they allow the sweat to evaporate, keeping you comfortable, but blissfully unaware of incipient dehydration. At least the plastic ones let you see how much fluid is being lost.

Even the advanced stages of dehydration can be mistaken for fatigue, so it is important to recognize the early stages if possible, as no amount of rest will cure dehydration. Probably the earliest sign is that your urine will become darker, and more concentrated as your body tries to conserve water, so drink at least a litre when you notice this. Another early warning sign is more appealing than when you are fully hydrated, so picture one, and if you want it, then drink. Further down the track, after missing or ignoring the early signs, comes a loss of co-ordination and concentration, and tired joints and muscles. For example, you might find

yourself dreaming, and riding towards the gravel rather than holding a straight line, and feeling listless and tired, when you should be going well. As dehydration advances, headaches can appear, you may feel extremely tired, unable to hold your jaw still and your head up, your arms may falter when climbing hills, that is, if you haven't been reduced to walking up them. On one particular ride I found myself dehydrating along Brookton Highway, and had to fill my bottles from a roadside stream, after drinking 1.1/2 bottles there and then. I was trying to convince myself not to accept a lift if I was offered one, I walked up the only hill of my life, and even said "Hello" to a telephone pole: it didn't answer back, but I kept talking. Your eyesight can also become blurred, and I have heard it described as being like everything going grey. Any of these symptoms can be avoided, but the more serious ones, once attained, cannot be cured for several days.

To avoid dehydration, always carry two large bottles on long rides, and make a habit of draining most of their contents as you near a water stop, and finish then refill them completely whenever you can. I prefer water in my bottles, it is easily absorbed, free, evaporates cleanly from your frame, and is great for washing gravel and sand out of the lower layers of skin, if you happen to be so lucky. It is also advisable to drink plenty before a ride, at least a litre, and also afterwards, it takes me about two days of heavy drinking (water, of course) to fully cure dehydration. On that note, alcohol dehydrates the body, rather than hydrating it, so avoid it before a long ride. It is also conceivable that large quantities of sugary foods without water could dehydrate you by drawing water into the stomach, so I make a habit of drinking water with my figs or sesame bars.

On a final note, drink more water, very few people drink enough, only when you can't bear the thought of a glass of water, might you be adequately hydrated, but drink a bit more, just in case. Some of the symptoms I have mentioned could also be from fatigue or lack of food, but if you drink like you're dehydrated, you can be sure. Cheers.

SAM BURTON

ACCESSORIES & REPAIRS TO ALL MAKES



- PROFESSIONAL
- LIGHTWEIGHT
- BMX • FAMILY
- TOURING
- CLOTHES
- TOOLS

Ph: 362 6977 171 Albany Highway
362 6797 Victoria Park 6100
(Near the Causeway)

HOME OF THE **Eagles**

Passey Pallen

THE LEADERS IN ADVENTURE

DARYL K. DUXBURY
PATRICIA A. DUXBURY

Shop 1, 891 Hay Street,
Perth W.A. 6000

Telephone: (09) 321 2666
Facsimile: (09) 321 1990

MOUNT CYCLES

444-2892

379 Oxford st

Mt. Hawthorn. 6016

Ricardo, Repco, Indi 500, Record and
Aussie.

**Specialising in Sales and
Service, Repairs, Spares,
Accessories for all makes.**

THE CTA ACHIEVEMENT RIDES STORY

The first half of this account which appeared in issue No94 traced the growth of CTA Achievements Rides from 1977 when the 50 and 100 km events were initiated. The "200k" started in 1978 under frightful conditions. The story concludes.....

The year 1979 saw WA celebrate its 150th birthday.

The CTA in its usual innovative manner celebrated this historic anniversary in its own way. On this occasion, I think co-founder Wayne Lally had the brainwave which was soon put into operation with outstanding success, I might add. Wayne planned and organised a CTA 150 km achievement ride which was open to everyone who thought they had the necessary stamina and map reading skills. The ride began outside the Fremantle town hall and followed the southern shore of the Swan River to Guildford, Midland and then proceeded up to the Upper Swan - all areas steeped in our short but nevertheless rich history. The return route to Fremantle was along the northern shores of the Swan River. No dual purpose paths in those days.

We must have had 100-150 riders crowded at the start and a real festive atmosphere prevailed - a bit like a modern fun run. On this occasion we had special 150th Anniversary certificates printed for every qualifier. One day they might be collectors items - who knows.

A period of consolidation prevailed for a number of years during which the 50 km and 100km rides were conducted at new venues. If traffic congestion became too bothersome at one location an enterprising member would soon come up with an alternative route relatively free of threatening traffic. Consequently over the years the 50 km ride has been held near Perry Lakes, Bibra Lake and North Lake, Mullaloo, Armadale-Byford and for the last two or three years on the picturesque Bullsbrook-Chittering Valley course. When will tourist traffic force us to move from there?

The 100km event has also been held on many locations such as the Guildford-Midland-Caversham area and the popular hills circuit up Bedforddale hill, Canning Dam, Kalamunda, Redcliffe, Tonkin Highway and back to Armadale. The present 100km route is very scenic and quite demanding and is probably one of the nicest circuits the club has ever used.

In 1980 the 100km achievement ride had a rather unusual format which is worth describing. The start and finish were located at the old Guildford post office near the dangerous and busy railway crossing. From there the riders had to complete four separate loops - each loop heading off in a different direction - north, east, west and south/east. The distances of the loops being 40km, 22km, 20km and 18km. It was an interesting concept if you happened to be a navigational genius. In fact it was quite hilarious at times especially for riders unfamiliar with the landmarks or layout of the area. The loops overlapped which meant that riders on say loop A would catch sight of a group of cTA riders ahead - speed up to join them only to find out 20 minutes later that the group they had struggled to catch up with had long completed loop A and was in the middle of loop B!! A general gnashing of teeth on behalf of the loop A riders was drowned out by the uncontrolled mirth of the loop B riders. Perhaps CTA riders are not supportive and sympathetic all the time - just human I guess. To make matters worse, one year the ride coincided with the Avon descent which meant that we had to share the roads with a million cars towing a million canoe and boat laden trailers and they all went past the Guildford post office - twice!!

The "toughest ride of the year" the CTA's 10,000 ft in 8 hours achievement ride was first held in August 1981 and has gained in notoriety with each succeeding year. Dale and Margaret Neill first heard of this type of event during a cycle tour in the UK. Being of a pronounced masochistic bent, Dale (not Margaret) did not let the matter rest and upon his return to Australia he wasted no time in relating his discovery to another masochist of similar ilk - yes you guessed it - none other than Bob (Hillclimber) Stockman. Together the conspirators poured over a large scale contour map of the area. The map, I imagine, listed all the street and road names alongside which were bracketed "steep", "very steep", "impossible" and "near vertical descent", "parachute recommended", etc. Only the "devilish" minds of Dale and Bob could have dreamt about, shaped to perfection and then allowed their innocent wide-eyed fellow club members to try such a ride. Just imagine the conspiracy - Dale introduced the idea and together they "plotted" the almost vertical ascents.

Continued on page 5

FLEET CYCLES

EST.
1934

**Lightweight & Touring
Specialists**

**Lay-By your Lightweight
Trade-ins Welcome**

**143 Walter Road, Morley, W.A. 6062.
276 2389**

GLEN PARKERS BICYCLES



- SAFETY FLAGS & VESTS
- VARIETY OF HELMETS
- KARRIMOR PANNIERS
- CYCLE CLOTHING & SHOES
- ACCESSORIES & REPAIRS

TRIATHLON EXPERTS
RACING SPECIALISTS
CYCLE INSURANCE AVAILABLE

**124 STIRLING HIGHWAY, NEDLANDS
386 6408**

The Bicycle Entrepreneur

**COMPLETE RANGE
OF GENTS, LADIES &
CHILDRENS CYCLES**

277 9181

**Open 7 Days Per Week
8.30 a.m. - 5.30 p.m.**

157a GREAT EASTERN HWY., BELMONT



Continued from page 4

When eventually the enormity of what they had jointly perpetrated on apparently the riders dawned upon them they both made sure they were a long distance away from the ride venue when it was first held. Bob Stockman had a sudden desire to tour the UK and Dale was incommunicado for several weeks after the event.

This hill climb has since earned a permanent place in the achievement ride calendar. About five years later, Geoff Creighton had the splendid idea of designing a most attractive, multi-coloured cloth badge which was awarded to all qualifiers. This distinctive, decorative badge is another reason for new members with experience to attempt this challenging but ever so rewarding hill climb.

October 1984 saw the holding of the inaugural "300km Endurance Bicycle Ride". The details of the route were sufficient to scare off most sane minded touring cyclists. Perth to Bridgetown via Pinjarra and Donnybrook. Dale Neill, John Martin and Bob Stockman were no doubt the architects of this little beauty. Bob Stockman's expertise was in demand again - yes, he was consultant for ascents and descents. You must admit that all three characters had a sense of humour; it was billed as the first of a new breed of achievement rides to test the riders ability to the limit. To everyones surprise the ride was quickly booked out and an unqualified success. Such a success that it is an annual event.

This story would not be complete without mention of the "Super Achiever" award. In 1986 Aileen Martin had the commendable idea of creating this annual award which would be made to qualifiers who participated in every achievement ride held during the calendar year. The impressive "Super Achiever" cloth badge carries the year in which it is awarded. This limited edition citation is highly prized and has provided an added incentive for ambitious long distance aspirants as well as veteran riders. This could well be the reason that since its introduction in 1987 the numbers participating in achievement rides have shown a marked increase.

Achievement rides are not only about participants but also about the dedicated hard working and persevering ride organizers, ride planners, check

point controllers, support vehicle drivers and last but not least those wonderful people who hand out steaming cups of tea or coffee in the middle of a rainy, stormy winters night. Please remember these unsung heroes without whose support the rides would never get started. To all riders - please remember these words - written by an unnamed person of great wisdom: "This event is not a race, nor is it a competition; but it is a measure of personal achievement".

Neil Porteous



SOCIAL NIGHT

The inaugural social night on August 24 at Murdoch University was a huge success.

About 25 members turned up and were treated to a very interesting slide show of Arie Lemson's Trans American Pannier Tour that took place some years ago with other Dutch cyclists.

An update on the progress of the New Zealand Tour was given with other pannier tours being outlined.

The CTA library was rushed with more members borrowing books on the night than any other time before. Any unwanted cycling magazines or books would be most welcome for future nights.

Some constructive discussion took place in respect to types and timing of various rides, this was very helpful for future ride planning.

Arie Lemson did an excellent job demonstrating the art of servicing a bottom bracket with the usual wise cracks from the gallery.

The night finished with tea and coffee and general chit chat. I hope this will be the start of many such evenings.

KLEBER CLAUX

FOR SALE

MONGOOSE TEAM MOUNTAIN BIKE.

Lightweight Tange Prestige frame with hand finished fillet brazed joints. Shimano Deore XT-11 with Hyperglide. As new below cost \$1250.00. Contact Michael Waters 444-2892(W)



**TRIATHLON . RACING . LEISURE
COMPLETE RANGE OF CENTURION,
LIGHTWEIGHT & MOUNTAIN BIKES.
OPEN 7 DAYS**

Tuart Hill
77 Wanneroo Rd
(cnr Cape St)
ph: 349 1127

Kingsley
Kingsley Village
(shopping cnt)
ph: 409 6830

AVOCET CYCLES

27 St. Quentin Avenue,
(P.O. Box 55)
Claremont
Western Australia 6010

Telephone (09) 384 8365



PAL & PANTHER

Bikes for all needs
Family, BMX, Triathlon, Lightweight,
Latest arrival Shogun.

REPAIRS TO ALL MAKES

29 Angove St
North Perth
328 7766 or 328 7253

NANNUP ATB WEEKEND AUGUST 18,19

A group of 8 mountain bikes, Noel's cyclocross hybrid and John Martin's touring bike gathered at Bob Stockman's Midland garage at 7.30 on a cool, cloudy, an drizzling morning. After departing slightly later than the 8 am forecast start, we bundled into the bus with the bikes carried behind on the trailer. North of Pinjarra an enforced stop (a shredded trailer tyre), having a busload of strong able bodies did away with the need to use a jack. The bikes were offloaded at a place called Ruabon, the plan was to ride along the disused Busselton-Nannup railway line to Nannup a distance of approximately 50km. Soon after starting some realised the constant jarring from the sleepers was not kind to body, bike or fillings! Fortunately a rough track beside the line provided an alternative. Trevor Holm suffered a broken derailleur arm, after picking up a stray stick (he made do with one ratio for the rest of the weekend). At Claymore Siding where we met up with the bus for morning tea, Kleber, Noel, Trevor and Arie continued, Phil, Chris and myself decided that railway lines were good for only one thing (and that was not for riding bikes on!) we decided to take the gravel road to Jarrahwood. Shortly later I incurred a rear tyre blowout (an all too frequent occurrence for me), fortunately the bus was just around the bend, and John Meakin who at this stage was inside keeping warm and dry kindly lent me his Mongoose. The remaining 25km to Nannup we all agreed to ride the sealed Vasse Highway.

After arriving at the Nannup Hotel, we sprinted for the warmth of the showers, I managed to obtain a new rear tyre from the local hardware store (at a good price too!). Dinner in the dining room was a fairly noisy affair, Aileen and myself had great difficulty in making ourselves audible (we both had the flue). We awoke on Sunday to fine, dry conditions - ideal riding conditions, John Martin encouraged by this and the fact that the 40km road to Balingup was sealed all the way, decided to shake the cobwebs from his tourer. Prior to leaving we had a quick look at the flood markers, and the old railway bridge (which gave a worse ride than the railway the previous day). The Balingup Road meandered through the winding, undulating Blackwood River valley. Morning tea was taken at

the Lewana Park recreation camp. The riders then continued on to Balingup, where lunch was taken, bikes packed on to the trailer, and departed for Midland, arriving at approx. 4.30 pm.

ANDREW CANDY

PAST EVENTS

200 KM ACHIEVEMENT RIDE, AUGUST 12 1990

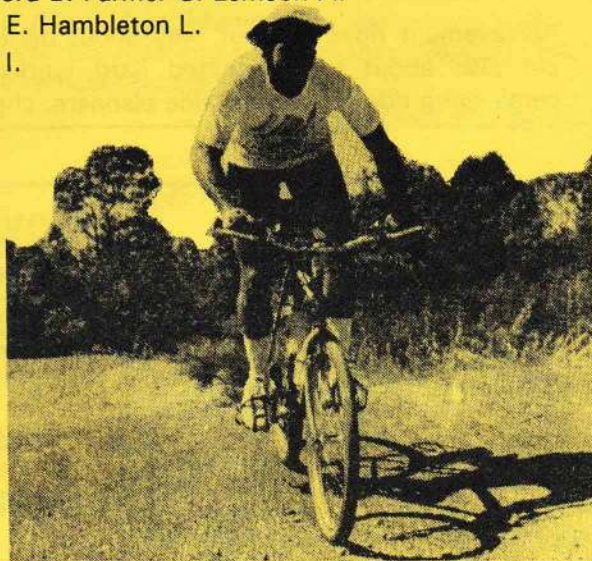
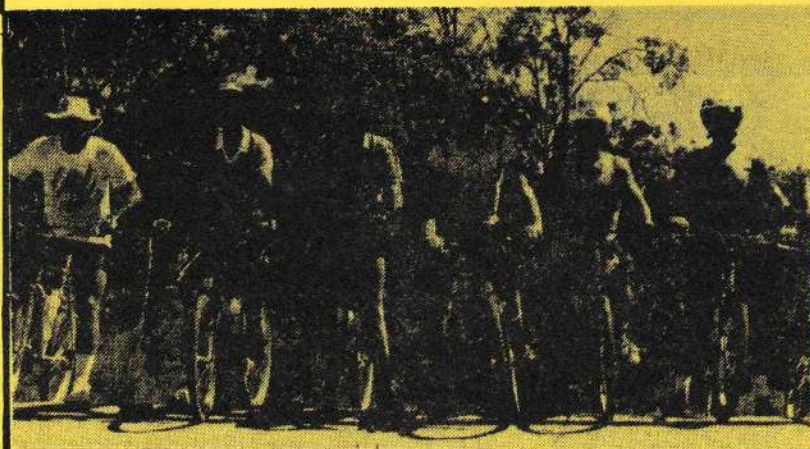
Twenty five riders set off from Midland at 6.30 am in dowdy and cool weather which took a turn for the worse late in the day. As usual the hot drinks at Hoddyswell and Keaney College were much appreciated and our thanks go to the Audax Club for the use of their trailer. Congratulations to the following riders who qualified for an award with the last rider to qualify coming in at 5.55 pm. Who said you couldn't ride 200kms on a mountain bike! Colin Pearce did - and with panniers too!. Well done Colin!

Burton S. Howes B. McColl I.
Blennerhassett R. Jones B. Murray R.
Claux K. Jones S. Pearce C. Eades A.
Langridge P. Rutherford B. Farmer C.
Layton R. Rzenek E. Freeman T.
Lennon A. Hambleton L. Meades P.

10,000 IN 8 ACHIEVEMENT RIDE, AUGUST 26 1990

An excellent turnout for this the torquiest ride of the year with 19 starters, of whom 17 qualified for an award. One retirement with bottom bracket trouble and one fall on Turner Road. Fortunately he only suffered superficial grazing. Special congratulations to the 13.1/2 year old Glen Harris who completed the course in 6 hours 2 mins. and also to Pam Landgridge, the only lady to qualify this year. The following riders all won an award with the last finalising at 4.10 pm - well done!

Abernethie C. Harris G. Meades B.
Blinnerhassett R. Hawkins N.
Meades P. Burton G. Landgridge P.
Murray R. Eades A. Layton R.
Rutherford B. Farmer C. Lemson A.
Rzenek E. Hambleton L.
McColl I.



RIDES CALENDAR OCTOBER - NOVEMBER

October 7

Northern Suburbs Ride 60km Easy pace start 8.30 am

Meet at Lake Monger south east carpark for a tour of the northern suburbs, stopping at Scarborough for morning tea and then returning.

Leader: Mike Waters 4444832(H)

October 14

Armadale to Pinjarra Bike Ride 70km Easy pace.

Meet at Armadale Railway station at 8.30am for 9.00am start. Entry forms have been mailed to members separately. See Notice Board for details.

October 19

Friday night Social Evening at Murdoch University 7.00pm. See Notice Board for details.

October 20,21

Audax Randonnee 600km (Counts as PBP qualifying ride). Very hard Start 5 am Saturday Meet at Armadale Railway Station 4.30 am for a start at 5 am sharp. The course: Armadale - Bunbury - Avondale - Crossman - Pinjarra - Armadale. Only for the very fit. Lights essential. Ring the organiser for an entry form. Entries close October 14. Max time allowed 40 hours.

Organiser: Colin Farmer 3304441(H)

October 21

Waterwheel Tearooms Ride 60km Easy pace but hilly.

Start 9 am Meet Kelmscott Railway Station for a pleasant ride in the hills to the popular Waterwheel Tearooms for morning tea before returning to Kelmscott. Leader: Kleber Claux 4587519(H)

* ALTERNATIVE *

Informal Ride Causeway Carpark 8.30 am
See Notice Board for details.

October 27

Achievement Ride 300 km Very hard Note: Saturday 3 am start.

Meet Midland Town Hall 2.30 am for 3 am start SHARP. Lights essential. Only for the very fit. The course Midland - Spencers Brook - Beverley - Brookton - Midland. Max time allowed 18 hours. Organiser: Arie Lemson 3075820(H)

October 28

Mountain Bikes to Mount Dale, ATB Ride - approx. 5 hours. Very hilly start 8.30 am

Meet at the Pickering Brook store, corner of Canning Road and Pickering Brook Road. This is a long hard ride suitable for experienced riders only. Two bidons and food will be needed. Mountain bikes essential. Leader: Kleber Claux 4587519(H)

* ALTERNATIVE *

Informal Ride

Causeway Carpark 8.30 am.
See Notice Board for details.

November 3,4

The Scenic Toodyay Tour.

See Notice board for details.

Organiser: Kleber Claux 4587519(H)

November 4

Reverse River Ride 50km Easy pace Start 9 am.

Meet Causeway carpark for a reverse ride around the Swan, stopping at Fremantle for coffee. Leader: Tracey Clark 3677579(H)

* ALTERNATIVE *

Informal Ride

Causeway Carpark 8.30am.
See Notice Board for details.

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 rules and by-laws of the association.

SURNAME.....

GIVEN NAMES

ADDRESS.....

SUBURB.....

POSTCODE.....

PHONE(H).....

PHONE(W).....

SIGNED/DATE.....

I enclose cheque/money for \$

Membership fees are due on the 1st of February each year and membership runs from that date to the 31st of January the following year. New members fees are adjusted as follows plus a \$10.00 joining fee

AFTER	1st Feb	1st May	1st Aug	1st Nov
ADULT	\$20.00	\$15.00	\$10.00	\$5.00
FAMILY	\$26.00	\$20.00	\$13.00	\$7.00
CLUB	\$37.00	\$29.00	\$19.00	\$10.00
JUNIOR	\$12.00	\$9.00	\$6.00	\$3.00

November 10,11

Audax Randonnee 400km

(counts as PBP qualifying ride) Very hard - start 5.00am Saturday. Meet in the street outside 13 Cunnold Street, Pickering Brook 4.30 am for a 5.00 am SHARP start. John will have moved house but there is room in the street for our cars. The course - Pickering Brook - Boddington - Narrogin - Brookton - Pickering Brook. Only for the very fit. Lights essential. Ring organiser for entry forms. Entries close November 3.

Organiser: Don Briggs 4588175(H)

November 23

Friday night Social Evening at Murdoch University 7.00pm. See Notice Board for details.

November 25

Fremantle Triangle Ride 180km Moderate pace.

Flat terrain. Start 7.30 am Meet Carrage Coffee Shop, Fremantle for a ride to Mandurah and Pinjarra and then back to Fremantle. 200 km Achievement award required.

Leader: Brett Rutherford 3397059(H)

* ALTERNATIVE *

Cycle Rally and Family Barbecue.

Arrive Kings Park, junction of Saw Avenue and May Drive, 9.30 am for a 10.00 am start
See Notice Board for details.

December 2

Reverse 100 to 120 km Fast and Hilly Start 8.00 am. Meet Kelmscott Railway Station for a hard ride around our 100km Achievement course, in a reverse direction plus some extra kms. Recent 10,000 in 8 or 200km Achievement Award required.

Leader: Brett Rutherford 3397059(H)

* ALTERNATIVE *

Jarrahdale Ride 65km Easy pace but Hilly Start 8.30 am.

Meet Armadale Railway Station for a ride to Cooralong Park Tearooms in Jarrahdale and enjoy morning tea with the above group, before returning to Armadale. Recent 50 km Achievement Award required. Leader: Kleber Claux 4587579(H)

December 16

CTA Christmas Barbecue 10.00 am

Meet in Kings Park at the junction of Saw Avenue and May Drive. Enjoy a short ride around our very beautiful park before attempting to sizzle your sausages, burn your beefsteaks and fry your fritters whilst catching up with all the news from your clubmates. Bring your own rations or buy them nearby.

November 11

Twin Morning Teas Ride 70km Moderate pace.

Hilly start 8.00 am Meet at Midland Town Hall for a ride in the hills to the excellent tea rooms in Mundaring and then on to the French Patisserie in Gooseberry Hill before returning to Midland. Designed for both gourmet and gourmand!

Leader: Barry Jones 3543534(H)

November 17

Western Australian Rogaining Association Cycle

Rogaine. Venue - to be announced. 6 hour teams event (2-5 people). Classes for Open Men, Women and Mixed Sections for Juniors, Veteran (40+) and Super-Vet (55). BBQ to follow. Registrations on the day. Entry fee - cost of map. Ring Fred Abbot 3092352 for start time, location and exact cost.

November 18

Teams Time Trial 50km Quiet roads flat course.

Meet 8.00 am for 8.30 am start at the Shire offices, corner Paterson and Cokram Streets, Mundijong. Newcomers welcome. Each team to consist of 3 riders. Designed to be a fun event for both the fast and the slow. Make up your own team or form one at the start. Set your own targets.

Organiser: Sam Burton 4503885(H)

C.T.A. COMMITTEE 1990

PRESIDENT:	Arie Lemson	307 5820 (h)
VICE PRESIDENT:	Ron Bowyer	382 3993 (h)
SECRETARY:	Bob Stockman	293 5278 (h)
TREASURER:	Betty Stockman	293 5278 (h)
COMMITTEE:	Sam Burton	450 3885 (h)
	Noel Eddington	293 1305 (h)
	Colin Farmer	330 4441 (h)
	Michael Waters	444 4832(H)

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