

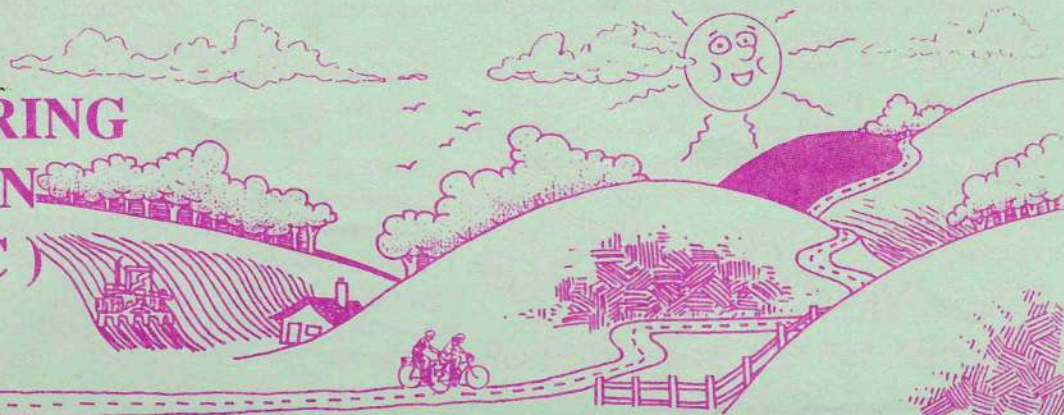
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CYCLE TOURING ASSOCIATION OF W.A. (INC)



EDITOR: LIZ GREEN

OCTOBER/NOVEMBER 1991 No 102

ANNUAL GENERAL MEETING

8th December 1991

Morning tea 10.00 am meeting 10.30 am

Location - Murdoch University, South Street, Murdoch.

Agenda: Minutes of 1990 AGM. Reports from: President, Treasurer, Rides co-ordinator, Social Secretary, Newsletter Editor, Rainbow Coast Tour 1991 Sub-Committee. Best Newsletter article for the year, Cycle Tourist of the Year Award, Discuss future of Super Achievers Series, Election of Office Bearers for 1992, General Business.

NOTE: For the convenience of both the members and the committee, membership fees for 1992 can be paid at the AGM. ✓

Cycle Tourist of the Year Award.

Nominations are called for the Cycle Tourist of the Year 1991. 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 CTA throughout the year, while setting the highest standards in terms of ability and attitude towards fellow cyclists. Record your vote by mailing the name of your nominee to: ✓

Cycle Tourist of the Year

CTA of WA INC - PO BOX 174 - Wembley - 6014.

Previous recipients of the award are:

1978 Nicole Harrison	1985 Bob Stockman
1979 Wayne Lally	1986 Ron Bowyer
1980 Neil Porteous	1987 John Sherwood
1981 Mark Bettell	1988 Martin Bunney
1982 Dale Neill	1989 Kleber Claux
1983 John Martin	1990 Arie Lemson
1984 Ian Hore	

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exemp*

91 Brett Rotherford

ELECTION OF COMMITTEE MEMBERS FOR 1992

Nominations for Honorary President, Honorary Vice-President, Honorary Secretary, Honorary Treasurer and four committee members should be received by the Honorary Secretary up to and on the day of the Annual General Meeting. All nominations shall have a proposer and seconder, and shall be announced at the Annual General Meeting. Nominees, proposers and seconders shall be voting members of the Association.

PRESIDENT ON PAGE ONE:

Unfortunately the annual Charity ride from Armadale to Pinjarra, organised by the Perth City Mission, will not be run this year due to the lack of sponsorship.

As you can see by the rides calander we will be organising our own ride on November 10th. A limited number of seats will be available for the return trip from Pinjarra, as official transport will not be provided. Those missing out will have to organise their own transport back from Pinjarra.

Why don't we expand on this and invite our friends, relatives, neighbours, workmates and other cycling clubs. It could be a fun day with families lunching at Pinjarra and all the different clubs joining in on the day. What do you think ?

I would like to thank John and Aileen Martin for the usual high standard of support they gave the riders on the 200 Km Achievement Ride. I hope all the participants of the 200 noticed the beaut new hat John was wearing, a present from Aileen for his 55th. Happy Birthday John!

Finally, I would like to thank the members who stayed back at the end of the 200 to cheer a tired but happy Liz Green, as she scraped in at 11 hours 40 minutes. Congrat's Liz!

Kleber Claux

TOUR BOOKINGS

On a recent number of weekend tours, the CTA has been faced with the embarrassing situation of overbooking accommodation. This has come about because people who have booked themselves on a tour have decided to drop out at the last minute. In some cases, the ride leader has not even been advised.

This leaves CTA with egg on its face and it creates problems for the ride leader who has to deal with a disgruntled accommodation manager. If you want to book for a weekend tour, please stand by your commitment. We understand that problems can arise at the last minute but if you have to cancel, try to give the ride leader as much notice as you can.

Because of incidents in the past, it will now be necessary to make a monetary commitment with your booking. When you see "**PAYMENT WITH BOOKINGS ESSENTIAL**", that is exactly what it means.

NOTICE BOARD:**NOVEMBER. 15 - 17 DUNSBOROUGH YHA WEEKEND**

(NOTE: Friday evening departure) Your last opportunity for a weekend away this year. Dunsborough offers something for everyone; caves to explore, vineyards, swimming, surfing, wildlife parks and great scenery. There will be day rides to suit people of all abilities. Bring your tourer or go for a blast on your racing bike. You will need a sleeping bag or sheet. Accommodation is \$9 per night. John Martin will be bringing his bus and the CTA trailer. Meet at 5.30 pm for a 6 pm departure at John Martins property. 41 Woodbine Rd, Pickering Brook. **MEMBERS ONLY;** Bookings close November 8th. **"PAYMENT WITH BOOKINGS ESSENTIAL"**

ORGANISER: Brett Rutherford PH: 339 7059 (H)

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. Stephen Bonner, Julian Fletcher, Greg Benjamin, Kimberley King, Robert Clapp, Gloria Clapp, Silvia Klemenzen, Lines Family and Geoffrey Widnall.

CYCLING FOR FITNESS AND PLEASURE

Volunteers Needed; The Ministry of Sport and Recreation is organising a six week program of bike rides commencing early in October to encourage the general public to take up cycling. In association with local councils, the rides will be held at four locations, South Perth, Melville, Stirling and Bassendean.

There will be two programs, one on Tuesday mornings and the other on Saturday mornings. The Ministry is seeking volunteers from the various cycling clubs to assist with leading rides. If you feel you are able to help for one or two rides, please contact Kleber Claux on 458 7519 (H)



It is a source of amazement that in a society that should be encouraging environmentally friendly forms of transport such as bicycle use, that planners, engineers and government departments over look the important role that is, and could be played by the humble bicycle.

Fortunately however, attitudes are changing. In August, Bikewest released draft design guidelines for the construction of bicycle facilities. Bikewest was somewhat suprised and pleased to have nearly 100 council engineers and planners attend a presentation on catering for cyclists presented by Bikewest, during the recent WA Civil Engineers conference. This high attendance reflected the growing interest Local Authorities are showing towards bicycle use.

The Main Roads Department is another Government body that in years gone by has often shown little regard for bicycle user needs. Bicycles are now gaining much more recognition. Main Roads Department now have a policy to cater for cyclists on all new roads, and if cyclists cannot be catered for on the roadway (eg. Kwinana Freeway), they provide an alternative facility for cyclists of an appropriate standard.

The Department of Transport is also increasingly recognizing the important role of bicycles. The Dep' recently allocated funds to Bikewest to ensure that a detailed plan for future facilities for cyclists could be developed.

Transperth is another department that is recognizing the role it can play servicing the needs of cyclists. In July, construction of a cycle path was finalized within a rail reserve between Colin Place and the Entertainment Centre. Eighteen months ago such a project might well have been impossible.

There is no doubt that attitudes towards bicycles are changing and for the better. In ten years from now it might not be unrealistic to see a doubling in bicycle use. For all traffic calming treatments to have proper regard for the needs of cyclists, for all roads to have a line marked sealed shoulder suitable for bicycle use and for the city to be criss crossed with a series of exclusive bicycle paths of "freeway standard". An increasing number of people are now working towards this vision, a vision strongly supported by Bikewest. - R.E.

- Other News -

* After several months as acting manager of Bikewest, Rod Evans was recently appointed permanent manager.

* Bikewest have a video tape titled "On Yer Bike". It provides an excellent introduction to bicycle touring and can be borrowed or purchased through Bikewest.

* Rod Evans has been approached to build a bicycle that can be ridden from Fremantle to Rottnest (i.e. across the water). Anyone interested in participating in this crazy idea can write to Rod C/- Bikewest.

* Bicycle maps for the metropolitan area produced by Bikewest will be available through Bikesshops sometime in November.

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EDITORS CHIT:

G-Day folks! Your crazy Editor here again. Congratulations to all who successfully completed the recent 200 Km Achievement ride. Special congrat's must go to Jenny Knight, who got in well inside the time despite having to battle a severe cold that would have kept most people in bed. Onya Jenny. Yours truly took out the 'last one in', 'gee we'd like some tea' award and was grateful to those six or seven of you who waited at the end. Thanks guys! (and gals!).

On the off chance that any of you were wondering what became of the T-shirt competition, a decision will be made soon and you will hopefully have the opportunity to see the winning design in the not too distant future.

For those of you who missed out on the Mundaring YHA weekend, you really missed out. We had a great time. I realise that it might be hard to get enthused about a weekend away so close to home but we attacked some 'great' hills, dined like lords, took a step back in time and were amazed by the Swan Valley's best kept secret. I'd also like to thank Stan for sharing his 'totally scrumptious' muffins with us. Thanks Marion, Kleber and Stan (Yes, there was only four of us. Although the hostel had catered for eight, we did the right thing and didn't let the food go to waste) for an extremely pleasant weekend.

I'm still not hearing from the closet writers amongst you and I'm hoping this is due to the path Mercury is taking across Venus rather than a lack of interest or enthusiasm. It's not that hard. Really! Some members contribute on a regular basis and for that I'm grateful but surely you must all get sick of me rabbiting on endlessly about this subject. And I intend to continue until I get a response (even if it is a rude one!).

ED

ON THE ROAD WITH ROD:

BEATING FATIGUE

Whether you are undertaking a cycle tour through the southwest, a 50 Km Sunday ride with the CTA, or a 1000 Km Audax ride, at sometime during your ride depending on your level of fitness you will start to feel the onset of fatigue. Fortunately there are a number of simple tricks that will help to significantly stretch your energy reserves giving you more 'miles to the gallon'.

*** Drink, Drink and Drink:** More often than not, cyclists are tired because they are dehydrated. Don't go longer than 10-15 minutes without sipping from your water bottle.

*** Wear glasses:** Sun glasses might be trendy but they also reduce eye strain and fatigue on long rides.

*** Give your mind a distraction:** Personally I don't like head phones, I think they are dangerous. Chatting to a friend or enjoying the country side are equally effective distractions from the efforts of cycling.

*** Avoid getting a sore backside:** Make sure your saddle is comfortable. On long record breaking rides where every gram of energy is critical to me, I treat myself to the luxury of a spenco seat cover. Also ride out of your saddle from time to time to rest your backside.

*** Frequently change the position of your hands on the handlebars:** Changing your position on your bike reduces fatigue and prevents a stiff neck, shoulders and numb hands.

*** At night rug up and during the day stay cool:** Energy used by your body to stay warm or stay cool is wasted energy. Therefore dress appropriately, particularly if it is cool.

*** Eat:** Small regular bites of high carbohydrate food are ideal.

*** Spin low gears and avoid hard or sudden efforts:** Keep your heart rate as low and as relaxed as possible for as long as possible.

....Next Issue "Interval training and tips to improve your cycling"

MUNDARING ATB RIDE

We departed from the Weir Hotel on a truly perfect morning. The sun was shining, the breeze was cool, the dam was damming and the trail was beckoning.

The ride took us across the weir and up the road to Farrell Grove. From this point we followed well marked tracks up to Mt. Gungin; It was here that Scott demonstrated his MTB racing skills launching himself over logs and rocks on which a few of us novices came to a sticky end.

At Mt. Gungin we took time out to have a snack and chat before our well earned descent; during which Noel showed us how not to do it - twice. I think he was trying, unsuccessfully, to test out Kleber's first aid skills.

We all went screaming down the narrow, winding trail trying desperately not to come to grief with trees and rocks. About

half way down what sounded like a shot gun brought Richard's ride to a close. The rear tyre had exploded leaving him a 5 Km scenic walk.

The rest of us continued back to Farrell Grove where Robert showed the way down another exciting trail back to the weir. Finally Mr Whippy was in site and John could almost taste the cuppa awaiting him at the hotel.

Whilst relaxing with our icecreams, a rider from Boddington who cycled up the day before especially for this ride and missed us by 20 minutes appeared. Better luck next time Jim.

Anyway, thanks Sue for organising a ride that can only be described in one word - WILD!

Jack Dowie

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LEWANA PARK WEEKEND - JULY 26, 27, 28

It was about 6.05 pm on Friday, July 26th, when we arrived at the Martin's property in Pickering Brook. The drive itself had been quite pleasant apart from attempting to turn left onto Great Eastern Highway during peak hour traffic and from missing the Woodbine Road turnoff.

Paul, Greg, Maria and Brett decided to drive down to Lewana Park while the rest of us took the bus down. This was a great opportunity to discuss Paul's private life while he wasn't present. Thanks Paul, but I personally found many of the rumours hard to believe! After stopping off at Armadale for a quick snack, we were on our way.

The bus trip was a bit of a blur to me, as I spent much of it asleep (hey! it had been a tough week!). We arrived at Lewana Park just before midnight and after unpacking, organising sleeping arrangements and having a brief discussion of the next days activities it was off to sleep.

I awoke the next morning to the sound of a kettle boiling. I wouldn't say the walls were thin but I could hear people in the room next door changing their mind! After a bowl of that "now famous" porridge, it was time to set out for the day. Some of us chose to go hit the dirt tracks on their mountain bikes, others decided to engage on a 115 Km Balingup - Bridgetown - Lewana Park triangle ride. Some left their bikes behind to try their hand (or should I say feet) at bushwalking. While those among us feeling the strains of the late night, or perhaps the effects of a bed that was too soft, chose to ride to Nannup and back.

We ended up leaving Lewana Park at about 10.00 am. A combination of great weather and beautiful scenery made for a very pleasant journey. It was a great opportunity to try out the range of gears on my new bike. Speaking of new bikes, I wasn't the only one in the new bike owners club, both Alan and Kristina had also made a recent purchase.

After lunch at Nannup, Arie, Kristina, Maria, Alan and Paul plotted their return route to Lewana Park, while Jane and I decided to ride back the same way we came. We arrived back at Lewana Park in time to discuss the highlights of the day. It was easy to pick the mountain bikers in the group, they were the ones all covered in brown polka dots. As Noel and Kleber traded stories on how to flip your bike on "pool table smooth" surfaces, the rest of us sat on the veranda and waited for the next available shower.

At dinner, it was wonderful to see how creative cyclists can be with the humble packet of 2 minute noodles. Kleber's dinner plate looked as if it had been lifted from a Pro Hart Stainmaster carpet commercial. I don't know if it was the excess of moisture on Noel's plate that brought it on, but all of a sudden Jane remembered that she had removed the water from her budgies bird cage, but couldn't remember replacing it. It didn't take long before she was labelled a "budgie killer". Visions of stiff budgies lying at the bottom of bird cages brought tears of laughter to our faces. What a sick lot we are! After a couple of phone calls we were able to determine that the budgies were in fact, not dying of thirst. The conversation then turned to more pleasant topics, like the following days activities and, of course, the pros and cons of sitting on a pre-heated toilet seat.

After brief discussions, we decided to meet in Balingup the next day at 11.30 am for the bus ride home. Kleber reminded us to get all the luggage on the bus by 9.00 am and that the chalets would have to be clean before we left. After a surprise inspection of my room by Kleber, I realized that I needed to set aside at least an hour for cleaning.

The next morning Brian, Maria, Jane and I set out early to hopefully spend some extra time in Balingup. Although the weather was fine, it was still quite cold. So much so, that the ends of my fingers turned a light shade of blue. I think I will invest in some full fingered gloves before I do anymore cold weather riding. During the ride we were treated to the delights of Jane's latest song, "I Brush My Teeth". This song is a follow up to her last two smash hits, "Going on a Bear Hunt" and "My Highland Goat". I'm told that a recent pre-release of this single proved popular with a certain year one class but it may be a while before 96FM pick it up.

After morning tea at the Old Cheese Factory and lunch at Balingup it was time to load bikes back on the CTA trailer and drive back to Perth. The bus trip was made all the more enjoyable by a sing-along led by Simon. Normally, we have a problem finding someone to sing the higher notes, but Noel had solved that problem by attempting to straddle an electrified fence earlier that morning. On ya, Noel.

Many thanks to all those who participated, especially Kleber, John and Aileen, for making it a most enjoyable weekend.

Phil Mangano

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TECHNICAL TOPICS

PEDALS - Vital but often neglected components on most bicycles. They are one of the major contact points between rider and machine, where all that effort is transmitted via cranks, chain, gears and rear wheel onto the road. There are basically two types of pedals available with many minor variations. The 'conventional' pedal with toe clip has been with us for many years and is still used by the majority of cyclists. It has the advantage of allowing the rider to wear a variety of footwear and still give a positive contact. This type of pedal is well suited to commuting and touring. The clipless pedal introduced by 'Look' several years ago is fast growing in popularity. This type of pedal can only be used with riding shoes fitted with appropriate cleats. They give a very positive, 'locked onto the pedal' feel and the facility to clip in or out without adjusting toe straps is a safety bonus. The absence of a constricting toe strap is also a blessing for the distance rider. 'Shimano' have recently introduced a clipless pedal/shoe system with cleats recessed into the soles of the riding shoes, making it possible to use them as normal shoes when off the bike; great for touring and mountain bikes!

Pedals should be inspected regularly, spin them by hand, any odd noises, roughness or end play should be seen to straight away. Spare parts for pedals are limited, so even minor damage can result in a costly replacement. When removing or replacing pedals remember RH side as viewed by rider has RH thread, LH side has a LH or opposite-to-normal thread. When changing from one type of pedal to another always recheck your saddle height and riding cleats, sore muscles or knees could result if this is not done.

Whatever type of pedals are fitted to your bicycle, regular maintenance will prolong their life and enhance your cycling pleasure.

Brett Rutherford

A CHILD AMONGST THE TREES

I wish that I could meet the child,
Who said "Daddy, what's a tree?",
I'd take him gently by the hand,
To spend some time with me.

I'd show him where the tall Gums grow,
Their branches lost amongst the clouds,
And listen to the Cockatoos,
As they make their screeching sound.

We'd walk down in the valley,
Before the sun shone high,
And watch the swirling mist,
As it heads towards the sky.

I'd show him where I live and work,
With hillsides filled with pine,
In this land that time forgot,
That is both his and mine.

We could look down in the valley,
At the forest growing there,
And watch the stream that's winding'
Through the scrub and prickley pear.

There'd be Jarrah trees and suckers,
And Banksia's in full bloom,
Then we'd listen to the night birds,
At the rising of the moon.

And in a tree above my camp,
A Mojoke calls at night,
And the noisy croaking of the frogs,
Tells us the world's alright.

I'd take him to the mountain top,
Before the day was done,
And watch the trees change colour,
With the setting of the sun.

Then I would hold this child up high,
For all the world to see,
So that he can tell his children,
He has seen a million trees.

For a child among the trees,
Is a child running free,
He's the one with his eye open wide,
To the beauty that surrounds,
To a love that knows no bounds,
And he's thinking,
"What a wonderful life."

Brian Gale

CHIVALRY IS DEAD

Spare a thought, if you will, for the cyclist who rides alone. The cyclist who rides alone on a training ride is there because he/she wants to be. The cyclist who rides alone on a club ride is possibly being neglected by the ride leader but distances are not far and help is usually close at hand. The cyclist who rides alone on an achievement ride is being neglected by all of the other riders. Help is not close at hand and the distances between checkpoints are quite long. A mechanical problem or fall should not be tackled alone by the weaker or more inexperienced riders. It is not necessary to speak of the dangers that can exist for lone cyclists at night concerning motorists or other unsavoury characters. It is easy for riders to arrange to ride together and it is also easy for stronger riders to ride at a pace suitable to prevent a rider becoming a lone cyclist.



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NOTE FOR RIDE LEADERS:

For those of you who have volunteered to lead rides in the near future and for those who are considering leading one, the following is of some importance.

It is suggested you read through the notes on the back of your ride report to fully acquaint yourself with the important role you play. Unfortunately there have been a number of recent incidents on rides, which may have been avoided if leaders were aware of their role and responsibilities.

So, for your own peace of mind, have a look through your ride leader notes and keep returning your ride reports as soon as you can.

FOR SALE

Wilderness Goretex raincoat, medium size, hardly been used \$150. Carolyn Wilson PH 385 1040

SOME GOOD ADVICE

A few weeks ago I was unfortunate enough to have my morning ride come to a "premature end" when a car turned right out of a side street and knocked me off my bike. This was not a pleasant experience, however I did learn a few things which could save other cyclists from unnecessary expense and hassles following an accident.

1. Write down the driver's name, address, registration number and insurance company.
2. Inform the driver of the value of your bike.
3. Write down names and addresses of witnesses.
4. Report the accident at your nearest police station, and be sure to include damage done to yourself and your bike on the accident report form.
5. See a doctor - even if you think your O.K. Injuries such as whiplash can have a delayed reaction. To get your medical expenses paid for you must see a doctor soon after the accident.
6. If the accident is the fault of the driver, then his/her third party insurance will cover all of your medical and dental expenses.
7. Get a quote to have your bike fixed and send it to the driver's insurance company. Don't go ahead with the work, until the bike has been inspected by an assessor from the insurance company.
8. The driver's insurance company should also pay for a replacement helmet (if you were wearing one).

Jane Bowskill

ALCOHOL ON RIDES

It has become apparent that some members are not aware of the rules regarding consumption of alcohol on rides. We all enjoy a little nip of something with friends after a long or hot ride but such activities cannot take place during official club rides. These rules are there to protect everybody, we're not trying to limit anyone's fun. However I'm sure most of you would agree that exercise, alcohol and excess heat (in the warmer months) are not a good combination. Obviously nobody would get absolutely legless (that would make cycling somewhat difficult I should think !) but even one or two small ones could be enough to impair co-ordination and judgement. If you won't do it for yourself, do it for the other members in the club.

MOVING UP ??

For those of you who are relatively new to the sport, you may begin to experience a grey area in your riding. This simply means that as your fitness and ability increases, so does your desire to do faster and perhaps harder rides.

The easier, social rides leave you frustrated and the longer rides led by supposed speedsters are daunting to say the least. You don't 'fit' into either category of social cyclist or speedster. You sit in an area that every successful cyclist has been in at some stage but it will pass and you will graduate into the next 'class'.

Don't look upon the speedsters as an elite group who believe themselves better than anyone else. They simply enjoy their sport and encourage others to do the same. Most of you will be aware of those I speak of. Generally they look like Tour de France participants and if you've seen them in action you could be excused for thinking they are. But they really are a nice bunch who will always wait for someone perhaps not as fit.

Bear in mind though, if you decide to do one of these rides consider the distance, expected pace and terrain (hilly etc). If you're not capable of the ride then you won't enjoy it. If the distance and obstacles are not a problem, then go. Even if you decide to leave them when you've had enough. But they will wait and you will find that riding with such a crowd on a regular basis will increase your fitness and drive to do more.

If you're not sure about something concerning the ride, give the ride leader a call and discuss it.

VALE GWEN HARWOOD

Members of the Cycle Touring Association will be saddened to learn of the death of Gwen Harwood, wife of Jim Harwood who was the CTA's first president and CTA Life Member.

I first met Jim and Gwen in 1974, the year the CTA was founded. Although not an active cyclist, Gwen was a powerful supporter of Jim in his goal of setting up a touring body with impeccable standards and noble ambitions. Much of the character that still exists today derives directly from Jim's contributions.

Gwen was an extremely warm-hearted person and a perfect hostess. Many of the earliest CTA Committee meetings were in the Harwood home in Claremont, where Gwen met informally with committee members impressing them with her warmth and friendliness.

Newer CTA members may know Jim and Gwen from the York Motor Museum where they have worked for the last 10 years.

Of all the happy memories I have of Gwen, two stand out above others. Firstly the loving and caring attitude she displayed to all with whom she came in contact and secondly her obvious love and devotion to Jim.

On behalf of all CTA members I express sincere sympathy to Jim and family.

Dale Neill

STOP PRESS STOP PRESS STOP PRESS STOP PRESS

The CTA and it's members would like to congratulate Colin Farmer for completing the Paris-Brest-Paris with an hour to spare. The total distance is twelve hundred km's in ninety hours, making this quite an achievement. Onya Colin !

RIDES CALENDAR: NOVEMBER-DECEMBER

For the new chum who is coming on a ride for the first time and those who just forget. You will need to bring a spare tube, puncture repair kit, tyre levers, pump and a spanner to fit the axle nuts (if your bike is not fitted with quick release hubs). Most importantly, water.

October 4 The Mountain Bike Night:

Friday Social Evening at Murdoch University, 7.00 pm Start. Enter campus off South Street and follow CTA signs. Tonight it is envisaged that a mountain bike expert, will be on hand to tell all on the subject of MTB in WA. The talk presented, will cover necessary equipment and riding technique. Mountain bikes will be on display. Although mountain bikes do not have a high profile in the CTA, there are a number of dedicated off-road riding members in the club - lets find out what all the noise is about!

October 5 - 13 Wildflowers & Wineries SW Tour:

Organiser: Simon Koek PH: 446 1617 (H)

October 6 Coastal Cruise:

75 Km, Moderate Pace, Flat Terrain, 9.00 am Start.

Meet Causeway Carpark for a ride through Floreat, Fremantle and beyond! BYO Sunglasses!

Leader: Tony Radford PH: 450 1167 (H)

October 13 Boulder Bash:

80 Km, Moderate Pace, Hilly Terrain, 9.00 am Start.

Meet at the Causeway Carpark for a ride to the mysterious Boulder rock on the Darling Divide.

Leader: Peter Bombadieri PH: 362 4135 (H)

October 13 Informal ride:

Causeway Carpark, 8.30 am Start.

See Noticeboard For Details.

October 19, 20 Opperman 24 Hour All Day Trial:

(NOTE SATURDAY START) 24 Hour Trial for teams of three to five bicycles.

Set your own route and distance, at least 360 Km. Start time 0900 Saturday from where ever you like and finish at 0900 Sunday Morning at Midland Town Hall. Entries close October 5th.

ORGANISER: Phil Giddins PH: 384 6895 (H)

October 20 Yanchep Ride:

110Km, Touring Pace, Flat Terrain, 8.00am Start.

Meet at the Karrinyup Shopping Centre, cnr Karrinyup and Burrows Road. We will be heading to Yanchep National Park via tranquil backroads, hoping to see Koalas, Caves and Wildflowers. This ride is definitely an all day affair. Note: Park entry fee of \$2.00 is required.

LEADER: Simon Koek PH: 446 1617 (H)

October 20 Informal Ride:

Causeway Carpark 8.30 am Start.

See Noticeboard For Details.

October 27 Mount Gungin Ride:

40 Km, Hard Ride, Hilly Terrain, 8.30 am Start.

ATB BIKES ONLY. Meet at Kalamunda Library for a ride to Mt Gungin along the Bibbulmun Track. Water biddons essential.

LEADER: Scott Davis PH: 459 0432 (H)

October 27 Foothills Ride:

35 Km, Easy /Moderate Pace, Flat/Hilly Terrain, 9.30 am Start.

Meet at Gosnells Railway Station, on Wheatly St. for a ride to Kelmscott, Armadale, Churchman's Brook Reservoir and Sereaglio Park where we will be stopping for Devonshire tea.

LEADER: Sue Bailey PH: 398 1653 (H)

COMING SOON

GIANT^(TM) EXPEDITION (Mid October)

Giant, one of the largest bicycle manufacturers in Taiwan is releasing a new touring bike on to the market.

Features include full triple butted cro-moly frame cro-moly butted forks.

Components will be the 1992 Shimano Deore LX group set on N.F.S (New Front System[Shimano?]) gear system.

Racks front(low rider)and rear alloy.

Dyno light set under bottom bracket with internal wiring.

Mudguards front and rear.

Water bottles.

700x35c tyres.

Price \$1250. Stock will be limited.

Look for it at your nearest authorised Giant dealer soon.



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.....

November 2 300 Km Achievement Ride:

(NOTE SATURDAY START) Very hard course. Dual Start. Meet at Midland Town Hall at 2.30 am for the 3.00 am start or alternatively 4.00 am for the 4.30 am start.

Persons starting at 3.00am have an 18 hour time limit and those starting at 4.30 am have a 16.5 hour time limit. It is recommended that the slower riders start at the earlier time.

Lights, reflective vests and anklets ESSENTIAL. Only for the very fit. The coarse, Midland, Spencer's Brook, York, Beverley, Brookton, Midland. Note: Intending participants should possess the 200 Km Achievement Ride award or equivalent. **MEMBERS ONLY.** Please label provision bag with your name.

ORGANISER: Brett Rutherford PH: 339 7059 (H)

November 3 Informal Ride:

Causeway Carpark 8.30 am Start.

See Noticeboard for details.

November 8 Bike Bits Auction:

Friday Social Evening at Murdoch University, 7.00 pm Start. Enter Campus off South Street and follow CTA signs. Everyone has bike bits they have bought and never used (no matter how useful they seemed) or bits they have replaced with the faster, more aerodynamic or up to date models. Tonight you should bring these along, to turn BACK into the cash that you originally forked out for the new bits. And if you are looking for new incredibly useful bits for your bike, then you should also bring stacks of cash. Lots of absolute bargains were available at the last Auction so don't miss out.

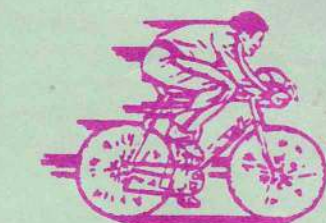
AUCTIONEER: John "we'll get your money" Meakin.

November 10 140 Pinjarra Rides:

70 Km (one way), or 140 Km (return), Moderate Pace, Flat Terrain, 8.00 am Start.

Meet at the Armadale Railway Station for a ride along quiet back roads to Pinjarra, taking the same course as last year's charity ride. Note: For those who are riding the 70 Km only, the Martin's bus and CTA trailer will be available to take up to 15 persons and bikes, back to Armadale. Cost of bus and bike transport \$5.00. Bookings close November 3. **PAYMENT WITH BOOKINGS ESSENTIAL.**

LEADER: Kleber Claux PH: 458 7519 (H)



TYPESETTING : Mike Waters

PRINTING : Terrace Print

November 15 - 17 Dunsborough YHA Weekend:
See Noticeboard for details.
ORGANISER: Brett Rutherford PH: 339 7059 (H)

November 17 3 G's Ride:
80 Km, Moderate/Fast Pace, Flat/Hilly Terrain, 8.30 am Start.
Meet at the Kentucky Fried Chicken carpark. Cnr. Russel & Walter Roads Morley. Riding past Greenmount, Sawyers Valley, Mt Helena, Gidgiegannup and Midland.
LEADER: Graham Wilton PH: 275 1262 (H)

November 24 River Ride:
50 Km, Easy/Moderate Pace, Flat Terrain, 9.00 am Start.
Meet at the Causeway carpark for a leisurely ride round the Swan.
LEADER: Noel Eddington PH: 293 1305 (H)

November 24 Seven Bridges Ride:
70 Km, Moderate Pace, Flat Terrain, 8.00 am Start.
Meet at the Perry Lakes Changerooms carpark for a brisk ride over or past seven metropolitan bridges.
LEADER: Andrew Candy PH: 384 1869 (H)

December 1 Bibbulmun Basin:
Hard Ride, Hilly Terrain, 8.30 am Start. **ATB BIKES ONLY.**
Meet at the Kalamunda Library for a 3 hour ride through Kalamunda National Park, including sections of the Bibbulmun Track. Water biddons essential.
LEADER: Robert Armstrong PH: 448 5826(H)

December 1 Wanneroo Ride:
70 Km, Moderate Pace, Flat/Hilly Terrain, 9.00 am Start.
Meet at Sorrento Marina carpark for a not too slow ride to a mystery destination. BYO Water.
LEADER: Tony Humphrey PH: 309 1906 (H)

December 8 Annual General Meeting
See Front Page For Details.
AGM Ride: 25 Km, Easy Pace, Flat Terrain, 8.30 am Start.
Meet at the Causeway carpark for a leisurely ride to Murdoch University for morning tea and the AGM. If coming independently, follow the signs from the South Street entrance to meeting place. Ride ends at the AGM.
LEADER: Andrew Candy PH: 384 1869 (H)

C.T.A. COMMITTEE (1991)

PRESIDENT : KLEBER CLAUX	458 7519(H)	NEWSLETTER EDITOR : LIZ GREEN	420 8209(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