

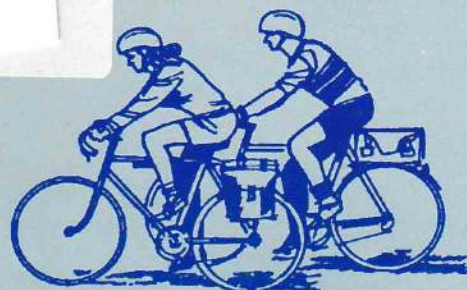
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# CYCLE TOURING ASSOCIATION OF W.A. ( INC )



EDITOR:NOEL EDDINGTON

DECEMBER/JANUARY 1990-91 No 97

## ANNUAL GENERAL MEETING

*89th* DECEMBER 1990

MORNING TEA 10.00 A.M. MEETING 10.30 A.M.

LOCATION - MURDOCH UNIVERSITY,  
SOUTH STREET, MURDOCH

AGENDA: Minutes 1989 A.G.M. Reports from:  
President, Treasurer, Rides Organisers, Newsletter  
Editor, ~~Audax Sub-Committee~~, Wheatbelt Tour 90  
Sub-Committee, Election of Office Bearers for 1990,  
Cycle Tourist of the Year Award, Best Newsletter  
article for the year, General Business.

NOTE: For the convenience of both the members  
and the committee, membership fees for 1991 can  
be paid at the A.G.M..

## CYCLE TOURIST OF THE YEAR AWARD

Nominations are called for the Cycle Tourist of the  
Year 1990. The award is made by the Association  
to the member who, in the opinion of the  
membership, has contributed most to cycle touring  
and the C.T.A. 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 to:

Cycle Tourist of the Year

C.T.A. of WA Inc PO Box 174 WEMBLEY 6014

Previous recipients of the award are:

1978 Nicole Harrison	1984 Ian Hore
1979 Wayne Lally	1985 Bob Stockman
1980 Neil Porteous	1986 Ron Bowyer
1981 Mark Bettell	1987 John Sherwood
1982 Dale Neill	1988 Martin Bunny
1983 John Martin	1989 Kleber Claux

*1990 ARIE*

## PRESIDENT ON PAGE ONE:

After three years on the C.T.A. committee it is now  
time for me to step down and allow for new blood  
in your club.

So for the forthcoming year we need a new  
President, Vice President, Secretary, Treasurer and  
four other committee members. If anybody is  
interested in any one of these vacancies, please let  
us know before the A.G.M., because it takes time to  
work people into the system.

My personal choice is Kleber Claux, who in my  
opinion will do very well at the helm of your club.

Most importantly, I would like to thank Bob and  
Betty Stockman, Ron Bowyer, Colin Farmer, Sam  
Burton, Michael Waters and Noel Eddington for  
their help over these sometimes stormy years. I  
could not have done it without them.

Arie Lemson

## THE ARMADALE TO PINJARRA RIDE

After another successful Telethon fund raiser, I  
would like to thank those members who acted as  
marshalls. The ride attracted about 400 cyclists  
who were most impressed by the skill and attitude  
shown from our representatives. It turned out to  
be a very nice day, which hopefully will bring new  
members to our club.

Arie Lemson



## NOTICE BOARD:

### FRIDAY NIGHT SOCIAL EVENINGS

The Friday night social evenings are proving to be very popular with such a high standard of guest speakers, bike maintenance demonstrations (Kleber is still trying to remove the tyre with his bare hands) and plenty of time to just sit and talk.

Starting from Friday February 1st 1991, it is planned to hold the social evenings on the first Friday of every month to make it easier to remember.

Some highlights next year will be Ron Bowyer and Neil Porteous talking about their European Tour, Rod Evans will give a talk on his World Record exploits and John Martin will have all the information on Audax.

Finally, I would like to thank Rod Evans from Bikewest and Hilton Wilson of Glen Parker Cycles, for their very informative and interesting talks. Any ideas for the evenings will be most welcome.

Kleber Claux.

### CYCLE RALLY AND FAMILY B.B.Q. DAY

On Sunday 25th November meet at the junction of Saw Avenue and May Drive at 9.30 for a 10.00am start. This is a day that all C.T.A. members and their families can get together and have a good time.

While the more experienced riders are having fun finding clues and getting lost, the younger and inexperienced riders can have a good time riding in the safety of Kings Park with the guidance and help of one of our experienced ride leaders.

When everyone arrives back at the finish you can then burn your steak, sizzle your sausage and toss your salad.

So come along with your B.B.Q. packs and picnic tables and have a good day.

Organizers: John Sherwood 447 8939 (H)  
Kleber Claux 458 7519 (H)

### INFORMAL RIDES

For those who missed out on the last Newsletter, a new feature in our Rides Calender is 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. STOP PRESS: It appears that they are very successful. So, if the organised ride does not suit you for some reason, come along and enjoy a day out with the other "informal" cyclists.

### FEES

We goofed! The scale of adjusted fees shown in the last Newsletter (Oct/Nov Issue 96) was incorrect, as was the membership year. All is now straightened out, so just turn to the inside of the back page (Page 7) for the right information and get your fees in on time. Fees will be accepted at the A.G.M.

## AUDAX NOTES

### Audax A.G.M.

The Audax A.G.M. will be held on Sunday 2nd December at the home of Don Briggs, 16 Finchley St, Lynwood (458-8175) commencing at 10.00am. There will be an informal BYO barbecue afterwards.

### Wind-up

The Christmas wind-up will be held on 8th December at the home of Brian Hawes, 40 Windsor Drive, Gosnells (398-4724) commencing at 5.00pm. BYO meat and drinks. Audax will supply salad and bread rolls.

## TOURING TOPICS

Turn to page 6 for details of Combination Tours, the 1992 New Zealand Tour and the Rainbow Coast Tour, 1991

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## YORK WEEKEND SEPTEMBER 7,8,9

The touring group of Kleber, Simon, Tony, Andrew, Brian, Paul and myself met at the old Midland Town Hall at 8am on a wet Friday morning. Liz turned up in her car and decided to wimp out and play the support role and carry some of the riders' gear. Kleber and myself decided to carry our gear in our panniers. After leaving at 8.30am, we rode through Darlington in order to avoid Greenmount Hill on the Great Eastern Highway. We then decided to take the longer, and more hilly (albeit more scenic) route through John Forrest National Park. Simon and Brian took the opportunity to take photos of the vista that looked upon the Coastal Plain, (by now the showers had ceased). Riding out of the park we followed a route roughly parallel to the Highway, riding through the townships of Parkerville, Stoneville, Helena, Chidlow, Wooroloo and Wundowie. At the intersection with the Great Eastern Highway, one of the riders (who shall not be named), suffered his second puncture. At this point we made contact with the dutiful Liz, who was carrying some fresh biscuits and tea. These were duly seized upon by the grateful riders.

Riding past Bakers Hill was delayed by repairing a rear wheel puncture and a broken spoke, (rider X was again the culprit). The group left the highway at Clackline, taking the minor road to Spencers Brook, where we met up with Barbara Farmer. Riding along the Avon Drive to York we soon met up with Liz upon her trusty steed, (bicycle not horse!). The sight of Mount Bakewell was a reassuring sight in the distance, (which was a relief to me in particular, as my knees were giving me unpleasant signals for the final 10km). Before arriving in York, shortly after 4pm, we agreed to dump our baggage before doing the necessary domestic chores, such as shopping. Riding down Brook Street, I was confronted by the grim facade of the old hospital, our place of lodging for the weekend.

On Saturday morning a number of people had arranged to ride to the town of Beverley, (30km to the South-East of York), for some gliding at the local Gliding Club at 9.30.

As the departure time from York was somewhat on the early side for me, I left somewhat later. Riding along the top road to Beverley, which ran roughly parallel to both the Avon River and the Great Southern Highway and followed the contours of the undulating countryside, gave rise to a rollercoaster effect. Riding up some of the hills, I gave appreciation to the smoother ride of the slick tyres on my Mountain Bike. Arriving at the Gliding Club in Beverley, the telltale collection of bikes indicated the presence of C.T.A. members. Observing the takeoffs and landings of the gliders proved an education in itself. Liz, Tony and I left for York along the Great Southern Highway. Tony soon sped off in the distance, leaving Liz and I to ride together. I spent the rest of the afternoon with headphones on totally absorbed in the Eagles - Collingwood game. Later that evening, Liz demonstrated her culinary skills preparing Satay Vegetables and Rice Pudding. The latter must have been good, as most of it "Disappeared" while we were finishing off first helpings. Any thoughts that the matron was the culprit were quickly dispelled, after spying AUDAX riders patting contented bellies.

Kleber was to lead the Sunday ride to the Meckering Fault Line. However, Noel offered to lead after Kleber had to ride back to Perth in the morning. The group of Noel, Arthur, Paul, Janet and myself rode the 30km to the fault along Goldfields and Mannavale Roads. Returning to York, we rode along Quellington Road into a fairly fresh westerly headwind. We also encountered several showers along the way. Riding up a hill with Arthur, I was struck by the realization that, 1: A Mountain Bike is not as fast as an Aluminium Lightweight and 2: For good health of knee function, using high gears for climbing is not recommended. Later that evening the remaining members of the group, Tony, Liz, Paul, and I indulged in a game of Trivial Pursuit, while waiting for the AUDAX 1000km riders to return. I gather they got in after midnight; I was asleep by then.

*Continued on page 6*

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## ON THE ROAD WITH ROD:

"On the Road with Rod", will be a regular column with record breaking Ultra Marathon cyclist, Rod Evans. Rod will use his experience and knowledge to advise on ways to improve the enjoyment and success of your cycling. Topics will include, 'How to Train', 'Avoiding Aches and Pains', 'Cycling, the Mind and the Spirit' and 'How to Fit Cycling into Your Life'. This issue Rod looks at 'The age old cycling problem of sore knees'.

An over enthusiastic start to my own training program has left me struggling to balance a necessary base fitness training regime, with weak and sore knees.

Sore knees don't just happen, they are caused. In my case, a two month lay off from cycling, 13kg of excess body weight, followed by a very hard, high geared ride through Perth's foothills with a holidaying European cyclist was the cause of my knee trouble. A simple case of far too much effort far too early.

Despite my errors, fortunately there are number of simple rules for avoiding knee injury, and if you do hurt your knees, a couple of worthwhile methods you can try to aid recovery.

When it comes to knee injury, although there can be medical reasons for knee trouble, such as chondromalacia or patella tendinitis, most knee problems are caused by either an incorrect movement or over exertion. To avoid knee injury you should stick strictly to the following rules;

- \* Don't undertake rides you are not trained for
- \* Build up your training mileages gradually and slowly.
- \* When training, ride at a cadence of a minimum of 85 revolutions per minute and preferably around 100.
- \* Check your position on your bike. A saddle in the wrong position can be disastrous on knees.

Ask an experienced cyclist where you should be positioned if you are not sure. A broad rule of thumb is to have a slight bend in your knee at the bottom of your pedal stroke.

\* Check the position of your feet on the pedals. The ball of your foot should be over the pedal spindle. When riding your legs should move straight up and down like pistons. You should not ride knock kneed nor should your knees move outwards during the top of your pedal stroke. A good rule is to ride with your feet parallel to each other.

\* Keep your body weight down. The heavier you are, the harder it is on your knees, especially when climbing hills.

If after all of this you still injure your knees, try the following remedies;

- \* Cut down the length of your training rides for several weeks at least.
- \* Don't place pressure on your knees whilst riding. Eg. no hills riding or chasing other riders. (Again for several weeks at least.)
- \* Use lower gears Eg. if you normally train on a 42 x 16, start riding on a 42 x 18.
- \* Recheck your position on your bike.

The medical treatment for sore knees can vary depending on the nature of the injury. Racing cyclists sometimes take anti-inflammatory medications, such as aspirin or voltarin. But this is something I would not advise without careful thought or your doctor's approval. Ice applied after riding plus light stretching can all help.

Knees are tricky things. If pain persists you should consult your doctor. The trick is not to get sore knees in the first place. Prevention is better than cure.

Rod Evans

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State Bicycle Committee  
Bicycle Management Team

The move towards compulsory helmet-wearing legislation, took a dramatic leap forward in late October. The Minister for Police, Mr Graham Edwards, announced the formation of a working group to report to him by no later than the end of November on the desirability of compulsory helmet wearing. C.T.A. member and BikeWest Manager, Rod Evans, has been asked to chair the committee reporting on this very contentious issue.

Whatever comes out of this committee, plus a public meeting held on the 19 November, there are a number of facts all cyclists might like to consider when it comes to wearing helmets. (Be it compulsory or not)

1. Head injuries are a major cause of death and severe injury amongst cyclists.

\* 40% of bicycle injury hospitalisations in Western Australia involve head injuries.

\* In 70-80% of all fatal bicycle accidents, head injury is a primary or contributing cause of death.

\* Dr. Ralph Cohen, a paediatric surgeon at Westmead Hospital, documented 37 fatally or severely injured cyclists admitted between January 1985 and May 1988. He found only 3 did not suffer head injuries. Where head injuries were suffered, 27 of the 34 cases had head injury as the only serious injury. 35 of the admitted cyclists were not wearing helmets.

2. Bicycle Helmets Work.

\* A study in Seattle USA, found that the use of bicycle helmets can cut the risk of head injuries by 85% and brain injuries by 88%.

Bicycle helmets are certainly worth a thought.

Next Issue. Bicycle use, an unexpected boom, and the outcome of the compulsory helmet debate.

Notes from BikeWest looks at topical matters relating to improving the convenience and safety of bicycle travel. Anyone wishing to contact BikeWest may do so on 222 0511.

## MASSACRE THE MOUNTAINS

On Mothers Day, May 13 nine mad marauding mountain maniacs massed at Kalamunda to massacre the mountains of the Gooseberry Hill National Park.

Kleber Claux, Bob Stockman, Kim Vivian, Scott Davis, Darryl Allen, Noel Eddington, John Meakin, Bryan Utley and myself departed on a thrilling downhill run on the bitumen to the entrance to the park. The track soon disintegrated into a rather rough walking track and there was soon many complaints and enquiries as to when we were actually going to ride our bikes instead of carrying them, except for Kleber who managed to ride this section without any apparent trouble (if his report can be believed). However after a pleasant 30 minutes scramble through the scrub, we were soon off riding on a well graded track, which ended in a challenging descent on a very rocky track beside the power lines. This proved very exciting, especially for Bob who reported a sensation between his legs which he blamed on the radiation from the power lines affecting the hairs on his legs.

After a short wait at the bottom to regroup, we proceeded along a proper gravel road until Bob suggested we depart from the planned route and under his guidance we soon found that the track ended in nothing and everyone carrying their bikes again through low scrub in search of a rideable path, which was soon found only 50 meters away and parallel to our original path.

At this point Noel now decided that he knew of a short cut straight up through the zigzag which proved to be the most grovelling and scratching, due to the prickly bushes encountered and guess what? No track, carry bikes yet again. We eventually found the right track which culminated in a treacherous downhill on loose stones to the bitumen and thence the wrong way up the zigzag to Kalamunda.

In the end, while not all is reported here, this ride proved to be a very technical one, especially by those who chose to take up the challenge. Kim and Kleber seemed to enjoy the ride and expressed a desire to do it again.

Continued on page 6



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## TOURING TOPICS:

### COMBINATION TOURS

Next year it is planned to combine the Tentative Tourists with the Marauding Mountain Men on weekend tours. An example would be staying at Lewana Park, where the touring bikes could take in Nannup or Balingup, while the mountain bikes could follow the Blackwood up to Bridgetown.

### 1992 NEW ZEALAND TOUR

The 1992 New Zealand Tour is progressing smoothly, with a full range of maps and accommodation guides now at hand. A 28 day itinerary has been mapped out with the help of Andrew Candy, who did a six week tour of the South Island earlier in the year.

We have already received a commitment from three members who intend coming and we would appreciate it if others who are interested could contact Kleber Claux on 458-7519 (H)

### RAINBOW COAST TOUR

13-21 April, 1991

Brochures for this Tour will be available by the end of November. Our Tour organizers advise that there have been many enquiries about the Tour both from interstate as well as within W.A.

Members wishing to secure a place are advised to book early as we can take only one hundred people with us - strictly first come, first served. Contact your nearest Committee member for a brochure and get your registration in as soon as possible.

For further advice and details, contact John Sherwood (447 8939-h) or Aileen Martin (293 8170-h).

#### *Continued from page 5*

My thanks to Bob and Ben (absent due to illness) for helping choose the route and my congratulation to John Meakin for rising from his sick bed to successfully complete the journey (I hope).

Trevor Holm

## CONGRATULATIONS, JULIA!

CTA members and particularly members of the Central Wheatbelt Tour '90 will be interested to learn that our cycling "journo" Julia Thorn gave birth to a daughter, Natasha Lauren, (7lb 12oz) on 14th October.

Julia reports "I kept riding up to 39 weeks, but only 6km a week. I'm sure the cycling helped the delivery."

## JEST FOR FUN

### WATER ON THE BRAIN

At the end of a Sunday ride a month or two ago, I was amazed to see that I had averaged 75mph for the entire trip. Being no "Speedy Gonzalez", I realised that something was not quite right.

Of course the reason was my piece of electronic handlebar wizardry had developed a condition known as "Aquarosis Virusae", due to being left to fend for itself under extremely inclement circumstances.

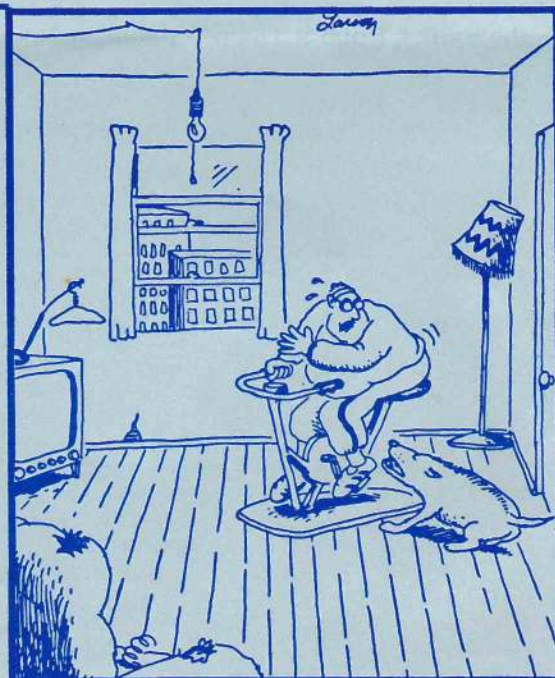
This condition is not catching providing that the appropriate remedy is employed, which I found to be protection from the elements by one of those small plastic change bags, obtainable from a bank, tethered by an elastic band, if you see what I mean! Alas, the result is I have no more grand delusions!

Bryan Utley

### YORK WEEKEND *Continued from page 3*

On Monday morning I was still contemplating my ride back to Midland, given the painful and swollen state of my knee, the SW headwind, and the load carried by the bike. Liz, Paul and Tony drove back to Perth. Before leaving York I acquired a map, (for direction) and several fruit buns, (for sustenance). I left York at approximately 9.30am along the Great Southern and Eastern Highways. The ride was more pleasant and quiet than I thought, due to the attractive scenery and scarcity of traffic. It was possible to eat the bakery delights without stopping due to a paper bag on the front rack. Traffic westwards of Mundaring including Greenmount began to increase, and was positively horrible in Midland. I arrived back in Midland at 1.30pm.

Andrew Candy





## RIDES CALENDAR: DECEMBER - JANUARY

### November 25

**Fremantle Triangle Ride 180km Moderate Pace, Flat Terrain, Start 7.30am.**

Meet at the Carriage Coffee Shop, Fremantle for a ride to Mandurah and Pinjarra and then back to Fremantle. 200km Achievement award required.

Leader: Brett Rutherford 339 7059 (H)

#### \*ALTERNATIVE\*

**Cycle Rally and Family Barbecue. Arrive Kings Park, junction of Saw Avenue and May Drive, 9.30am for a 10.00am start.**

See Notice Board for details.

Organisers: John Sherwood 447 8939 (H)

Kleber Claux 458 7519 (H)

### December 2

**Reverse 100 to 120km Fast and Hilly, Start 8.30am.**

Meet Armadale 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.

#### \*ALTERNATIVE\*

**Jarrahdale Ride 65km Easy Pace but Hilly, Start 8.30am.**

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 50km Achievement Award required. Leader: Kleber Claux 458 7519 (H)

### December 9

**Annual General Meeting - See Notice Board.**

Meet Causeway Carpark 8.30am for a quiet ride to the A.G.M. at Murdoch University or join the ride at the Raffles Hotel 9.15am. If coming independently, follow signs from South Street entrance to meeting place. Ride ends at the A.G.M. - make your own way home. **NB - YOUR ATTENDANCE IS REQUIRED AT THE A.G.M.! - SEE NOTICE BOARD.** Leader: Colin Farmer 330 4441 (H)

### December 16

**C.T.A. Christmas Barbecue, Start 10.00am.**

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.

Organiser: Kleber Claux 458 7519 (H)

### December 30

**Morning Tea and Swim, 50km Easy Pace, Start 9.00am.**

Meet in the carpark of the Raffles Hotel for a ride to Fremantle for morning tea and then a swim at Port Beach. We will arrange for the bikes to be watched while you are swimming.

Leader: Arie Lemson 307 5820 (H)

### January 6

**Serpentine Falls 100km or 160km Moderate Pace but Hilly, Start 7.00am SHARP Causeway or 8.00am Kelmscott.**

Meet at the Causeway Carpark or the Kelmscott Railway Station for a ride to Serpentine Falls. Bring bathers, towel, water bottles and bring or buy lunch.

Leader: Arie Lemson 307 5820 (H)

#### \*ALTERNATIVE\*

**Informal Ride, Causeway Carpark, Start 8.30am.**

See Notice Board for details.

*Continued on page 8*

### FOR SALE

Shogun Alpine GT 61cm frame, 3 months old, bought for cycle tour of NZ. Done less than 1000km. Triple chain ring, all necessary lugs. Suit tall to very tall rider. New price \$750. Sell for \$600 O.N.O.. View at Avocet Cycles. Phone Russel Lagdon 325 0181 (W) 367 9497 (H)

## CYCLE TOURING ASSOCIATION OF W.A. (Inc) MEMBERSHIP APPLICATION

Membership fees are due on the 1st of January. **JOINING FEE \$10.00** Add to first year of membership.

**FEES: ADULT \$20 FAMILY \$26 CLUB \$37 JUNIOR \$12 PENSIONER \$12 STUDENT \$12**

I/We wish to become members of the C.T.A and agree to abide by the Constitution of the Association

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**January 13****Lakes Ride 50km Easy Pace, Start 8.00am.**

Meet at the log in Kings Park for an easy ride around the local lakes.

Leader: Ron Bowyer 382 3993 (H)

**\*ALTERNATIVE\*****A.T.B. Ride 3 hours Hilly Terrain, Start 8.30am.**

Meet at the Pickering Brook Four Square Store, corner of Canning Road and Pickering Brook Road, for a mountain bike ride in the bush.

Leader: Bob Stockman 274 4779 (W)

**January 20****Ride - Picnic - Swim 90km Moderate Pace and Hilly, Start 8.00am.**

Meet Midland Town Hall for a ride to the beautiful Lake Leschenaultia. Bring bathers, towel, water bottles and bring or buy your lunch.

Leader: Kleber Claux 459 7519 (H)

**\*ALTERNATIVE\*****50km Easy Pace but Hilly, Start 9.30am.**

Meet at the Mundaring Hotel, 65 Jacoby Street (which is in Mundaring itself and NOT at the weir) for a picnic and swim at Lake Leschenaultia, as above. Leader: Maureen Murray 398 7086 (H)

**January 27****Picnic - Water Ski 60km Easy Pace, Start 8.00am.**

Meet at the South end, under the Narrows Bridge for an easy ride to the Cable Water Ski Park in Spearwood. Here you can swim, enjoy a picnic lunch and try water skiing if you wish. Bring bathers and towel and bring or buy your lunch.

Leader: Geoff Simpson 272 6217 (H)

**\*ALTERNATIVE\*****Audax Randonnee - 300km - P.B.P. Qualifying Ride.**

No details yet available. Entries close January 20th.

Organiser: John Martin 293 8170 (H)

**February 1****Friday Night Social Evening at Murdoch University, Start 7.00pm.**

Enter campus off South Street and follow C.T.A. signs. Guest speakers Ron Bowyer and Neil Porteous will enchant you with stories of their recent cycling tour in Europe. Also a discussion of forthcoming tour highlights of the 1991 season.

**February 3****Ride - Breakfast - Swim 60km Easy Pace, Start 6.30am.**

Meet at the Causeway Carpark, ride to Fremantle for an early breakfast at Fast Eddy's and then move on to Port Beach for a swim. We'll roster a bike-watch whilst we are swimming. Bring bathers and towel.

Leader: Noel Eddington 293 1305 (H)

**\*ALTERNATIVE\*****Informal Ride, Causeway Carpark, Start 8.30am.**

See Notice Board for details.

**February 10****Barbecue and Swim Ride 60km Hilly or 30km Cycle Paths, Start 10.00am.**

Meet at 34 Windsor Avenue, Gosnells for a 60km hilly but easy paced ride or a 30km ride on cycle paths along the Canning, both rides finishing at the above address for a B.B.Q. and swim. B.Y.O. bathers, beverages and beef. Salads supplied.

Leader: Maureen Murray 398 7086 (H)

**\*ALTERNATIVE\*****Audax Randonnee - 200km - P.B.P. Qualifying Ride.**

No details available yet. Entries close 3rd February.

Organiser: John Martin 293 8170 (H)

**C.T.A. COMMITTEE 1990**

<b>PRESIDENT:</b>	Arie Lemson	307 5820(h)	<b>COMMITTEE:</b>	Sam Burton	450 3885(h)
<b>VICE PRESIDENT:</b>	Ron Bowyer	382 3993(h)		Noel Eddington	293 1305(h)
<b>SECRETARY:</b>	Bob Stockman			Colin Farmer	330 4441(h)
<b>TREASURER:</b>	Betty Stockman			Michael Waters	444 2892(w)

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