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

EDITOR: LIZ GREEN

DECEMBER 1991 JANUARY 1992 No 103

## PRESIDENT ON PAGE ONE:

After being approached by and having discussions with a large proportion of the membership I would like to propose that a debate be held at the A.G.M. on the future of the Super Achievement Series.

My own thoughts on the Series are:

1. So that the series caters for a larger proportion of the membership, the 300 km Achievement ride to be dropped and be replaced by a 150 km ride to be slotted in between the 100 km and 200 km ride.
2. Quite often a member misses out on one of the rides because of circumstances beyond their control. So a "The One That You Missed" 200 km could be run on say the 50 km course and the member can ride any multiple of 50 km to achieve the ride they missed out on.

The new series could be called the "C.T.A. - Cycling Challenge".

### What are your thoughts?

One of the main objectives this year was to put the "T" back into the C.T.A. I am glad to say that the support I have received from you all, whether at Committee, Sub-Committee or membership level, as I hoped, has been excellent.

The tours, approximately one per month, varied from two day weekends with accommodation at Y.H.A. Hostels, to the very successful nine day South West Tour in October; which was full pannier with tents and tranga cooking.

We also had the pleasure of the company of five tourists from the Eastern States on the South West Tour.

The climax of the season will be the group lucky enough to go to New Zealand in February of next year for five weeks.

Let us continue with the good work already started in 1991 and make 1991 an even better year.

Kleber Claux.

## THE YANCHEP RIDE

As I sat up in bed and gazed out the window at the tiny patches of blue fighting to be seen amongst the blackness, I wondered who else would be stupid enough to venture out in such atrocious weather. I wasn't alone, there were four other crazies with masochistic tendencies like mine. Simon Koek, Kleber Claux, Marion Maise, Ross Cussons and myself gathered at the service station next to the Karrinyup Shopping Centre on the bleakest Sunday I've seen in ages. We all agreed on the outright insanity of leaving a nice warm bed for a bike ride in wet and blustery conditions. Despite the offer of a reprieve in the form of hot drinks at Simon's house. We were strong...we resisted...we rode. Just as well we did, as it turned out to be a great ride. I would have been sorry if I'd missed it.

We headed for the coast and turned north at Trigg. We were assisted by the 30 kph south westerly winds, which for those of us who rode to the start earlier had provided us with a great opportunity to test our "head-wind battling" technique. The ride to Mindarie Keys for a "munchies" session was interesting to say the least. Apart from the necessary stops every half hour or so to add or shed wet weather gear, the level of obvious insanity began to show. It started with Simon warning us of approaching cars, drain grates and other possible hazards using a single word. Before too long, a cry of "grate" was met simultaneously with several childlike responses such as "tree, road, house, rain" etc. depending on our location at the time. It was a downward spiral from there. Simon and Kleber treated us to excerpts from their vast repertoire and we were serenaded along to the tunes of The Seekers, Simon and Garfunkel, The Beatles and many other legendary muso's. The weather continued to threaten with black, water laden clouds hanging like curtains just off the coast.

continued on page 5



## NOTICE BOARD:

### BORROWED BOOKS

Those members who have borrowed books from the C.T.A. library during the year are requested to return them at the A.G.M. There are quite a few still outstanding and in order that the library be continued next year, it is imperative that you return books.

### 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 organized 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. D. Stobie, R. Powell, R. Buhmann, C. O'Brien, A. Humphreys and L. Garland.

## "SUPER ACHIEVERS"

For those members unable to attend the A.G.M., the following people have gained their "Super Achiever" Awards for 1991: Liz Green, Maureen Murray, Kleber Claux, Andrew Candy, Greg Larkin, Steve Blackbourne, Simon Koek and Murray Bennett.

The C.T.A. would like to congratulate these members on completing what may be the last Super Achiever Series as we know it.

The weather was kind to all participants in this year's Achievement Rides, except for the odd head-wind or spot of rain.

The 1991 Series has not been without its fair share of mishaps and misfortune. Despite blow outs and 'brick walls', spokes and sore seats, bottom brackets and bumpy roads, those who completed their own private acts of masochism helped to perpetuate the 'Achiever' ideal. Regardless of whether you went for the Super Achiever or just the 50 km, at least you had a go. In every Achievement Ride "To Finish is to Win!" and bearing this in mind, we had a huge number of winners.

## WARNING WARNING WARNING WARNING WARNING WARNING

The piece below reads like a trashy novel. If you find this type of material abhorrent, offensive, boring, in bad taste or too close to your own life (or not close enough) ignore it.

The following excerpt (from the Mills & Boone sister publishing house "Cycle & Swoon") is presented in celebration of the engagement of Jane Bowskill and Phil Mangano. Another success story from the pages of CTA's very own dating service, "Rainbow Connections". The union skilfully arranged by Aileen Martin, Ron Bowyer and John Sherwood by way of a recent Bicycle Tour bearing a name not unlike that of the agency!

Their eyes met amidst the chatter of gear ratios and exchanged touring tips. Her heaving chest battling to contain a wildly excited heart. Their thoughts inseparable, longing for the cool rush of a downhill run and a cold shower after a long hard ride.

She moves forward and his sleek physique catches her lustful eye as she approaches him slowly. The designer jeans and Gucci shirt cannot compare with the body hugging closeness of his shimmering black knicks; every inch of rippling muscle accentuated in the light. She dreams of riding behind him, gazing deliriously at his shapely derriere.

He begins to advance, his blood rising and filling every inch of his body with a fiery passion; spurred on by visions of her sleek, toned torso pumping away to conquer a mighty hill. As they meet, a bolt of lightning ignites unbridled, all consuming passion in both of them. It erupts in a violent frenzy of bicycle body language that needs no explanation. Meanwhile outside, their bikes share this electric chemistry. Hers; the sexy red number with sensual lines and eye-catching style. His; masculine and strong. Domineering yet sensitive.

They stand together, partially hidden amongst dark mysterious shadows. Enveloping each of them in a quiet, somehow erotic solitude. The exchange torrid, lustful glances. As her warm lubricated chain hangs expectantly, his slick aerodynamic frame edges closer and closer. Drawn inexplicably by the passion they both feel running through their chromoly forks, they engage in playful exchange of rubber.....inner tubes. His concern for the patches on his rubber are dispelled by her infallible gel.....seat! Quietly, she tells him that her spoke nipple is loose after their last ride and like a gentleman he offers to tighten it for her. Inside, the two young lovers are presented with a plaque with the following inscription written in gold letters.

**THE CTA & IT'S MEMBERS WOULD LIKE TO CONGRATULATE JANE AND PHIL ON THEIR ENGAGEMENT, WISHING THEM EVERY HAPPINESS IN THE FUTURE.**

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## "PEACE BE STILL" CHITTERING VALLEY PANNIER TOUR



**LEADERS- Touring Bikes: Simon Mountain Bikes: Noel**

We met at the Causeway Carpark for a 9:00 am departure. So we left in single file - a colourful caravan, one that "Wilderness Equipment" should have been justly proud of. Simon and his chief scout Steven quickly repaired Marion's bike about 300 metres from the starting point. Then we travelled at a leisurely pace to our "Smoko" at the Bassendean Shopping Centre. A great place to stock up on chocolates and fruit.

Whiteman Park had three kiosks listed on the map. The closest shops were closed. Many kilometres of cycle path later with all kinds of obstacles to be overcome we reached the Village - problems arose when we tried crossing the authentic reproduction Japanese style bridge. Most of us carried our bikes across. The Village restaurant was open, the sun was shining and tables and chairs provided outdoors for our comfort. We thoroughly enjoyed this peaceful respite.

The trek to Bullsbrook was fairly slow for some, so we decided to enjoy the final leg travelling at our own pace. Gloria had a little difficulty believing the signs advertising "Peace Be Still Camp Ground" and so cycled on towards Toodyay. Most of us silently agreed with her. The campsite area was an interesting mix of mud and cowpats. The tents went up.

That old adage about a short cut being the longest way round seemed to apply to Noel, Kleber and Stan as they recounted their day's mountain bike adventure to us on their arrival. They were very late!

Dusk saw Kleber and Stan using the only room around to prepare their evening meal - a cozy room with lighting, running water and seating provided (the men's ablution block). Women were not admitted into this area, so the rest of us braved the elements to cook and make use of the sparse facilities available. Even the wood provided for the outdoor BBQ was too wet to maintain a hearty fire. The weather held off long enough for us to give Simon a belated surprise birthday celebration. What decadence! - taking comfort in birthday cake, chocolates and other indulgent goodies. The rain arrived just as we were bidding each other goodnight. And it rained all night.

Morning came with the weather holding long enough for us to quickly pack and have breakfast. We celebrated

Simon's birthday again with morning tea on the verandah of Bover Park. We demanded service at 8.30 am. The hostess was somewhat surprised but very happy to help. A wonderful way to enjoy the tranquil Chittering Valley. As we headed homeward, the sky opened up and the wind became a gale. This storm was bad. The worst it could have been. We had to cycle uphill, facing freezing winds and heavy rain. We were so cold. Marion fell and Kleber stopped the traffic. The road trains roared past close by and Simon had a flat tyre. We waited in an area offering little shelter from the storm. We were freezing. Then Jenny had a flat tyre. Midland did not want to welcome us into shops (they were closed!), only opening just as we were about to die. We quickly recovered when the Pizza Shop management made us coffees and yummy pizza. The blueness in the fingertips began to fade.

We decided to terminate the tour at the Pizza Shop in Midland. Bob and Gloria were chauffeured home. Allan, Noel, Marion and Simon cycled on and Jenny, Steve and myself travelled by train. What a luxury.

Many thanks Noel and Simon for organizing this tour. It was appreciated by all of us. All members of the group displayed understanding, courtesy and co-operation under such difficult conditions. Well done. Till next time, perhaps with better weather.

Maria.

### CYCLE TOURING MAPS - EXCELLENT VALUE

A collection of maps for 29 different tours have been produced by Action Outdoors. Originally selling for \$9.50, the C.T.A. is offering this collection to members for a discount rate of \$5. Tours include: Canning River, Rottnest, Stirling Range, Pickering Brook, 4 National Parks, Sawyers Valley, Chittering Valley, Historic York, Rockingham, Jarrahdale, Dwellingup, Busselton, Cape Naturaliste, Wineries around Cowaramup, Margaret River, Blackwood River, Walpole National Park and Cosy Corner.

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## ON THE ROAD WITH ROD:

### INTERVAL TRAINING

Even recreational cyclists can benefit from interval training. Through interval training you are adapting your body to harder efforts than you would normally experience. By doing some training at 35-40 kph, when you come to doing a C.T.A. ride at 25-30 kph you will find this lower speed very easy. (That is the theory and surprisingly it works). Even when training for a 24 hour ride I advise a good portion of interval training. You should try to fit in interval training once or twice per week, and never after a hard day.

Find a flat quiet road with no headwind. Do 2 sets of 5 efforts at 85-90% of maximum. Each "on" phase should last 2-5 minutes. Start by accelerating out of the saddle in a 52 x 17 tooth gear then assume a low time trial position and try to aim for 40 kph. Recover by shifting to the small chain ring and pedalling fairly easily but not coasting. When you are mostly recovered, start the next interval. In between sets, pedal easily for 15 minutes. If your form deteriorates or speed drops dramatically, ride easily home. The goal is high-intensity, fast training.

### TIPS TO IMPROVE YOUR CYCLING

- \* Do what you want to do, not what others want you to do.
  - \* Include variety into your cycling. Enjoy yourself.
  - \* Be positive.
  - \* Make cycling a habit.
  - \* Include interval style training into your cycling programme.
  - \* Set reasonable goals but also don't be afraid to go beyond your old limits.
- ....Next issue "Cycling for people with no time to train".



## FOR SALE



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# BIKEWEST

State Bicycle Committee  
Bicycle Management Team

Compulsory bicycle helmet wearing legislation is currently before Parliament and it appears inevitable that compulsory helmet wearing will become law sometime next year, most likely on 1 January.

The law will require cyclists to wear Australian Standards helmets approved by the Traffic Board.

Helmets sold in Western Australia, however, carry a range of "standards" stickers.

The USA ANSIZ 90.4 and Snell Foundation Standards are the most commonly found on imported bicycle helmets, however, New Zealand and the United Kingdom also have bicycle helmet Standards.

Bikewest is not aware of any research or other record which would indicate that these Standards offer lower levels of protection than the current Australian Bicycle helmet Standard AS2063.2(1990).

Most of these overseas helmets are likely to be approved for use under the proposed compulsory helmet legislation.

Australian Standard AS 2063 originated as a general purpose sport helmet, however it was criticized by many cyclists for its weight, bulk and poor ventilation. Although the Standard was updated in 1986 it did little to address the design features sought by cyclists.

The new AS2063.2(1990) allows for a vastly improved helmet design in reduced weight and increased ventilation.

The 1990 Standard allows for either a reduced thickness hard shell, a flexible micro-thin shell, a sprayed coating applied to the soft inner shell or a soft shell only.

The new Standard also allows for substantially larger ventilation apertures than were allowable under the old Standard.

AS2063.2(1986) helmets weigh from approximately 450 to 600 grammes. AS2063.2(1990) helmets weigh between 200 grammes for a soft shell model to 430 grammes for a hard shell model.

The reason why all helmets sold in Australia do not carry the Australian Standard is not necessarily a reflection on the performance or safety of the imported helmets. The cost of obtaining A.S. approval for overseas manufactured helmets is very expensive. In a small market like Australia, this cost can often not be justified by overseas manufacturers.

Despite the complicated array of helmet standards, if the current legislation before Parliament is passed, it will be important before purchasing a helmet that you ensure it is affixed with an Australian Standards sticker or has been approved by the Traffic Board. The good news is that it can be expected that the Board will approve most overseas standards helmets



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## NEW ZEALAND TOUR 1992

Well, it's countdown time folks, only 8 weeks to go before we blast off.

The recent 9 day South West pannier tour was a good training ride for the big one in New Zealand in February. Out went the bulky heavy clothing and a trip to Paddy Pallin for the "in" gear so well modelled by Simon, Stan, Paul and Steve on the tour. Systems for packing panniers and tents etc, were developed to a fine art as the days progressed with Steve and Jenny miles ahead with their ability to cook imaginative meals with their Trangia stoves.

A number of the group intend to do a 3 day trek along the Routeburn Track while we have five rest days in Queenstown. The New Zealand tourists will be doing a few Saturday afternoon to Sunday camping trips during December - January as training rides. All members with appropriate equipment are more than welcome to join us on these trips and will need to contact Steve Blackburn on 339 3203 (H) for information.

Moir Humphry is doing the design work for the official T shirt and we will model them for you at the Muffin Ride on January 19 at Stan's place.

Simon is concerned about the availability of Devonshire Teas in New Zealand as Customs do not allow the import of any food stuffs from other countries.

Finally, I would like to thank all those people who have assisted us with information and ideas on New Zealand, it certainly has made it a lot easier to organize.

Kleber Claux.

## THE YANCHEP RIDE continued from page 1

We were very lucky in that every time a front hit the coast we were either in front of it or behind it. So we never really got a soaking.....as such.

Eventually we moved inland at Burns Beach to continue our northward trek to Yanchep. As we passed a piggery, I demonstrated the technique for making people think you're a complete moron. For those who missed out on this lesson, the technique is simple. When you see something small and unusual, squeal in a high pitched voice "Ohhhh!.....so cute!!!". It works!

We arrived at Yanchep about 12.00 pm and after a short ride through the golf course - a good argument for helmet wearing!, we visited the Koalas. It's funny how such little sedate looking creatures can be so deceptive. They look so soft and cuddly, trouble is if you tried to cuddle one it would probably tear you limb from limb.

Lunch came in the form of hamburgers from the kiosk, we would have preferred the roast we could smell at the tavern but being poor humble cyclists we decided the kiosk was better value. By the time we left Yanchep, it was sunny and warm (Thank heavens!!). We travelled back via quiet roads adjacent to Wanneroo Road. The wind was still strong, which gave us all the opportunity to practise our drafting skills. That was fun! At one point in Carabooda, we thought we'd lost Simon to a big dog, but it brought him back.....after some cajoling! A brief stop at the pine plantations on Pinjar Road saw a multitude of muesli bars, bananas and assorted nibbles presented for consumption. These were demolished within minutes with frightening accuracy.

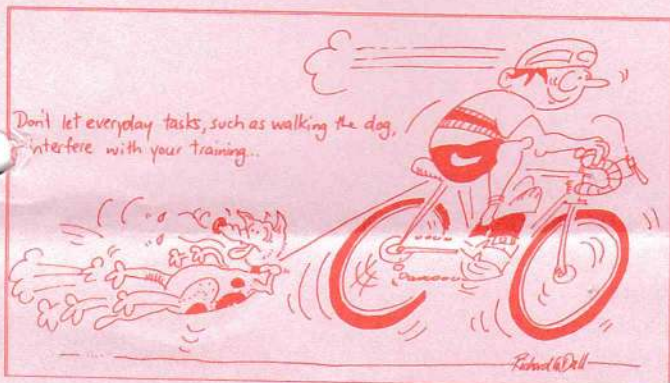
The insanity continued with references to the livestock we passed. The singing was now confined to individual efforts, occasionally combining to warn the locals of our imminent arrival.

I left the merry band near Gnangara as my knee was playing up but I have to say that I thoroughly enjoyed myself despite the weather. The conditions were foul but the company was hilariously insane.

Liz.

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## EDITOR'S CHIT



Ho! Ho! Ho! It's that time of year again. When bike bells are exchanged for sleigh bells, sweaty socks for Christmas stockings and muesli bars for Christmas cake. Christmas is a time when cyclists come into their own. Frequently presented with copious amounts of irresistible gourmet goodies, zealously consumed only because refusal would offend the cook !!!

As the year draws to a close, I find myself reflecting on the events that have made this year in many ways unforgettable. New friendships, old ones re-kindled and experiences shared. Cycling within the club is developing and changing progressively, making the CTA a better all round cycling club. There aren't many clubs which cater for such a variety of interests and experiences as the CTA and for this reason I believe we should look to the future and making it even better.

Congratulations to the masochists who recently completed the 300 km Achievement Ride. The weather was perfect, except for a 'slight' head-wind between York and Brookton.

Thank-you !!! To all those closet writers amongst you who have finally decided to take the plunge and show your scribbles to the world (well, the CTA at least !). I was beginning to wonder if my constant rambling on the subject was falling on deaf ears.

The CTA would like to wish Bob Clapp a speedy recovery from a hip operation recently. We hope to see him back on his bike and terrorising the locals in and around the south west soon.

For those of you who ordered T-Shirts for the Rainbow Coast Tour some time ago and are wondering what became of them. They are coming ! A letter will be forwarded to those who ordered them to confirm details of size and quantity etc.

On the subject of T-Shirts, the club shirt which was to be ready for the A.G.M. won't be !. There have been numerous problems getting them and for this reason apologies must be made. It looks as though they will be available in the new year. However, I have chosen a winner of the design competition (drum roll please !.....) RORY MURRAY ....COME ON DOWN !!!! Rory will receive a complimentary shirt as soon possible. The President, Committee and I would like to extend Christmas Greetings to all members and their families. We hope you have a safe and joyous Christmas and look forward to seeing you all again in the new year.

Ed.

## THE CHOICE TO CHOOSE

Funny what you think as you cycle sedately along a dual use path sometimes.

You pass a pedestrian - of course not wearing a helmet, a fellow citizen smoking a cigarette and another consuming 'junk food'. You notice streams of cars going by on an adjacent road. None of the occupants are wearing helmets.

Your train of thought is momentarily broken as you get a whiff of exhaust pollution and then you think - what a tolerant society we live in, to absorb the cost of the activities of these ordinary everyday citizens.

Then, as you brush your fingers through your hair, it dawns on you that you are not wearing a helmet; you will be breaking the law. You inadvertently stop pedalling upon this realisation and then push on slowly to maintain a straight line. You wonder whether this is unfair discrimination and begin to pick up speed.

A thought hits you like a ton of bricks. Politicians are free to live this carefree life - at great cost to society. Oh the injustice, you think as you get madder (and faster). These people passing in cars are hypocrites. They are the ones who argue that we cyclists must wear helmets; that they know what's best for us. You contemplate all sorts of legal behaviour which costs society a fortune - gambling, alcohol, worship of the god of economics that tolerates high unemployment.

You almost smile at the irony of islands popping up like mushrooms on our roads, making it increasingly more dangerous for cyclists. You ease up as your attention is drawn to the immediacy of a passing wheelchair. Oh no you think, as this reminds you that the Minister for Police, Graeme Edwards, is never seen wearing a helmet. This is puzzling, you think, as you search for some explanation.

You've slowed right down as you try to be positive about having respect for the law, as you try to savour the joy of living in a democracy. It's no use. With a bitter taste in your mouth you consider your options. Could rush out and buy a helmet. Could get a ring put through the nose in readiness for the next direction from the Government.

Paul Smeets





## RIDES CALENDAR: DECEMBER-JANUARY



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.

### December 1

#### Bibbulmun Bash:

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 Humphry PH: 309 1906 (H)

### December 8

#### Annual General Meeting 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. **NOTE; For the convenience of both the members and the committee, membership fees for 1992 can be paid at the A.G.M.**

LEADER: Andrew Candy PH: 384 1869 (H)

### December 15

#### Lakes Ride:

40 Km, Easy Pace, Flat Terrain, 9.00 am Start

Meet at the Kings Park Log for a tour of Local Lakes including Jackadder, Shenton Park, Herdsman, Monger and Perry Lakes.

LEADER: Ron Bowyer PH: 382 3993 (H).

### December 15

#### Centurion Ride:

70 Km, Moderate Pace, Hilly Terrain, 8.00 am Start.

Meet at the Bilgoman Swimming Pool at Glen Forrest (on G.E. Hwy) riding to Sawyers Valley and up Coffin Hill!

LEADER: Tom Freeman PH: 295 1802 (H).



### December 22

#### Dual Xmas BBQ Rides:

**Greg's Ride:** 90 Km, Moderate/Fast Pace, Hilly Terrain, 8.00 am Start

Meet at Midland Town Hall for a hard ride up Darlington to Lake Leschenaultia

LEADER: Greg Larkin PH: 361 1959 (H)

**President's Ride:** 50 Km, Easy/Moderate Pace, Flat/Hilly Terrain, 9.00 am Start.

Meet at Mundaring Hotel, Jacoby Street (in the town not Weir!) for a ride to Lake Leschenaultia chauffeured by Kleber himself!

LEADER: Kleber Claux PH: 458 7519 (H).

**NOTE: BYO meat, drinks, swimming togs - salads provided. Vehicle available for gear transport. Shop located at Lake too!**

### December 29

#### River Ride:

50 Km, Easy/Moderate Pace, Flat Terrain, 8.00 am Start.

Meet at Causeway Carpark for a ride to Fremantle and return.

LEADER: Paul Frisina PH: 245 2275 (H).

### January 4

#### Let Your Hair Down Party:

**NOTE: SATURDAY EVENING** about 8.00 pm at 34 Windsor Drive, Gosnells.

Come disguised - wear normal clothes. Maureen has some good music so bring your dancing shoes and don't forget your bathers so your good clothes wont get wet when you are thrown into the pool. BYO supper, nibblys and drinks.

ORGANISER: Maureen Murray PH: 398 7086 (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

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



**January 5 Shoalwater Ride:**

110 Km, Moderate Pace, Flat Terrain 7.00 am Start.  
Meet at the Carriage Coffee Shop opposite the Esplanade Hotel, Fremantle for a ride to Shoalwater Bay. BYO bathers, zinc cream.  
LEADER: Liz Green PH: 454 6102 (H).

**January 5 Informal Ride:**

Causeway Carpark 8.30 am Start.  
See Notice Board for details.

**January 12 Mundaring Loop:**

90 Km, Moderate/Fast Pace, Hilly Terrain, 7.00 am Start.  
Meet at Causeway Carpark for a ride up Crystal Brook Road, and past the Weir.  
LEADER: Greg Larkin PH: 361 1959 (H).

**January 12 Slow Breakfast at Fast Eddy's:**

50 Km, Easy/Moderate Pace, Flat Terrain, 6.30 am Start.  
Meet at the Causeway Carpark for a ride to Freo for breakfast and a dip at a local beach. BYO bathers and sun block!  
LEADER: Kleber Claux PH: 458 7519 (H).

**January 18 Audax 300 KM Randonee:**

**NOTE: SATURDAY START - 300 Km, Hilly Terrain, 5.00 pm Start.**  
Meet opposite the Midland Town Hall at 4.30 pm for a 5.00 pm start, the course Midland - Guilderton - Bindoon - Toodyay - Midland. Lights and reflective vests essential. There will be a breakfast BBQ after the ride. Entries close January 11th.  
ORGANISER: Phil Giddins PH: 384 6895 (H).

**January 19 Muffins in the Morning:**

Farewell Feast to the New Zealand Tourists. 60 km, Easy/Moderate Pace, Flat Terrain, 8.00 am Start.  
Meet at Kings Park Log for a ride to Stan's house in Greenwood. Be prepared for a feast of freshly baked home made muffins and a splash in the pool. BYO bathers.  
LEADER: Arie Lemsens PH: 307 5820 (H).

**January 19 Informal Ride:**

Causeway Carpark 8.30 am start  
See Notice Board for details.

**January 26 Canning Markets Sweetshop Ride:**

60 Km, Moderate Pace, Flat/Hilly Terrain, 8.00 am Start.  
Meet at Causeway Carpark for a ride to a Top Lolly Shop somewhere south of the river, via big hills.  
LEADER: Maureen Murray PH: 398 7086 (H).

**January 27 Fireworks Night Ride:**

**NOTE: MONDAY NIGHT.**

30 Km, Easy Pace, Flat Terrain, 6.00pm Start.  
Meet at Lake Monger (near Freeway) Carpark. Destination to a vantage spot on the river to watch the Skyshow. Lights and reflective gear essential.  
LEADER: Arie Lemsens PH: 307 5820 (H).

**February 2 Atrium Breakfast Ride:**

130 Km, Moderate/Fast Pace, Flat Terrain, 6.30 am Start.  
Meet at the Carriage Coffee Shop (opposite Esplanade Hotel) Freo for a brisk ride to Mandurah for breakfast.  
**NOTE: Participants should possess the 100 Km Achievement Award or equivalent ability.**  
LEADER: Graham Burton PH: 450 3885 (H).

**February 2 Tea and No Sympathy Ride:**

55 Km, Easy/Moderate Pace, Hilly Terrain, 8.00 am Start.  
Meet at Kelmscott railway station for a SCENIC ride that takes in **BREATHTAKING VIEWS**, Devonshire Teas included!  
LEADER: John Meakin PH: 332 5550 (H).

**February 9 Jarrahdale Jaunt:**

140 Km, Moderate/Fast Pace, Flat/Hilly Terrain, 7.30 am Start.  
Meet at the Carriage Coffee Shop (opposite Esplanade Hotel) Freo for a breezy ride to Jarrahdale. **NOTE: Intending participants should possess the 100 km Achievement Award or equivalent ability.**  
LEADER: Phil Giddins PH: 384 6895 (H).

**February 9 Swan River Sojourn:**

50 Km, Easy/Moderate Pace, Flat Terrain, 8.00 am Start.  
Meet at Causeway Carpark to join John and his band of merry cyclists for a ride down to the ocean and then to Freo for coffee.  
LEADER: John Sherwood PH: 447 8939 (H).

**TYPESETTING : Mike Waters**

**PRINTING : Terrace Print**

**C.T.A. COMMITTEE (1991)**

<b>PRESIDENT :</b> KLEBER CLAUX	458 7519(H)	<b>NEWSLETTER EDITOR :</b> LIZ GREEN	420 8209(W)
<b>VICE-PRESIDENT :</b> RON BOWYER	224 2460(W)	<b>SOCIAL SECRETARY :</b> GRAEME BURTON	450 3885(H)
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<b>TREASURER :</b> MAUREEN MURRAY	398 7086(H)	<b>ASST RIDES CO-ORDINATOR :</b> 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**



## CHOOSING A CTA RIDE

The CTA rides are classified by length, speed and type of terrain. Length is specified in kilometres and generally between 30 and 150 km. Speed is described as easy, moderate or hard (fast). Terrain criteria are chosen from flat, hilly or flat/hilly (mixture). These criteria are chosen by the ride leader for the day and it is important that the leader choose an accurate description of the ride to inform prospective riders of the degree of difficulty of the ride. The ride criteria can be represented by the following table showing possible combinations of speed and terrain.

	EASY	MODERATE	HARD
FLAT	SUITABLE FOR ALL MEMBERS	GOOD RIDERS LIGHTWEIGHT BIKES FAST TOURING BIKES	LIGHTWEIGHT  BIKES  AND  STRONG  RIDERS  ONLY
FLAT/ HILLY	REASONABLE FITNESS. LOW GEARS. ALL BIKES WITH SUITABLE GEARING OK.	STRONG RIDERS LIGHTWEIGHT BIKES & SOME HARD RIDDEN TOURERS.	
HILLY	GOOD LEVEL FITNESS. LOW GEARS FOR HILLS	STRONG RIDERS PREF. LIGHTWEIGHT BIKES	

What does it mean? It can be very difficult to generalize due to different abilities and bikes. However, I feel that it does mean that a ride description should limit what types of bikes and riders attend.

**MOUNTAIN BIKES:** On road rides, mountain bikes (even with slick tyres) will be slower and harder to pedal than road bikes (including touring bikes) due to greater weight and drag. As a consequence mountain bikes ridden by weaker or less experienced riders will find difficulty in keeping up with the group. The longer the ride the more noticeable it will be.

**TOURING BIKES:** Touring bikes are very versatile bikes, when fitted with narrow tyres and ridden well, they can comfortably maintain pace with the group. Due to their low gearing they are often perceived as being, good for hilly rides, which they are. But unless ridden hard will be slower than fast lightweight bikes. I would suggest therefore, it attempting a moderate pace ride with hilly terrain to be prepared to work hard and push a higher gear than normal.

Having said all this, I would recommend that a ride leader select an appropriate description for their coming ride so as to give prospective riders a clear indication of the flavour of the ride. All prospective riders should consider carefully the criteria and if they have any doubts should ring the ride leader prior to the day.

Lastly I should add that some ride leaders have a penchant for certain types of rides eg: "a long, hard ride in the hills", no names no pack drill! But talk to other members if you're unsure and find out whether or not the proposed leader has these tendencies and decide accordingly.

Andrew Candy

## QUICK SILVER

Well a bad ride aint good,  
On a hot summer's day,  
I tried to hang with her,  
But I fell by the way.

They call her Quicksilver,  
Though Sylvia's her name,  
And riding a Moulton,  
Is her claim to fame.

She goes up those hills,  
Like they weren't even there,  
Passing those riders,  
With the wind in her hair.

On the strangest little bike,  
That you've ever seen,  
She burns up the highway,  
On this flying machine.

When you're climbing a mountain,  
And you can't see the end,  
Quicksilver's sped over,  
And stormed round the bend.

Down those Pemberton Hills,  
We race back up and then,  
I fall by the wayside,  
And I've lost her again.

So if you challenge this lady,  
As I'm sure that you will,  
Don't you try to race her,  
Unless you're going down hill.

No a bad ride aint good,  
On a cool Spring day,  
Though I tried to hang with her,  
I - fell - by - the - way.

Brian Gale





# My first Audax

(or what I told my psychiatrist )



**Absolute disbelief ...** 5.00am Sunday morning listening to the pitter patter of torrential rain, hail and gale force winds on a galvanised roof. Surely they wouldn't !!

Maria convulsing merrily in her sleeping bag (she wasn't going !) Brett inspiring the masses in striped flannel P.J.'s - "I've never known them to cancel an Audax yet !" I've been conned again !

6.00am and we're away in semi darkness, drizzling rain and semi consciousness - I'm the only female, the slowest rider ...what a masochist --- what an idiot !

**Unbelievably cold ...** having watched Kleber and countless other lycra clad bums disappear in the distance, the remnants began what should have been a memorable cruise down the Nannup Hill. Suddenly out of nowhere freezing blasts of cold and stinging hail leave me unable to feel my hands, my feet or the brakes ... I close my eyes, clench my teeth and hope! Eternal gratitude to the team in the 'sag wagon' - John, Aileen, Maria and Kristina, busy reviving blue bodies, sitting us on our bikes and whipping us onward with TLC and Commando like determination.

I still can't feel my feet - but Steve's valiantly donated his trousers to the cause !?. Brett looks like the Phantom (he who cycles) in his balaclava and gloves.

**Determined ...** to get to the 120 km mark psychologically intact (the body had long since stopped fighting). Ably cajoled by Simon's chat and Monty Python quips as well as Steve and Brett repeatedly assuring me that I was improving (telling that to someone at the bottom of a hill when they're at the top !) Finally pit stop number two; I now have two feet and it's even threatening sunshine.

**Alive and well ...** and sunshine at last. Simon and I pootle past Steve and Brett, our spirits high - for one audacious moment I actually believe I am enjoying myself. Then suddenly headwinds, rain, Steve and Brett accelerate to the fore, deciding my ego's had a big enough trip. Manjimup - oranges and milo's with the 'sag wagon' team doling out care like Good Sammies to the derelicts outside the loos. Only 26km's to go !! ... Almost longer, as our trusty leader Brett misses the Turnoff (had he really ridden this route before ?).

Almost there, behind sore and behind again, surreptitiously gorging a chocolate bar entrusted to me.

Suddenly Sears Rd ends

Yeeee ha !!!

**Xtasy ...** a hot bath, hot fire, hot soup. Lots of congratulatory handshakes, hugs and kisses (did I ride 200 km for this - there must be an easier way !) Eternal thanks to my tormentors: Brett, Steve and Simon. To the indefatigable support of the 'sag wagon' team and the warm reception committee at camp - can't wait to do it again ..... sometime !

**N.B.** Since writing her memoirs, the authoress is responding well to electroconvulsive therapy and antipsychotic treatment.

JENNY KNIGHT



# THE AUDAX CLUB OF AUSTRALIA

**AUDAX - Long Distance Cycling at your own pace.**

## **What is Audax?**

The Audax idea originated in France in 1904, with numerous clubs now operating worldwide. Audax Clubs conduct non-competitive cycle rides over specified routes and distances which must be completed within set time periods. At the successful completion of each event, the rider is eligible for a certificate and medallion to commemorate his/her achievement.

## **What are the distances and time limits?**

Rides are held over distances ranging from 200kms - 1500kms. Time limits are as follows:

200Km - 13Hrs 30Min	1000Km - 75Hrs
300Km - 20Hrs	1200Km - 90Hrs
400Km - 27Hrs	1500Km - 120Hrs
600Km - 40Hrs	

Time spent eating, sleeping or resting or having sex is included in the overall time allowed to complete the ride.

## **Who can participate?**

Audax events are open to all cyclists. Whether you be a racing cyclist, triathlete, or recreation cyclist, you will benefit from the challenge and achievement that Audax cycling can bring. You don't have to be a member of Audax to participate, although members enjoy the added benefits of reduced entry fees and regular news journals.

## **What equipment is required?**

Apart from a moderately fit body, Audax riders must also have a reliable bike, fitted with efficient lights, effective brakes, rear reflector, pedal reflectors or reflective ankle socks and a bell. **The wearing of a helmet is compulsory.** Riders need to be self sufficient, i.e. carry their own food, tools and spares. Support vehicles may be accessed only at the official control points (approximately every 50Kms).

## **What rides are scheduled for 1992?**

TURN OVER THE PAGE.

## **Where can I get further information?**

Contact your Audax representatives:

John Martin -	293-8170 - President
Don Briggs -	458-8175 - Secretary/Treasurer
Phil Giddins -	384-6895 - Ride Organiser/Committee
Brian Hawes -	398-4724 - Ride Organiser/Committee
Brett Rutherford -	339-7059 - Ride Organiser/Committee



## **FREE OFFER**

**YOUR FIRST AUDAX RIDE IS FREE TO ALL NEW MEMBERS**



# AUDAX AUSTRALIA (WA)

## PERTH REGION 1992 CALENDAR OF RANDONEES FOR BICYCLES

DAY	DATE	DIST	COURSE
Sat	Jan 18	300Km	THE DUSK TO DAWN - Midland-Guilderton-Bindoon-Toodyay-Midland. 5pm start and breakfast BBQ after the ride.
Sat	Feb 22	200Km	THE SOUTH STIRLING RIDE - Albany-Denmark-Mt. Barker-Kambelup-Albany.
Sat	Mar 21	400Km	THE VINEYARD WHEEL - Midland-Moora-Toodyay-Midland.
Sun	Apr 19	200Km	PIONEERS RIDE - Toodyay-Southern Brook-Meckering-York-Toodyay.
Thu	Apr 30	200Km	THE DAIRYLANDS RIDE - Wungong-Waroona-return.
Thu	May 14	1000/1200 1500Km	THE GREAT SOUTHWEST TOUR - Kelmscott-Boyup Brook-Augusta-Donnybrook-Kelmscott.
Sun	May 17	300Km	THE COALFIELDS TOUR - Donnybrook-Collie-Boyup Brook-Donnybrook.
Sat	Jul 18	600Km	THE RAILWAY BARRACKS TOUR - Kelmscott-Marradong-Boyup Brook-Kelmscott.
Sun	Aug 16	300Km	THE WHEATBELT RIDE - Midland-Clackline-Grass Valley-Midland.
Sun	Aug 30	200Km	THE DARLING RANGE RIDE - Pickering Brook-Toodyay-return.
Sat	Sep 12	600Km	THE WATTLE TOUR - Kelmscott-Leuwana Park-return.
Sun	Sep 27	200Km	THE ESCARPMENT - Kelmscott-hilly ride.
Sat	Oct 10		OPPERMAN ALL DAY TRIAL.
Sat	Oct 24	200Km	THE TIMBERLAND ROUTE - Donnelly River-Nannup-Pemberton-Donnelly Mill.
Sat	Nov 7	400Km	THE COCKATOO PEDAL - Midland-Wongan Hills-return.