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CYCLE TOURING ASSOCIATION OF W.A. (INC)



EDITOR: LIZ GREEN

JUNE/JULY 1991 No 100

EASTER WEEKEND AT YORK

It was Good Friday morning and the weather conditions were ideal for keen cyclists to make their way to the Old Hospital at York. While most of us journeyed on 4 wheels, Kleber, Noel, Steve and Simon cycled their way to York from Midland. After making it over a little "speedhump" at Greenmount, the terrible four were treated to a traditional Good Friday morning tea of hot cross buns and Mum's scones; compliments of Paul. Once our bikes were unloaded and our appetites satisfied, a few of us rode out from York to meet the pannier tourists, only to be treated to an "interesting" detour. Kleber had switched to touring mode, Noel was searching for a decent puncture, Simon was looking for an adventure, and Steve was attempting to break the speed of sound. So the rest of us just followed. We found ourselves 2 Km down a very sandy track, only to discover a parking sign and a killer cat!

Our first evening was spent at the top of Mt Brown enjoying the sounds of the birds singing, the breeze blowing on the trees, and the not so gentle hum of Brian's chainsaw! No need to trek through the bush in search of firewood when Brian's around. We were also treated to a sneak preview of Kleber's Rainbow Coast Tour concert item. Keep rehearsing Kleber!

After a good night's sleep and a hearty breakfast we set off on the High Road to Beverley. Once again the weather was very kind to us and riding was extremely pleasant. We stopped off at an old Church and cemetery just out of Beverley, so as to brush up on local history before enjoying lunch in town. We then had a choice of a 35 Km ride, led by Arie, straight back to York, or a 60 Km ride via Mawson. Feeling very energetic (must have been the country air) I decided to embark on the longer ride. I'm so glad I did.

To begin with, Noel treated me to another puncture repairing demo - he knew I wanted to learn how to change a tube. Thanks Noel! Then to add to the joys of the ride - Simon and Kleber treated us to free recitals of every song written before I was born. I watched and listened in amazement as they pedalled and sang while going up hills. Even Kangaroos come out of the bushes to listen - just ask Paul - there are still some remains of Kangaroo hair on his head stem!

When we hit Mawson (30 Km from Beverley) I became rather disturbed by a road sign. The road sign read "York 43". I was sure it should have said 30! However I needn't have worried. When we reached a total distance of 100 Km for the day, Kleber kindly offered to push me the last 3 Km into the bakery at York. All was going well until we were seen by a car with a blue light - but we managed to dodge it very skillfully. No thanks to Simon who's sole interest lay in getting to the bakery before it closed.

PRESIDENTS CORNER

The social evening on April 5th was well attended by members wanting to know more about foot and joint problems associated with cycling. The podiatrist that gave the lecture was able to help answer many relevant questions and members came away knowing how to deal with some of their problems.

The 50 Km Achievement Ride was well supported with 51 riders taking in the beautiful Chittering Valley circuit. Congratulations to those new members who did it for the first time and good to see the old members turning up once again.

The York Easter Long Weekend proved very popular with people coming and going over the four day period. The organised rides were well supported and the communal evening meals proved very popular. Looks like becoming a CTA tradition.

I would like to thank Ron Bowyer, John Sherwood, Aileen Martin and all those responsible for an excellent job in organising the Rainbow Coast Tour. The usual high standard of meals, accommodation, daily tours and support was reflected in the joy and satisfaction shown by those taking part. It is rewarding to receive enquiries, from some of those that took part, about future CTA rides and tours. Kleber Claux

continued on page 6

NOTICE BOARD:

June 1, 2, 3

Foundation Day Long Weekend Pannier Tour Meet at Causeway Carpark for a 9.00 am start.

Ride to Mandurah on Saturday (80 Km), camp at Peninsular Caravan Park. Sunday ride to Dawsville Channel and return (60 Km), ride to Perth on Monday (80 Km). This is a full pannier tour, so bring a tent, sleeping bag, mat, some food and stove. Meals at hotel on Sat, Sun nights, breakfast at local cafe, lunch can be obtained at local bakery. Cost \$8 per night, food and drink - approx \$40 - \$50; Even if you can't make all three days, join us for one! **MEMBERS ONLY.** For more details ring Kim Griffith PH: 457 6344 (H) / 410 1744 (message) or Denise Robertson 364 0777 (W)

July 26, 27, 28 (Note Friday evening departure)

Lewana Park Weekend Combined touring and ATB weekend at the beautifully situated Lewana Valley cottages, 17 Kms from Balingup. Ideal spot for bush walking along the Bibbulmun Track as well as volleyball, tennis, a playground, B-B-Q facilities and a variety of other activities for those family members not able to ride a bike. Meet at Kelmscott Railway Station at 6.00 pm for a 6.30 pm departure. We will be supplying the CTA trailer for the bikes but you will need to arrange for your own transport to Lewana Park. I Would suggest combining numbers to reduce the need for too many cars.

The cottages have a fully equipped kitchen with bed, mattress and pillow supplied. You will be required to supply your own food and bedding (sleeping bag is okay). Numbers will be limited to twenty, so book early, with the cost of accommodation being \$10 per person. Payable with the booking.

Bookings close July 21st. Members only.

ORGANIZER: Kleber Claux PH: 458 7519

T-SHIRT TIME IS RUNNING OUT

Time is running out for the T-Shirt design competition. If you haven't already submitted a design or even thought about it, you'd better hurry up. The closing date is 15/7/91 and the winner will be announced in the next newsletter. The decision will be difficult, as the entries already received are of a high standard. However, don't be put off by this, as there is still time and we would like as many more entries as possible.

ACHIEVEMENT RIDE DATE CHANGE

Please Note: The 300 Km Achievement Ride originally scheduled for 09/11/91 (1991 Main Events Calendar) has been re-scheduled for 02/11/91.

August 17, 18

MUNDARING YHA WEEKEND

Feel like a romp in the hills? Well, you may get your chance if you come along to the Mundaring YHA Weekend in August.

After leaving the Causeway Carpark on Saturday morning at 10am, we will be visiting some interesting places in the hills, including Lesmurdie Falls (At this time of year the falls will be flooded and quite spectacular to watch); as well as some secret destinations that will delight your palate and stimulate your mind.

After a day of exploring the treasures in "them thar hills!", You can relax and experience the camaraderie and good conversation we tourers are famous for. Interested ?? There's more !!

On Sunday we will be joined by a group of day riders for the return trip to Perth. Enjoy breathtaking views, the greenest valleys and experience one of the Swan Valley's best kept secrets. You will need a sleeping bag or sheet, blankets are supplied. Accommodation is \$8.00 per person with catering available at \$10.00 per person which includes a continental breakfast and a two course dinner. Bookings close 26 July 1991. **Members ONLY.**

Organiser: Liz Green PH: 420 8990 (W)

DONNELLY RIVER SOJOURN

Do you enjoy any of these?

Touring, Audax, ATB, bushwalking or just a quiet weekend in an idealic forest setting. If the answer is yes, set aside the weekend of September 13, 14, 15 and look for full details in your next newsletter.

INFORMAL RIDES

For those new members who have not been on one of our informal rides. 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.

NEW MEMBERS

We would like to welcome the following new members to our club and hope to see them soon on some of our rides: Dallas Annakin, Maria Antonas, David Bennett, Gary Bennett, Murray Bennett, David Byers, Jack Dowie, Geoff Hill, Paul Irvine, George Lee and Johannes Versaart.

BICYCLE INSURANCE

For those who want to insure their precious boneshakers but despair at the lack of insurers prepared to take on cyclists. Take heart!

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TOURING TOPICS:

TOURING TIPS FOR NEW ZEALAND PART 2

Weather Forecasts - As mentioned in Part 1, weather in the South Island is capable of changing suddenly and dramatically. Nevertheless up to date forecasts from radio NZ are useful for planning the day's ride. Talking to locals as well as being alert to wind and cloud conditions will prevent total surprise. **Hat/Sunscreen** - Despite the somewhat gloomy weather conditions that are often experienced, the New Zealand Summer can get quite hot, a hat and use of sunscreen can prevent a bad case of sunburn. **Insect Repellent** - Because of the year round rainfall, many places (especially on the west coast) are wet enough to be the breeding grounds for unpleasant biting insects. Notables include the dense swarms of aggressive sandflies that frequent Milford Sound and Midgees. **Camera**-Absolutely vital for taking hundreds of those once in a lifetime photos, get them developed back in Australia, as it is expensive in NZ, and to prevent water damage. **Diary**-A good idea for the serious tourist or first timer, especially as they help refresh memories in the years to come. **Panniers**-Last, but definitely not least. Get the best as they must take a fair amount of punishment, and be waterproof. Wilderness Equipment Supertour panniers have been used successfully. Liner bags are vital for keeping things dry. Fabrics are Cordura (more Durable) and Canvas (more Waterproof).

Recommended Equipment It is essential that the cycle tourist be comfortable in all foreseeable weather conditions, in New Zealand this means the cold and the wet. Hypothermia is a very real danger to the cyclist and in extreme conditions can be fatal. Therefore it is recommended that damp clothing be replaced with dry items ASAP. **Rainshell**-This is an essential item for any outdoor activity undertaken in New Zealand. The basic idea is to prevent the individual from getting wet and losing body heat from evaporation by moving air, it is useful in cold, dry and windy conditions. Goretex is a good fabric as it "breathes" as well as being waterproof and windproof. The cyclist must bear in mind that sweat buildup is greater, in say hill climbing, than that of the average bush walker. **Thermal Underwear**-Such as vests and tights are light and comfortable. These are worn next to the skin and prevent hypothermia by "wicking" perspiration away from the skin surface. Thermal tights help insulate those important cycling muscles. **Thermal Jacket**-Of a fleecy nylon or polyester fabric are lighter, less bulky yet just as warm, even when damp, as wool. Being zippered they allow body heat to be regulated, unzip during effort (eg climbing), zip up during chilly descents.

NEXT ISSUE - Recommended Equipment Continued...

THE NEW ZEALAND TOUR

It was getting down to business on April 24th, as the New Zealand participants thrashed out some final questions.

The itinerary was further examined, and it was decided to increase the number of rest days - to ensure flexibility and to allow for unexpected delays.

So now - the tour will span five weeks and since the carrier, Air New Zealand, has changed the flight days from Sunday to Wednesday (with a chance of reverting back to Sunday by 1992) the tentative dates are:

1. If Wednesday - 22/01/92 - 26/02/92 2. If Sunday - 26/01/92 - 01/03/92

Steve and Brett are talking about walking the Milford Track while in Queenstown, which is about a four day trek!

Since the Labour Day long weekend pannier tour, some of the New Zealand group have made some changes to their touring kit. This highlights the need to get out and participate in the Club Tours.

to keep the cost of air fares down and to establish a firm number, it has been decided to make June 1st the closing date for applications.

Kleber Claux

THE AUDAX RIDER'S LAMENT

I found him by the waterhole this evening, I could see that he was nearly dead, I knelt down beside him and I listened, Just to hear the words the dying fellow said.

He said, "They put me on my push-bike this morning, They said, 'You've got Two Hundred K's to go', I cried and said, 'I doubt I'll ever make it', But they just said, 'Well boy, you've got to go'".

"Give my love to Rose please won't you mister, Take her all my money, tell her not to buy a bike". "Cos if she wants to see this great big country, Won't you tell her that she's better off to hike".

"Won't you tell them I said thanks for waiting for me. Won't you tell them too I hope they made it back, And tell them too I'd like to be there with them, Instead of lying here beside this dusty track".

"Mister, Here's the bag with all my gear, Take it back to Rose but tell her not to buy a bike, 'Cos if she wants to see this great big country, Won't you tell her that she's better off to hike".

Brian Gale

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ON THE ROAD WITH ROD:

TRAINING FOR THE LONGER CTA ACHIEVEMENT RIDES

The key to enjoying and completing the longer CTA Achievement Rides, are training and ride preparation. The training programme set out below will help newer CTA members prepare adequately for these rides. If you want to also tackle the 300 Km Achievement Ride then you should do further training, in addition to the programme set out below, choosing at random a schedule for either weeks 6, 7, 8, or 9 and using this or your weekly training programme. (Don't forget that it is a good idea to follow a high mileage week with a lower mileage week)

Beginners Guide to Training for CTA/Audax 200 km

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL
	EASY	FIRM	FASTER	FIRM		FIRM	FIRM	
1	15	20	25	20	OFF	25	65	170
2	15	20	25	25	"	30	70	185
3	15	25	25	25	"	30	75	195
4	15	25	30	25	"	30	85	210
5	20	25	30	30	"	30	95	235
6	20	30	35	30	"	35	100	250
7	25	30	40	35	"	40	115	285
8	25	30	45	35	"	45	120	300
9	25	30	50	35	"	50	120	340
10	30	40	50	15	"	10	(200)	145

In addition to training there are a number of tricks to making a long ride feel a lot shorter and easier than it is. These are: * Drink plenty of water and spin low gears. * Start at the back of the pack then you won't be tempted to go out fast. * Divide the ride into segments. * Clean and tune up your bike at least 3 days before the ride. Confidence that your bike can go the distance can be a big morale booster. * Ride with a friend or start conversations with other cyclists. It will make the time pass quicker. * Aim to use as little energy as possible until you are well past the half way mark.

... Next Issue "Drafting - The Key To Saving Energy"



BIKEWEST

State Bicycle Committee
Bicycle Management Team

Two announcements were made recently that will - or could - have significant impacts on the enjoyment, convenience and safety of bicycle use.

The first was a call by Acting Coroner Hearney for a ban on the use of bicycles on roadways. The second was an announcement by the Premier that bicycle helmets will be compulsory for all cyclists from 1 January 1992.

The Acting Coroner's call for the banning of bicycles on roadways has been supported by the Transport Workers' Union. Unfortunately, the comments of the Acting Coroner reflect a general misunderstanding amongst the "non cycling" community as to the purpose and limitations of dual-use paths. Dual-use paths commonly are only suitable for younger riders and slower recreational cyclists. For the majority of cyclists, dual-use paths are not an alternative to using the roadway. Dual-use paths are not always convenient, continuous or safe - few dual-use paths allow safe traffic flow above 15-20 Kph.

Cyclists, however, also have themselves to blame for the move to ban cyclists from roadways. While cyclists currently have the same rights to the road as cars, they also have the same responsibilities as cars, eg. use of turning signals, stopping at stop signs, obeying traffic signals, use of lights at night, etc. A high proportion of cyclists want the right, but not the responsibility - eg. 75% of cyclists ride at night without lights; how often do you see cyclists riding through a red light, failing to give way or not using proper hand signals.

The announcement of compulsory helmets was inevitable with helmet wearing now compulsory in Victoria, New South Wales and Queensland. Whilst reflecting the important and undeniable safety aspects of helmet wearing, the legislation also reflected a growing acceptance - and even demand - from the public for increasing Government regulation in all areas of our community. (Up to 90% of West Australians support the Government's announcement of compulsory helmet wearing.)

On a lighter note, for cyclists interested in touring the south-west, Bikewest has produced a cycle touring map of this area. These maps are available free of charge from Bikewest's office, 145 Stirling Highway, Nedlands or through the CTA.

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EDITOR'S CHIT

It is with a big smiley face that I put pen to paper to express my pleasure at the recent "On Your Bike" tour centred on the Rainbow Coast. Which was as usual, a big success. Full credit goes to Ron Bowyer, Aileen Martin and John Sherwood for their commitment to what has become somewhat of a ritual for the touring cyclist of Western Australia. For this tour the weather was unseasonably good, which provided one and all with perfect cycling conditions. Without sounding too syrupy, it's true to say that you would have to go a long way to find genuine friendship and camaraderie to the extent to which it is displayed on these tours. From a participant's point of view I'd like to thank the organisers, marshals, caterers and the townsfolk of the places we visited. Great job !!! If you're in Albany, check out Albany Bicycle Sales at 2 Albany Hwy Albany. The shop is owned by Jim Burton (our bicycle mechanic for the tour), you'll find him honest and approachable. A fact I can vouch for after riding with him for 2 enjoyable days. Onya Jim. Such events also provide a wonderful stockpile of material for newsletters (which makes my job easier !!). To that end, subsequent issues will contain a variety of articles, prose and personal comments arising from the tour. Our travellers from the east, Tony and Maureen have expressed their thoughts about the tour in this issue. We hope to see them again sometime and share a story or two, perhaps even around a campfire. Changing the subject somewhat, I thought I might mention the poor response from members towards the suggested columns in the newsletter. Come on you lot ! Put pen to paper in some form at least. Have some fun, become involved (even if it is only for a few lines). Tell us what you thought of a ride or write a poem about something 'cycley' or even ask the Doc a question but do something. There are some members who contribute regularly, so it's not hard. Go on, have a go !

APOLOGY APOLOGY APOLOGY

The President, Vice-President, Secretary, Treasurer, Newsletter Editor, Typist, Social Secretary, Rides Co-ordinator, Assistant Rides Co-ordinator, Audax Representative, Bill & Ben (the flower pot men), Sooty, Big Ears, The Professor and Maryanne, Uncle Tom Cobbly and all, would ask that Miss Jane Bowskil find it in her heart to forgive the powers that be for this century's biggest and most undeniable faux pas. When such a crime is committed against the warmest, most caring, considerate, all round wonderfulest person, amends have to be made. On bended knee we beg forgiveness and promise to spend our lives searching for 'the light', so that we may walk the path to self-righteousness and be saved. HEAR YE, HEAR YE, HEAR YE. Be it known from the Black Stump to the Outback Dunny, that Jane Bowskil's surname is spelt with TWO (2) "L's" and not one, as quoted in the New Members list in the last newsletter.....

(P.S. Please find vomit bag enclosed ... Ed)

RAINBOW COAST TOUR:

APRIL 13-21 FROM THE EAST AUSSIE MIGRANTS - TONY AND MAUREEN

There is no doubt about Ron Bowyer: he said that he would be at the Airport to pick us up - he was; he said we would leave his place at 8.00 am (next day) - we did; he said that the bus would leave at 9.00 am - it did; he said that the riders would leave Mt Barker at 3.00 pm - they did. Thus the scene was set and continued throughout the next 8 days - an extremely well organised and operated ride.

Some real highlights for us were: walking the Porongorups, then riding to Albany, utilizing the Aquatic Centre in Albany, the wonderful food at every venue and of course the sultana porridge! The comradeship and support of the other riders and the backup crew was great. Having a concert was a new idea (to us) and most enjoyable. It was fun to see people of all ages in a different (spot) light - next stop for Charlie is New Orleans and for Sue, Covent Gardens. The idea of having a night guard system in Albany worked well and gave us peace of mind.

The greatest attraction for us, as Victorians, is that the ride did not have thousands of riders. S.A.T.C.A. in South Australia, runs very similar rides to this tour in September and would welcome Western Australian riders.

'Thanks' for the great weather (apparently unseasonal) - it certainly made each day's ride most pleasurable. Finally, thanks to Ron Bowyer, Aileen Martin, John Sherwood and their team for all their effort, help and friendship; they did a great job!

If any of you Rainbow Coast Tour Riders are in Melbourne - how about giving a fellow cyclist a ring on (03) 481 5526.

ROAD HAZARDS

Fellow Cyclists! - Have you come across a particularly poorly surfaced road? - Have you noticed poorly aligned drain grates? - Are you aware of any glaring examples of poor road design, which places you and other road users to unnecessary risk? If you can answer 'Yes' to any of the above, the CTA Committee would be interested to know. We intend to advise peoples within the Main Roads Department, to have problem areas looked at and (hopefully) fixed up! So please don't be shy, we may be able to eliminate some of those road hazards, but we need your help to do it.



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Easter Weekend at York continued.....

That night we were treated to Kleber's cooking. The food was great, although the culinary terminology used by our chef was rather unconventional. However, his temperament in the kitchen was very fitting for a frustrated chef. Brian on the other hand, managed to produce wonderful bread and butter pudding, while also displaying an even temperament. They both did very well!

On Sunday we rode to Northam via the Grass Valley Tavern. Though our departure was delayed, as the CTA choral society warmed up their vocal chords. the now established choir was enriched with the arrival of singer extraordinaire Ron Bowyer. Janet and I listened in amazement - just how did those guys know all the words of those old songs? I guess we were just too young to be familiar with such classics.

It was at Grass Valley that our leader (not mentioning any names) discovered that a leader and a tail end Charlie are rather superfluous, when one has lost one's riders. However we all managed to find each other in Northam, where we enjoyed Steve's salad rolls and the pleasant river surroundings.

Once back in York, the bakery was definitely the place to be. The waitress was so impressed with Simon's patronage (particularly with the scones) that she presented him with a bag of hot cross buns, on the house!

Sunday night's dinner was created expertly by Noel and devoured very quickly by hungry cyclists. This was followed by a visit from the Easter Bunny - thanks Simon, the homemade eggs were delicious. Our last day in York just happened to fall on April 1st. All I can say is that April Fool's Day jokes are great when they're played on other people!

Well, the pannier tourists departed at a reasonably early hour (after they'd done their scales and warmed up the vocal chords of course!) While those with any energy remaining, enjoyed a morning ride led by Ron, out to the Meckering Fault line, before returning to Perth.

I enjoyed the Easter Weekend immensely. The highlights for me were the fun and companionship we all shared, and the great feeling of achievement I experienced when I completed my first 100 Km ride.

Thanks Kleber for your expert organization and for your enthusiasm and encouragement during the rides. Also congratulations to the Audax riders, who were also staying at the Youth Hostel and who managed to survive some very long rides.

I look forward to the next CTA weekend.

Jane Bowskill

RIDES CALENDAR: JUNE - AUGUST**June 1, 2, 3**

Foundation Day Long Weekend Pannier Tour. Meet at causeway carpark for a 9.00 am start.

Ride to Mandurah on Saturday to camp at Peninsular caravan park. On Sunday a ride to Dawsville Channel and return to Mandurah. See Notice Board for details.

Organiser: Kim Griffith PH: 457 6344 (H)

ALTERNATIVE**June 2**

Formal Breakfast Ride, Easy Pace, Flat Terrain, Start 8.00 am.

Meet at Kings Park Log for a ride to a secret culinary destination. Distance will be no more than 60 Km. NOTE 'Black Tie' attire is essential, cost approx \$15.

Leader: Maureen Murray PH: 398 7086 (H)

continued on page 7

THE AGES OF MAN

All the world's a Rainbow Coast, and all the men and women merely cyclists. They have their ratios and their cadences, and one cyclist, in his time, cycles to many places. His acts being seven ages.

At first the infant cyclist, Maria, mewling and puking in Sharon's arms.

Then, the boyish Eddington with his satchel and shining morning face, creeping like a snail unwilling to porridge duty.

And then the lover, Arie, sighing like a punctured tyre with a woeful ballad made to Kristina's hot lips.

Then, the soldier, Kleber full of strange oaths and bearded like Rolf Harris. Jealous in honour, sudden, and quick in bed (err - on his bike), seeking shapely buttocks in the tightest knicks.

And then, the bike doctor, Jim, in fair round belly with good trusty tool, with eyes severe and of abnormal moustache, full of wise cracks and inuendoes. And so he plays his part.

The sixth age shifts to Colin, the lean and slippered pantaloone, with smile of face and balloons on tent. His youthful legs well shaved, a world too wide for his shrunk physique and his bawdy manly voice.

Last scene of all, that ends this strange, eventful, history, is 2nd childishness - the aged cyclist - Harry. Without teeth, without eyes, without taste, without desire - to even cycle.

Tony (Melbourne Cycle Touring Association)

THE SMUG CYCLIST

I was whirring through a great afternoon, feeling good and strong, pushing up hills and speeding down them. The bike was smooth and responsive and it was as if everything was clicking into place with my gears.

I was out of the city, riding through the woods, enjoying the green and tranquillity with only the hum of my chain to break the silence.

What a beautiful thing a bike is! So ecologically sound! So vastly different to the internal combustion engine, which contributes so much to air pollution!

Look at that through the trees! The carcass of an old car upside down doorless and rusty, an eyesore to spoil my afternoon's ride. Bang! And I feel the rim of the back wheel on the bitumen. Must be glass from that rotting hulk. I attended to the puncture perfunctorily, my mind still thinking how ecologically sound cyclists are.

We are non-polluting. The energy required to manufacture a bicycle is but a fraction of that needed for a car. We never see a rusty old bike fame destroying the scenery. There is no place where piles of old bicycle tyres pose a problem or fire hazard. We in no way consume non-renewable resources like our four-tyred friends.

Oh well, this tube's had it. Not going to be able to mend it. Well, away it goes! **Over the shoulder and into the bush!** There's more where that came from! Leg over the bike and on with the ride!

Now, where was I about us being so much better ecologically, than our motoring friends.....

Andy Plume

June 7

Friday Social Evening at Murdoch University, Start 7.00 pm.

Enter campus off South Street and follow CTA signs. Do you bear the cost of small bike repairs carried out by shops when you know that you could do them yourself - if only someone showed you? Well tonight is your lucky night! A number of small repairs will be performed during the night and at the same time allowing individuals to watch closely, ask questions and attempt the job themselves. If you have a small repair you would like help with on the night please telephone:

Graeme Burton on 450 3885 (H)

June 9

Parkerville Ride 60 Km Easy/Moderate Pace, Hilly Terrain, Start 8.30 am.

Meet at Midland Town Hall for a ride up to a Parkerville food stop via Darlington and return.

Leader: Roy Sonneman PH: 446 8215 (H)

ALTERNATIVE

Dwellingup Up and Up 150 Km Moderate Pace, Hilly Terrain, Start 8.00 am.

Meet at Kelmscott Railway Station for a hard ride to Dwellingup and Pinjarrah and return. A recent 100 Km Achievement Badge or equivalent is required.

Leader: Arie Lemson PH: 307 5820 (H)

June 16

Reverse 100 Km Ride, Moderate Pace, Hilly Terrain, Start 8.30 am.

Meet at Armadale Railway station for a hard ride over the 100 Km Achievement Ride Course. Intending participants should have completed the recent 100 Km Achievement Ride or equivalent.

Leader: Graeme Burton PH: 450 3885 (H)

ALTERNATIVE

Rocky Pool Ride 40 Km Easy Pace, Flat/Hilly Terrain, Start 8.30 am.

Meet at Causeway Carpark for a ride to Rocky Pool in Swan View and return.

Leader: Noel Eddington PH: 293 1305 (H)

June 23

AVON ASCENT, 60 Km Hilly Terrain, Start 8.30 am.

Meet at Midland Town Hall, Midland for a ride up the Westrail Service Road following the railway to Toodyay through the best scenery in the Avon Valley. Return with bikes on CTA trailer in John Martin's bus. Mountain bikes or broad tyred tourers only, cost \$5.00 each, for bus trip. Limit of 12 bikes on trailer and 14 bus passengers. Bookings with money to leader by June 16. First in best dressed. Bring munchies for end of ride feast.

Leader: Greg Larkin PH: 361 1959 (H)

ALTERNATIVE

To Toodyay Too!, 160 Km Moderate Pace, Hilly/Flat Terrain, Start 8.00 am.

Meet at Midland Town Hall for a hard ride to Toodyay and return, stopping for a "bite" at the Pecan Hill Tearooms overlooking the Avon River.

Leader: Brett Rutherford PH: 339 7059 (H)

June 30

Mundaring ATB, 30 Km Flat/Hilly Terrain, Start 9.00am.

Meet at Mundaring Weir Hotel (the one at the Dam!) for a circuit (or two) of Jacoby Park. This ride is suitable for all ATB owners. (including novices), with some soft sand sections for the experts.

Leader: Sue Campbell PH: 458 3078 (H)

ALTERNATIVE

Chittering Valley Loop, 100 Km Moderate Pace, Hilly/Flat Terrain, Start 8.30 am.

Meet at the Midland Town Hall for a ride up the Great Northern Hwy. to the Chittering Valley and return.

Leader: Graeme Burton PH: 450 3885 (H)

July 5

Friday Social Evening at Murdoch University, Start 7.00 pm.

Enter the campus off South Street and follow CTA signs. This night is a continuation of the social night held on the 3rd May, where the ins and outs of pannier touring were discussed. Tonight some of the experienced tourers of the club will give advice on being self sufficient on the bike. Items of discussion will be weight distribution and reduction, with the correct choice of tools, clothing and accessories.

continued on page 8

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

SURNAME.....	GIVEN NAMES.....
ADDRESS.....	SUBURB.....
POSTCODE.....	PHONE (h).....
I ENCLOSE CHEQUE/MONEY ORDER FOR \$.....	PHONE (w).....
SIGNED/DATE.....	

July 7

Dams Hills Ride, 160 Km Hard Ride, Hilly Terrain, Start 8.30 am.

Meet at the Causeway Carpark for a hard ride past some of Perth's well known dams. Note: intending riders should possess the 100 Km Achievement Badge or equivalent ability.

Leader: Arie Lems PH: 307 5820 (H)

ALTERNATIVE

Bibra For BBQ, 65 Km Easy/Moderate Pace, Flat Terrain, Start 9.30 am.

Meet at the Causeway carpark for a ride to Bibra Lakes for a BBQ, tea and biscuits. Note: transport will be provided for your food. BYO meat.

Leader: Tony Humphrey PH: 309 1906 (H)

July 14

Cake Crawl Ride, 60 Km Easy Pace, Flat Terrain, Start 8.30 am.

Meet at the causeway carpark for a glutton's ride to a selection of choice tearooms and cake shops. Note: BYO Caloricounter.

Leader: Brett Rutherford PH: 339 7059 (H)

ALTERNATIVE

Audax 200 Km Randonnee, Hard ride, Start 7.00 am.

Meet at the entrance to Coogee Caravan Park at 6.30 am for a 7.00 am start. The course, Coogee - Jarrahdale - Karnet - Coogee. Lights essential, entries close July 7th.

Organiser: Brett Rutherford PH: 339 7059 (H)

July 21

Walyunga Lookout Ride, 66 Km Moderate Pace, Hilly Terrain, Start 8.30 am

Meet at the Greenmount Library (Cnr. Scott St and Great Eastern Hwy.) riding to the Walyunga lookout via Parkerville. BYO water.

Leader: Paul Frisina PH: 245 2275 (H)

ALTERNATIVE

Informal Ride, Causeway Carpark, Start 8.30 am See Noticeboard for details.

July 26, 27, 28

Lewana Park Weekend See Noticeboard for details.

Organiser: Kleber Claux PH: 458 7519 (H)

July 28

Gosnells Markets Ride, 40 Km Easy Pace, Flat Terrain, Start 10.00am.

Meet at the causeway carpark for an easy paced ride to the Gosnells markets, for a rendezvous with food appropriate to your appetite!

Leader: Maureen Murray PH: 398 7086 (H)

August 2

Friday Social Evening at Murdoch University, Start 7.00 pm.

Enter campus off South Street and follow CTA signs. Join your fellow members for a social evening of wine (not whine) and cheese. One of the many wine buffs of the CTA will be supervising the purchase of wine, suitable for this night. He will give a short introduction to the wines available and then it will be up to you to enjoy yourselves. Somewhere in the middle of this joyous indulgence, a guest speaker will talk on a cycling orientated subject.

August 4

"Training" Ride, 40 Km Easy Pace, Flat Terrain, Start 9.00 am

Meet at Causeway Carpark for a ride to the Castledare Boys Home, Wilson. Railway enthusiast's will love this ride. BYO bike lock.

Leader: Paul Bonetti PH: 451 8260 (H)

ALTERNATIVE

5000 in 4, 80 Km Hard Ride, Hilly Terrain, Start 9.00 am.

Meet at the Kelmscott Railway Station for a 'suitable' ride for intending participants of the '10000 in 8' Achievement Ride. All appropriately fit crazies can try this too!

Leader: Rory Murray PH: 398 7086 (H)

August 11

APPLES + PEARS RIDE 65km's approx easy/moderate pace hilly terrain start 8.30 AM.

Meet Causeway Carpark. Riding via Guildford, Helena Valley, Kalamunda and Bickley to an orchard in Pickering Brook for a selection of fresh fruit. BYO Panniers.

Leader: Andrew Candy Ph: 384 1869(H)

ALTERNATIVE

~~The Rendezvous Ride, 100 Km Moderate Pace, Hilly Terrain, Start 8.00 am.~~

~~Meet at the Causeway Carpark on route to Mundaring Weir to meet the tourists and a good workout in the hills!~~

~~Leader: Greg Larkin PH: 361 1959 (H)~~

C.T.A. COMMITTEE (1991)

PRESIDENT:	KLEBER CLAUX	458-7519(H)	NEWSLETTER EDITOR:	LIZ GREEN	420-8990(W)
VICE PRESIDENT:	RON BOWYER	224-2460(W)	SOCIAL SECRETARY:	GRAEME BURTON	450-3885(H)
SECRETARY:	ARTHUR TAN	457-1059(H)	RIDES CO-ORDINATOR:	ANDREW CANDY	384-1869(H)
TREASURER:	MAUREEN MURRAY	398-7086(H)	ASST RIDES CO-ORDINATOR:	GREG LARKIN	361-1959(H)

AUDAX REPRESENTATIVE: BRETT RUTHERFORD 339-7059(H)

CORRESPONDENCE TO P.O.BOX 174 WEMBLEY 6014

FOR MEMBERSHIP DETAILS CONTACT THE TREASURER



AUDAX

WHAT IS AUDAX

The underlying principles of AUDAX are to provide **both sport** for the long distance cyclist **and recognition** of achievement.

Riding Audax Randonnees means attempting to reach a degree of sporting prowess in a non-competitive but challenging way.

The very word "AUDAX" means "bold, courageous, resolute" but in spite of those interpretations it was decided to start an Audax Club of Australia. The West Australian group now has over 2 million members, of whom 1.999999 million fail to turn up to any event.

This method of riding has its origin in the ideas of a few Italians at the turn of the century who wanted to spend the whole day at sport, and their wives wanted to do other things. For cycling they invented a kind of tourist time trial over the standard distance of 200kms which was all that could be completed on ordinary bikes with spaghetti wheels in fourteen hours of daylight. Henri Degrange (who later founded the Tour De France) took the idea to Paris where the ACP enthusiastically took it up. Since the First World War the ACP has been the sole authority for ratifying the "Brevets at your own pace" which we ride to this day.

The important thing is that **each rider is free to complete the distance at his/her own pace within the maximum time.** The objective of each Randonnee then, is to offer each rider a **demanding and worthwhile challenge which although never easy, because of the structure of the test, is not as hard as it might sound.**

Audax is something which will capture your imagination. **It introduces athletic achievement and sportsmanship into touring while avoiding the frenetic training and fierce competition of the racing world.**

Audax is the foundation of the international system of certification known as Brevets and thus international recognition is assured.

Several universities in the U.S. recognise Brevets and give full credits. The intensive six week B.Sc. in Hamburgerology at McDonalds University is just one such example.

Audax is having the daring to lift yourself from the ranks of the cycle-tourist to those of the cyclo-sportif. And it is there for you.....

COMING RIDES

Remember you can join us on a ride whether you are a member of Audax or not - just don't breakdown that's all.

Donnelly River - 200Km. This should be a great week-end for all. Book the **15th to the 17th of Sept.** The whole week-end accomodation costs only \$150 for a cottage - bring the family, girlfriend, boyfriend or even a relation.

The week-end will be spent by riders pedaling up and down the river for 200Km. on heavily inflated pedal boats towing 2 metre logs and shouting 'Tarzan' to the adulation and applause of friends and relatives. **The organisers require a deposit by Aug 1st.** This is your chance to escape the recession.

200Km - 14th July. A nice friendly strole organised by Brett Rutherford - give him a ring and join us.

Populae Rides - In 1990 the Brevet scheme was extended to allow registraton of two new events, Populaires of 50 and 100kms and Permanents. The first of the Populaires to be held in Western Australia will be held in early July - covering 100Km. under normal Audax rules. Ring Brett Rutherford on **339-7059** for details.

Flat 200Km - Aug. 18th. Starting from Armadale railway station and travelling towards Pinjarra. This is an ideal starter ride for those who would love to try Audax. This is your chance.

OUR FIRST 1200KM & 1500KM RANDONEE

by John Martin

When the 1200km Randonnee was introduced it did not arouse my interest. However, lasy year when we were advised that a 1500km Randonnee could be held, it had the same effect on me as when I first heard of the Paris-Brest-Paris. It became something that I had to do.

During the months leading up to the scheduled starting time of Good Friday, 29th March 1991, illness and injuries looked as if they would cheat me of the chance of satisfying my ambition,

but thankfully I was able to take part. Unfortunately this was not the case for some of our riders. Some people will do anything as an excuse for opting out! **Rod Evans** broke a leg and **Brett Rutherford** injured his back only a week before. It was disappointing not to have them on the ride but you can't keep Audax riders down for long as we were pleased to discover when they both reported for backup duty.

With injuries and the Easter holidays taking their toll it left only two starters for the 1500kms, **Phil Giddins** and myself - leaving York at 0600hrs. on Friday, 29th March with **Colin Farmer and Andrew Oakely who were doing a 1200km Randonee**. We had only gone about 2kms when Phil disappeared. On returning to see what the problem was I found Phil had blown a tyre and was teaching a group of inquisitive horses how to change a tyre. Shortly before reaching our first control at Pingelly we found ourselves sitting in behind a kangaroo but obviously he was not Audax material because after a short sprint he hopped off across the paddock never to be seen again.

At the end of an otherwise eventful day we returned to York about 1.00 a.m. Saturday with 400kms under our belt.

On the road again Saturday morning we were joined by three riders doing a 600kms Randonee for the first time in **Kevin Norris, Ken Ward and Graham Wilton** with most of us returning to York by midnight in readiness for an early start Sunday for the finish of the 600 kms and the continuation of the 1200kms and 1500kms. Saturday's highlight was when Phil and I decided to buy some good wholesome food in the way of a hot pie (not microwave) from Stumpy's Roadhouse at Brookton. The pies were hot (they'd been in the warmer for at least a week), but our teeth were not sharp enough to eat them. After receiving a refund and a free sandwich thrown across the counter we vowed never to return to Stumpy's Roadhouse.

On **Sunday** we were joined by **Barbara Farmer** on her second 300km and **Greg Larkin** on his first. Sunday was to go on record as puncture day. Most people had one and some greedy people had two. We seemed to spend more time changing tyres than riding our bikes and eventually returned to York around 9.30 p.m. with 1000kms in credit.

Overall the weather was very good, not too hot or cold and the wind generally moderate, changing from favourable to unfavourable. Monday we were doing 300kms, the first 120kms being the hardest section of the 1500kms.

Whichever way we went the wind had been there and was there on the way back too. At the control 53kms before Brookton we were talking to two speedy young lads, **Graeme Burton and Phil Ellen** who were doing a 300kms and Phil said he wanted to be in Brookton by 1400hrs. I thought that was beyond my capabilities after doing 1100kms so I set off ahead of them. Well that 53kms turned out to be the most enjoyable section, as we had favourable winds over undulating country and I averaged 30kph and we all arrived in Brookton at exactly 1400hrs. On arriving in York at about 2200hrs I suggested to Phil that we ride through the night and finish the remaining 200kms but he thought that was not his idea of fun so we opted for a few hours sleep.

Colin Farmer and Andrew Oakely had arrived in York a few minutes before us after completing the first 1200kms in Australia. Something I feel is worthy of mention is the age difference between Colin and Andrew, as Colin is a retired gentleman in his early sixties and Andrew, a student at the tender age of sweet sixteen. Also, Colin is very short while Andrew is quite tall. All things considered you could say they are an unlikely combination.

With all other Randonees for the Easter weekend completed Phil and I set off on our final 200kms on **Tuesday morning**. Apart from dashing for cover to avoid the possibility of being run down by a very large tractor on a very narrow country road, the uneventful day ended with a 6km sprint into York to celebrate the conclusion of **our first 1500km Randoneur**.

THE OPPERMAN

This one day trial is to be held from 9.0a.m. Saturday 19th October to 9a.m. 20th. October 1991. Start thinking now - it is for teams of 3 to 5, and every member must complete at least 360Km within the 24 hour period in order to qualify for the **Opperman All Day Trial Award**. This year the start is from Midland Town Hall and remember each team must submit their own route plan of at least 360Km. Contact Phil Giddins on **384-6895** for more details.