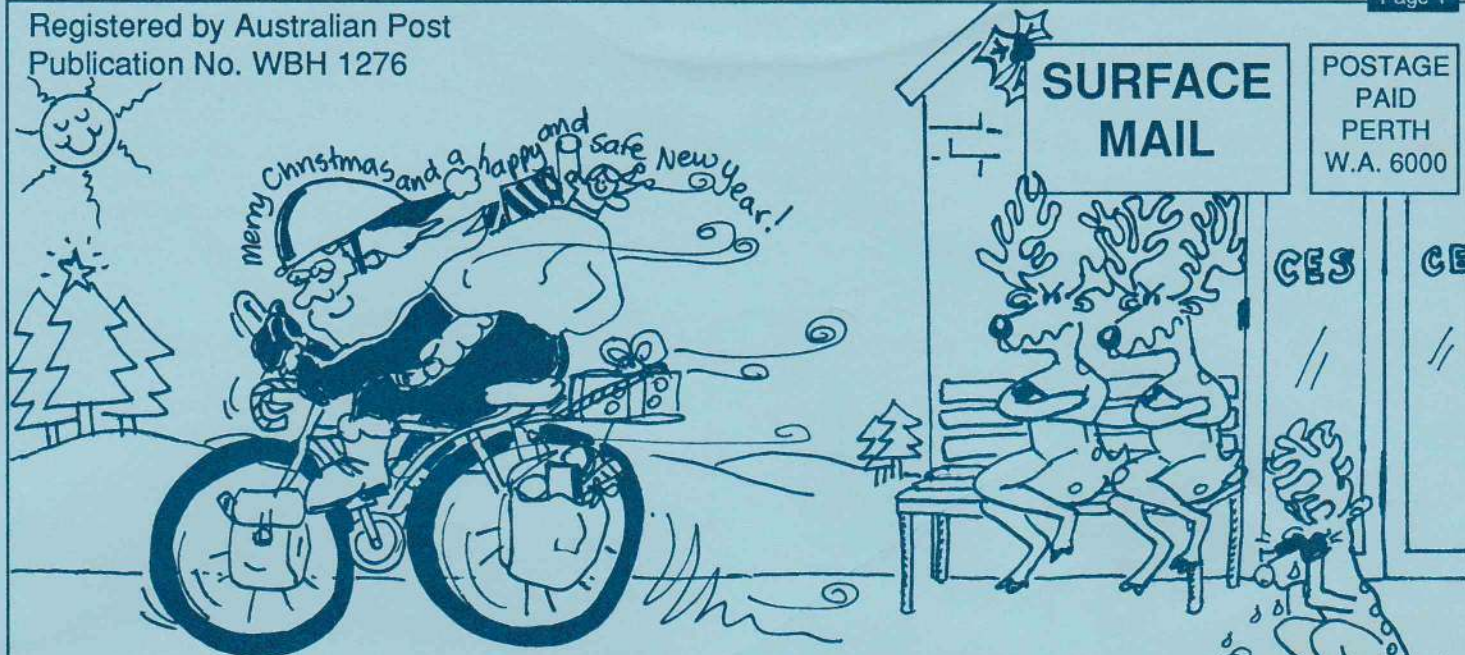


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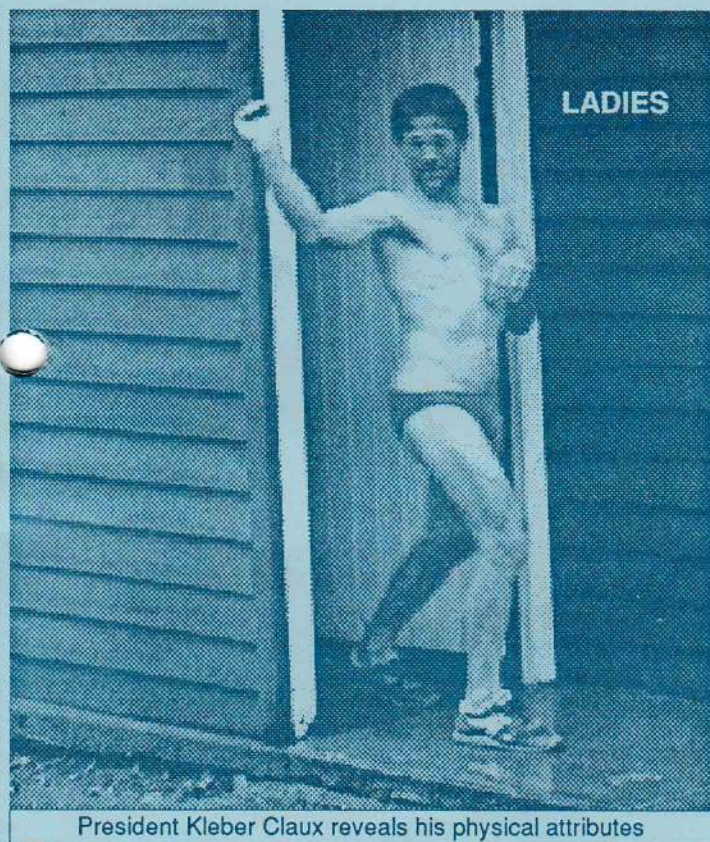


Newsletter of the **CYCLE TOURING ASSOCIATION OF W.A. (INC)**

EDITOR: Jenny Knight

DECEMBER/JANUARY 1993 No 109

President waves a tearful farewell from the seat of power – A job well done!



President Kleber Claux reveals his physical attributes

- ★ Full pannier tours
- ★ The new Challenge Series
- ★ Combined touring and mountain bike weekends
- ★ New club clothing
- ★ Greater variety of rides and tours

There are two things that I am particularly pleased about. These are the continued success of the Friday night social evenings instigated by my predecessor, Arie Lemson, and the fabulous atmosphere created by the combined club rides, where all club members can find out what other clubs have to offer and join in the common interest of cycling.

The members can look back with a sense of pride in the part they have played during 1992 to help put the 'T' back in to the CTA. A special mention to the ride leaders and tour organisers who gave us the opportunity of participating in excess of 100 rides and tours during 1992.

In the years that I have been associated with the club, I have had the opportunity to develop many skills and *physical attributes*; to develop self-reliance; and to be involved in a club atmosphere where people can learn to work together towards a common goal.

The most satisfying experience of my 'career' has been my involvement with the fine people of cycling. Lets keep this spirit of camaraderie!

I would like to take this opportunity to thank the retiring committee for all their support and hard work in running this club successfully. I know all members will get right behind their new committee so that the CTA can continue to flourish.

Finally, I would like to thank my long suffering 'cycling widow', Marcia, and my family, who, despite enduring my lack of attention for the past two years, have always been supportive.

Happy cycling!

Kleber Claux.

So as to keep the club moving forward with new ideas and enthusiasm, it is important that there be change. For this reason, I will be standing down from the 'Presidency'.

It has been a wonderful and challenging two years at the helm, which has seen many changes and hopefully some improvements to what is being offered to the members. Some of the things that come to mind are:

MEMBERSHIP FEES

Intending members should note that there is an anticipated fee rise in the new year. The new fee structure will be announced by the new committee and will probably amount to a \$5.00 increase on the existing level of \$20 for an adult. Watch this space in the next newsletter issue. For further information and application forms contact the treasurer, Maureen Murray on 398-7086 (H).

MEMBERS ONLY

Don't forget-for those aspiring achievers and travelling tourists out there, **members only** will be allowed to participate in Achievement/Challenge rides and tours, with the exception of the "On Your Bike WA" tour.

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:

Brent Lindsay	Alan Lindsay	Ian Yates
Robert Zwikielberg	Bruce Anstie	Charles Reed
Scott Ayles	Beverley Ayles	Ann Wilson
Patsy O'Grady		

INFORMAL RIDES

For those who do not wish to join the organised ride of the day but would still like company, a time and place is given for **informal** rides. It is then up to those who turn up to decide where and for how long to ride - try it!

WORK WANTED

Are you in need of wedding invitations, graphic art work, or business cards etc? If so, contact Moira Humphry on PH: 309-1906 for all your *Calligraphy* needs.

ACHIEVEMENT/CHALLENGE SERIES

Well, the Super Achiever/Challenge rides series is now completed. The new series has been a walk-away success, with nineteen members completing the required rides to qualify for the Challenge badge. Congratulations to all recipients, and congratulations to everyone who picked up awards for individual rides along the way.

Super Achiever award recipients:

Steve Blackburn	Ross Cussons	Lin Hambleton
Marian Mayes	Chris O'Brien	Nick Spackman.

Challenge award recipients:

Craig Abernethie	Andrew Candy	Kleber Claux
Noel Eddington	Jenny Knight	Simon Koek
John Meakin	Mark Nilan	Brett Rutherford
Cyril Veleff	Alan Walton	Alan Williamson
Graham Wilton.		

EDENVALE SUMMER FAIR

The Edenvale Committee are organising a Summer fair at Pinjarra, on Saturday 13th of February 1993. The fair will start at 6.30pm and finish around 9.00pm and will exhibit a large variety of crafts and produce from the area. The event is being run in conjunction with Hotham Valley Railways and they will provide a train to take people there and back from Perth. The fare for the round trip from Perth to Pinjarra is; \$9.50 for children, \$17.50 for seniors, and \$19.50 for adults.

To encourage cyclists and their families to take part in the event, the Hotham Valley Railways have offered to put a carriage on for the transport of around 50 bikes. Provided they get enough support, the cost of the one way trip from Pinjarra to Armadale (including the bike) is \$15.00.

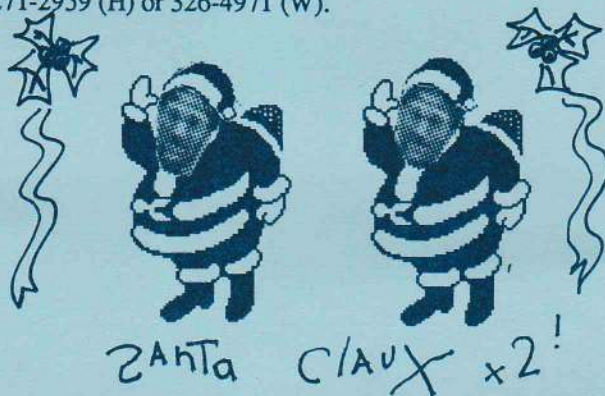
The CTA ride would leave Armadale around 2.30pm, arriving at Pinjarra around 6.00pm. If you are interested in doing the ride, please contact Simon Koek on 271-2959 (H) or 326-4971 (W), giving the number of cyclists and non-cyclists (if you wish to sit together on the train). Places are limited, and numbers are required by the 22nd of January 1993.

LIFE CYCLE

The Kidney Foundation of Australia is interested in organising a bicycle ride of approximately 50km around Perth. It would be staged to encourage public awareness of the benefits of organ donation and as a fund raising activity. The ride is scheduled for Sunday 4th of April 1993, and will probably occupy most of the day.

Although ideas are yet to be finalised, I would like to hear expressions of interest from members who would like to support the event, either as a marshall or as a support person. These events not only benefit the Foundation, but also increase the public's interest in cycling. They are also a great promotional vehicle for the club, its friendliness and enthusiasm.

If anyone would like to volunteer, please contact Simon Koek on 271-2959 (H) or 326-4971 (W).



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EDITOR'S CHIT

I'm baaa-aack!! The wandering weirdo has returned... My apologies for the lack of promised articles but with the length of mailing time and newsletter deadlines, getting it together was difficult. Following my return to Terra-Australis, the task of assimilating back into 'normal' life has been made very hard by memories of my wonderful holiday. I was lucky enough to be in Paris for the end of the Tour de France. Its hard to describe the feeling for me, watching in awe some of the world's greatest cyclists realising their dreams, having completed the most gruelling two weeks of their lives.

The highlight of my holiday was being in Barcelona for the Olympics. The atmosphere was electric. Very hard to put into words. Unbearably hot days and balmy nights, multitudes of different nationalities and the unquestionable unification of human spirits that only an Olympic Games can provide (buckets please.....!) Fond memories of Barcelona's bus system as I unerringly made my way to the cycling events armed with numerous maps and a head full of directions (in Spanish!) The locals gained much mirth from my signalling, smiling, somewhat nervous disposition as I headed off blindly into Barcelona's 'burbs'. A real experience!

Believe it or not, between watching world class cyclists 'do their stuff', yours truly burned some rubber in some of the most spectacular scenery in the world. MTBing in Switzerland, and Austria was a real buzz! The attitude to cycling in Europe (as those of you who are familiar with it will know) is unbelievable. They love their cyclists, and other road users show them respect and courtesy unlike the contempt shown to our cyclists.

Enough of my idle ramblings... to more important issues. My heartfelt thanks to Jenny doing such a wonderful job in my absence. The job of editor is involved and at times, extremely trying, so, a job well done! Thanks also to Steve Blackburn for his superb effort as typesetter and chief newsletter helper. Onya guys!

As this will be my last spiel as Editor (a huge sigh of relief is heard from the membership!), I would like to thank all those people I have used, abused and crawled to during my time as Editor. It has been interesting!

Liz Green



CLAYTON'S EDITOR CHIT

She's baaa-aack! Aaaaagh! Still bright and chirpy as ever and still talks nineteen to the dozen. Welcome back Liz!

Now, to business... The *Tour des Capes* was a howling success yet again, and one I had the pleasure to participate in. You can live so much in nine days that returning to work is quite an unusual experience. Ah, to be immersed in a sea of cycle-loving, environmentally and diversely friendly people in the glory of such beautiful scenery, food, food, more food and wine. Jenny heaven! It amazes me it always seems to run so smoothly, and leave you wanting more! But with the likes of Aileen Martin, John Sherwood, and Ron Bowyer at the helm of the 'marshall family', how could things go wrong?

Ron and John are retiring from their roles in the "On Your Bike WA" tours this year, which is a sad loss. I sincerely hope you'll continue to come on the tours though guys, things wouldn't be the same without you. Thankyou from myself and all of us whose introduction to, and love of, cycling has sprung from these tours.

Well the AGM sees in a new committee in a few weeks, so there are some people I must thank visually for the preparation of this newsletter. Firstly Simon Koek, who I badger constantly for a rides calendar. He has got to have one of the most thankless jobs on committee, but despite self-inflicted late nights (what a social life!) and Jenny-inflicted late nights, always retains an enviable jocularly about it all. Secondly, to Steve Blackburn, who corrects my grammar, listens to all my sob stories about getting the publication to print and makes his computer do amazing things to spit out a classy final product. Tante, tante grazie!

The AGM also sees the end of the reign of Kleber the Claux, our fearless leader, inventor of the never ending 'list' at committee meetings and the man chiefly responsible for putting 'the T back into the CTA' (and consequently encouraging a BIG upswing in membership). He has an enormous sense of responsibility to the club and what he was trying to achieve, with unbelievable results. A true gentleman and a fairer man I have never met and I shall miss him very much. He also has one helluva cute bottom, which I will miss seeing on rides. Thankyou mon capitain!

Jenny Knight.

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Our story to date, Marian Mayes, mild-mannered veterinarian, mother, wife, and SUPERWOMAN has in one long week travelled from Perth, Western Australia 1360km through the wheatbelt, goldfields and across the Nullabor to reach Madura, but a stones throw from the South Australian border... and on her bike!

And now the epic journey continues...

DAY 9 Sunday (MADURA-BORDER VILLAGE 197km)

I left at 5.30am with the sky just beginning to show red. I had been lead to believe there was a big hill to climb, but fortunately it was another lie! As it began to get light I could see a range of hills a couple of kilometres away on my left. There was a cold head/cross wind.

It became very hot and my sunburnt face was getting worse. I had discovered that the sandwiches I had purchased at the motel had been made with coleslaw and the bread had disintegrated into a soggy mass of mayonnaise. I was so hungry when I reached Mundrabilla, that I settled for hamburger and chips. I can't believe I am really eating the things I have been eating over the last few days. At times, even two-day old sandwiches have tasted good!

Over lunch I met up with the two policeman who had wanted to see my passport. One was able to identify some of the local birds I had been seeing. He also presented me with a half-used bottle of sunburn cream which probably saved my life.

At the end of a hot day, sundown found me laboriously climbing Eucla Pass into a nasty headwind. I could see the ocean and sandhills on my right.

I didn't stop at Eucla, but kept going to Border Village and arrived just after dark. There is a forecast of strong winds and rain for tomorrow.

DAY 10 Monday (BORDER VILLAGE-NULLABOR 188km)

I lay awake most of the night listening to the gale force winds trying to lift the motel off its foundations. It rained most of the night.

I left just on daylight and found that the wind had died and the rain had stopped. I could see the ocean on my right with spectacular views from some places. Signs warned to look out for camels, wombats, and kangaroos but I never saw any all day.

By 7.00am the wind was beginning to pick up again and it was a tailwind. The wind fluctuated for the rest of the day but overall I made good time. I was quite hungry as I only had left-over sandwiches and some sweet biscuits which were not very sustaining. I had run out of all my favourite foods and had been unable to buy anything except junk food.

I arrived in Nullabor mid-afternoon. I met a young Canadian girl who said she and a companion were cycling to Perth. They had set out that morning but had turned back because of the rain and strong

headwinds. They had been smart enough to mail food parcels ahead. They had already cycled half way around the world, so were awake to all the tricks.

I wish I could have spent a few days at Nullabor as I was told the caves, birdlife and wildlife in the area are worth seeing.

DAY 11 Tuesday (NULLABOR-NUNDROO 147km)

It was very cold when I left. The black caterpillars which migrate across the road each morning were not migrating. In fact they were barely moving and were covered in frost. I have a phobia about caterpillars and I had been desperately trying to avoid running them over as I couldn't bear the thought of them touching my bike.

The country was completely treeless and I became totally engrossed in looking for wombat holes as I pedalled into the rising sun. The country later became more hilly with more trees and vegetation.

A slight tailwind picked up later and in all it was a thoroughly enjoyable day.

DAY 12 Wednesday (NUNDROO-CEDUNA 154km)

It was a bitterly cold morning and I had gone 50kms before it was warm enough to take off my woollen gloves and balaclava, and for the snap-frozen caterpillars to thaw and begin their endless migration across the road.

Penong turned out to be almost civilised, with a shop, school police station. I stopped for a coffee and at last was able to buy some lip-eze.

After leaving Penong, a strong tailwind picked up and I made good time, sitting comfortably on 40km/hr for quite long stretches.

When I reached Ceduna, my first stop was the Post Office to mail home my camping gear (which I hadn't used). My next stop was a supermarket to stock up on real food again.

DAY 13 Thursday (CEDUNA-WUDINNA 213km)

Another perfect day. Not long after sunrise I saw a magnificent fox. The first animal I have seen since leaving home.

I was quite tired today and had to really push myself to do the 213km. I suppose it wasn't surprising that I was tired as this was the thirteenth consecutive day that I had ridden all day and I had covered a total of 2 259km. I had seen the sun rise most mornings and set most evenings.

DAY 14 Friday (WUDINNA-IRON KNOB 194km)

The day started badly. Firstly I had a puncture, then I encountered hills which looked like they would continue all day. To matters worse there were gale force winds (cross) which made it difficult to stay on my bike. The hills continued all day but the wind died down just before sundown. I finally arrived in Iron Knob about 7.00pm and booked into one of the worst motels I encountered on the trip. I was unable to buy a meal as the roadhouse had already shut but I found a small deli where I was able to get a hamburger.

DAY 15 Saturday (IRON KNOB-PORT PIRIE 161km)

As I set out I could see hills in the distance, but as it turned out, the road passed between them. I was surrounded by beautiful hills all



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Reflections on *Tour des Capes* 1992



A Novice's Perspective

"Would you like to come for a bike ride with us?"

"What day?"

"Well, a few days actually. Starts at the end of October and lasts a week."

"I'd never do it! Where will you ride?"

"Around the South-west - Capel to Augusta and back."

"Just us?"

"Well no, with a group of cyclists from the Cycle Touring Association."

"Never heard of them."

"A friend of ours has been on one of their organised tours and really enjoyed it."

"But I've never ridden more than 10km before in my life! I haven't been on a bike for ages!"

"Well Roy and I will call for you and we will have a few practice rides - see what you think."

So we had a few practice rides and enjoyed it, even if Roy did streak ahead and lose us in the suburbs. "We'll bring over a brochure."

So, I read the pamphlet "*Tour des Capes*". Looked tempting, sounded fun. Actually, what clinched it was the idea of camping out - and all the porridge that was promised!

I discarded my ancient Malvern Star (2 speeds) and bought a Giant with 18 speeds, plus a padded pair of knicks, a first aid kit, a small bottle of purely medicinal whisky, and borrowed my grandson's water bottle... and of course the helmet, which I hated and had sworn never to wear. A week in Bali would have been cheaper, but I still had all the capital items, that is if the bike and I didn't disappear off a cliff, or up a gum tree!

I ticked off the items and forced everything into a bursting duffle bag. The tent wouldn't fit, but the rules were more flexible than the brochure let on, and it travelled separately.

We were seen off from Richardson Park with the bikes stacked carefully on the back of the Martin's truck and our gear stowed in the bus that took us to Capel. What I feared most was a sister of mine arriving at Capel to roar with laughter at the sight of me kitted out... and she did!

The ride through Ludlow Tuart forest was flat and lovely. I thought, "Given time, I can do this!" We camped on the smooth footie oval at Busselton, arriving there in plenty of time to erect our tents and clean up before an excellent three course meal in the club rooms.

I swear that was the last flat and windless ride. We took to the back roads to Margaret River, via Treeton, and the winds were ahead of me wherever I turned. I learned about changing marshalls and tail-end Charlies (who supported me and Jo all the way). I found my tail end got sore, in spite of expensive saddling. I learned that my gears weren't automatic and had to be pedalled and shifted, I discovered there were only eight changes I could make and the ninth gear was walking, which I did lots of, mostly up hills which seemed endless and always rising. But I was steady and fast going downhill, I really liked downhill.

Jo and I got quick at saying "Hello" and "Goodbye" to all the streakers who came upon us and passed us, all in one breath.

We learnt a lot about wildflowers and really enjoyed the verdant countryside (which we had plenty of time to observe), and the smell of new mown hay and cattle grazing. But most of all we enjoyed the company, and thought the large name tags contributed much to make us feel part of a friendly group. The organisation was so efficient we felt secure. The encouragement so hearty, we really felt a great sense of achievement. Mostly we rolled in last, except at Nannup, when a mob behind us was headed off at the cross-roads and misdirected to the campsite.

Margaret River, Augusta, Nannup, Balingup, Donnybrook, all beautiful places on a rewarding route. Interesting people, changing weather and a fierce, dramatic storm to finish off the week... well, what more could you want? A soothing spa, and sauna at Donnybrook and a concert which unearthed hidden talents (nobody would believe I could find a tape of Swan Lake in a dusty Shell service station, or find such precocious little 'cygnets' on this bicycle tour, to perform it).

We create our own reality, but I have to thank the CTA for such a memorable realisation of an impossible dream, and to thank friends for persuading me to come.

"Will you come again?"

- "I will if I'm asked."

Angela Skinner



A Letter of Thanks

Dear Aileen and John,

Just a note to thank you again for the Wonderful Adventure that you induced us to embark upon. Roy and I enjoyed it enormously. But it wasn't until I was thinking it all over later, that I realized how part of the enjoyment came about. There was the beauty of the countryside in late spring and the achievement of actually cycling to the end of each stage, for sure, but beyond all that was the Magic of 100 people - mostly strangers to each other initially - all pulling together for the good of the Event. They were helping each other, caring for each other, getting to breakfast on time, sticking to the road rules, drinking rules, baggage rules etc. And these people were such a mixture:- of ages young to old, of nationalities and even races, of married and unmarried, clever and not-so-clever, rich and not-so-rich. And the result was wonderful harmony and fun. Quite inspirational.

But where did the inspiration come from? I suspect it was from the optimistic CTA committee of Hard Workers, who had exactly the right tone in their voices, and exactly the right amount of compassion and encouraging words - and who were also extremely efficient at each of their responsible jobs. I hope they all survived.

Truly there was Magic in those nine days.

Take care on your bicycles.

With love,
Jo Hillier.

day but didn't have to climb one. About 40km from Iron Knob, the main road from Whyalla joined us and the traffic was heavy from then on.

Port Augusta is a pretty place with hills on the left and the ocean on the right. While the food and facilities are becoming more civilised, the drivers are becoming less so.

After leaving Port Augusta and turning south there was a moderate headwind. By the time I reached Port Pirie I was tired from both the headwind and playing Russian Roulette with the car drivers.

DAY 16 Sunday (PORT PIRIE-TWO WELLS 187km)

It was overcast, with very little wind, and not as cold as usual when I left. The wind soon picked up and to my relief it was a tailwind. The road was flat but there was a heavy volume of traffic and I had to concentrate hard to stay alive.

The traffic increased throughout the day. I couldn't believe they would have such a narrow road to cope with this volume of traffic. Highway 1 is not for the faint-hearted. I arrived in Two Wells after a ride of 187km requiring very little physical effort but I was mentally exhausted by the effort of trying to outwit the drivers.

This is virtually the outskirts of Adelaide so I only have 40km to ride into town tomorrow

DAY 17 Monday (TWO WELLS-ADELAIDE 40km)

Although this stretch was only 40km it was the most depressing stretch of the whole trip. It rained in torrents the whole way and it was icy cold. The traffic was diabolical. By the time I located a motel near the airport, I was nearly ready to collapse from hypothermia.

The rest was easy. I had already made a telephone booking for my plane trip home. In all it was a thoroughly enjoyable holiday and my only real regret was that I had not had the time to take it slower and stop at places of interest.

Marion Mayes (SUPERWOMAN!!!!)

Technical Topics – Take another seat!

In the last newsletter we looked at setting up the best *position* for the saddle – but what about the saddle itself? You may want to experiment with various seats since they come in many widths, with different types of padding and degrees of stiffness.

Female Cyclists

Generally, women require a saddle that's broader in back because of their wider pelvic structure. The average woman's sitbones (ischial tuberosities) are about 12mm further apart than a man's. In addition, the distance from the pubic bone to the iliac crest is about 12mm less, and the distance from the tip of the tailbone (coccyx) to the pubic bone, 12mm more. Considering these differences, if there is any discomfort with your current seat, you probably need a saddle designed specifically for a woman.

Women's saddles are wider and have a shorter nose than the standard men's racing models. The added rear width supports the sitbones and keeps weight off softer tissue, while the shorter nose exerts less pressure on the pubic bone when riding on the drops. Keeping your saddle level, rather than tipping the nose up slightly, also helps.

Avocet and Vetta both make women's touring models that utilise gel to soften road shock. Their rear seat widths (measured at the saddle's widest part) are 17.5cm and 18.3cm respectively. This compares with 14.5cm and 15.2cm for men's racing models. To my knowledge, Selle Italia is the only company that makes a

women's racing model (Turbo), but it measures only 15.2cm across the back. You may also find relief by using a men's touring saddle, which is slightly wider than traditional racing models.

Also keep in mind that while the rear of the seat should be wider, its middle section shouldn't. If there is too much bulk, the saddle will chafe your thighs with every ~~pedal~~ stroke.

With a wider saddle, riding should become more comfortable – but don't be surprised if, after another season, it seems *too* wide. Most world-class women racers use standard men's racing saddles without discomfort. Experts speculate that a toughening of muscle and tissue permits this.

Padding

Padding is also important for rear end comfort. But softer is not always better since a lot of energy can be wasted bouncing on a springy saddle. A firm saddle shell with stiff padding is best for long rides. Designers are also experimenting with different types and densities of padding. There are polymer gel and even water filled saddles, in addition to numerous slip-over seat pads. Some cyclists, however, still prefer Brooks-type leather saddles which, although hard at first, gradually mould to your anatomy. I toured New Zealand quite comfortably on a Brooks but I wouldn't attempt a non-stop ride exceeding 200km unless I could use my racing saddle with a Spenco gel slip-over seat cover.

Cycling Knicks

Cycling shorts are equally important. They're much better than running or tennis shorts because they're cut to accommodate the pedaling motion. There are no thick seams along pressure points to irritate you, and the crotch is built to pad your posterior and to wick moisture. Underwear should not be worn under the shorts as this will cause wrinkles which act as pressure points.

Chamois

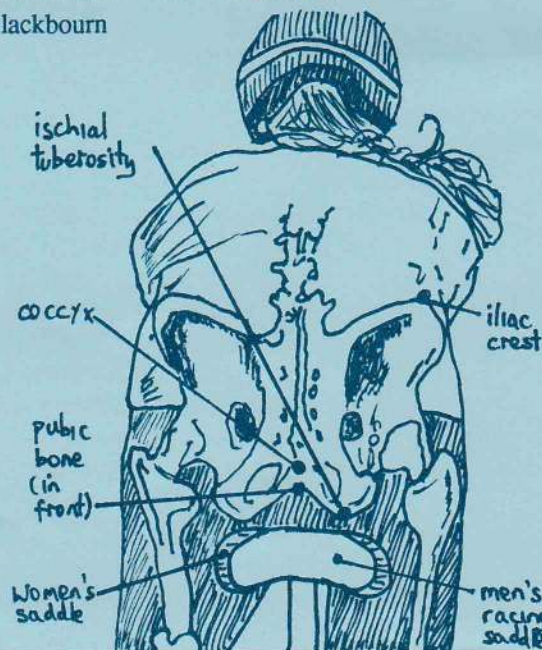
Originally, cycling shorts were lined with deerskin 'chamois' (although a true chamois is made from the hide of a goat antelope of the same name). But this type of padding stiffens with washing and eventually becomes abrasive unless lubricants are used. These days most knicks come with synthetic chamois.

Even with proper fit and high-tech equipment, chafing and saddle sores can still be a problem. It's important to keep yourself clean and wash your shorts after every ride. I have not had any problems with knicks or shirts since I started washing them in Softly™ on a regular basis.

The bottom line

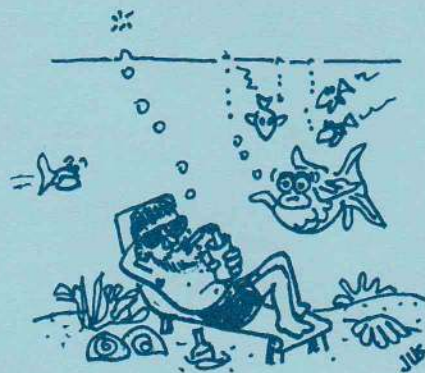
To finish – ride smart! Stand up periodically when cycling, stretch the posterior muscles for 30 seconds every half hour. Also get off the saddle when crossing railway tracks and rough patches. After all, you aren't that well padded in back are you?

Steve Blackburn





*"See, I told you that Kleber
couldn't walk on water!"*



Rides Calendar

December/January Newsletter 1993

For any cyclist coming on a ride for the first time, it would be wise to start with an 'Easy' ride. If you are unsure of your suitability for a particular ride, please telephone the Ride Leader. You will need to wear a helmet and 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, bring water!

DECEMBER..

No social evening.

DECEMBER 6

The Ice Breaker

60km, moderate touring pace, flat/wet/moderate terrain, 9:00am start. Meet at the Causeway car park and come for a training ride past Murdoch and the lakes to partake in a cuppa at Fremantle, before trying out your new season swim gear at Port Beach. After CPR, a pleasant ride back to Perth will take in the scenery of Kings Park.

LEADER: Steve Blackbourn PH: 339-3203 (H)

DECEMBER 6

Orchards and Oranges

85km, moderate pace, moderate/hilly terrain, 8:00am start. Meet at Midland Town Hall for a scenic ride through the escarpment, stopping at Kalamunda for some refreshments, then returning to Midland.

LEADER: Chris O'Brien PH: 271-2761 (H)

DECEMBER 13

CTA AGM Ride

40km, easy pace, flat terrain, 8:30am start.

Meet at the Causeway car park for an easy ride to Murdoch for morning tea and the Annual General Meeting.

LEADER: Ross Cussons PH: 3172588 (H)

DECEMBER 20

Christmas at Perry Lakes

20km, easy pace, flat terrain, 9:00am start. Meet at Perry Lakes (along Perry Lakes Drive, south of the playground) for a ride to the beach for a swim, returning for a BBQ. Friends, and family are welcome. BYO everything, BBQ's are 20 cents to operate. Think Christmassy!

LEADER: Simon Koek PH: 2712959 (H).

DECEMBER 26

A (Mount) Pleasant Ramble

Saturday night, 30km, easy pace, flat terrain, 7:00pm start. Meet at the Raffle's car park for a relaxing night ride about the Swan and Canning Rivers. LIGHTS AND REFLECTIVE VESTS ARE ESSENTIAL.

LEADER: Simon Koek PH: 2172959 (H).

JANUARY 3

Frankie's Breakfast

50km, easy pace, flat terrain, 8:00am start. Starting at Midland Town Hall, we ride into Perth for a sumptuous smorgasbord breakfast. Cost is \$6.95

LEADER: Noel Eddington PH: 293 1305 (H).

JANUARY 3

Informal Ride

Meet at the Causeway car park at 8.30am. See page 2 for details.

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

Membership fees are due on the 1st of January

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

I accept that the wearing of helmets is compulsory for all official rides

GIVEN NAMES

I ENCLOSE CHEQUE/MONEY ORDER FOR \$

SURNAME

ADDRESS

SIGNED/DATE

SUBURB

PHONE [H] ()

POSTCODE

PHONE [W] ()

JANUARY 9 The Midnight Horror Audax 200km

Note, this is a Saturday night start. Meet at the car park opposite the Esplanade Hotel, Fremantle, 11.30pm. Start time is midnight. The route is Fremantle/Jandakot/Byford/Jarrahdale/Karnet/North Dandalup/Mandogalup/Fremantle. Lights and reflective vests are essential.

ORGANISER: Colin Farmer PH: 330 4441 (H).

JANUARY 10 'Wheely' Nice

80km, moderate pace, hilly terrain, 8.00am start. Meet at the Armadale Railway Station for a ride into some of the hills, with good company and a water(wheel) stop for a Devonshire tea.

LEADER: Alan Walton PH: 351 8740 (H)

JANUARY 10 A Darling Tea

50km, easy pace, hilly terrain, 8.30am start. Meet at the Midland Town Hall for a ride into the Darling Ranges, stopping for tea.

LEADER: Arie Lemson PH: 3075820 (H).

JANUARY 12 The River by Moonlight (again)

Note, a Tuesday night ride. 35km, moderate pace, flat terrain, 7.30pm start. Meet at UWA car park (near the Uni boatsheds) for an exhilarating ride, mostly on cycleways, over four bridges. Lights and reflective vests are essential

LEADER: Andrew Woodroffe PH: 384 8469 (H)

JANUARY 17 Breakfast before Pleasure

60km, moderate pace, flat/hilly terrain, 7.00am start. Meet at the Rose and Crown Hotel (cnr Swan and Hugh Sts, near Terrace Rd), Guildford, for breakfast. Prices start at \$8.00 for a Continental breakfast. We then go on an uninterrupted ride around the Swan Valley. Hills can be arranged for those wishing to work off their breakfast indulgences.

LEADER: Janet Lankester PH: 2725653 (H).

JANUARY 17 River Ride

60km, easy/moderate pace, flat/hilly terrain, 7.00am start. Meet at the south end of the Narrows Bridge for a ride around the river to Reabold Hill, Claremont and return.

LEADER: Colin Farmer PH: 3304441 (H).

JANUARY 24 Windmill Nursery Ride

60km, moderate pace, flattish terrain, 8.00am start. Meet at the Causeway car park for a ride mostly on cycleways, to the Windmill Nursery for morning tea and return.

LEADER: John Sherwood PH: 4478939 (H).

JANUARY 24 Atrium Breakfast Ride

130km, moderate/fast pace, flat terrain, 6.30am start. Meet at the Carriage Coffee Shop, Fremantle, for a brisk ride to Mandurah for

breakfast. N.B. Participants should possess the 100km Achievement badge or equivalent ability.

LEADER: Graeme Burton PH: 4503885 (H).

JANUARY 31**Beach Buzz**

100km, moderate/fast pace, flattish terrain, 7.00am start. Meet at the Causeway car park for a ride to the coast, northwards, and return. Bring your bathers if its hot!

LEADER: Greg Larkin PH: 361-1959 (H).

JANUARY 31**Informal Ride**

Meet at the Causeway car park at 8.00am. See page 2 for details.

FEBRUARY 6**Recumbant Display**

Friday night social evening at Murdoch University, 7.00pm start. Enter the campus off South St, and follow the CTA signs (car park No.3). Welcome back for the first of the social evenings for the 1993 calendar. Tonight we will have recumbant bicycles available for you to try, and a talk, and a video by their enthusiasts.

FEBRUARY 6**The Pine-needle Ride, Audax 300km**

Meet at the car park opposite the Esplanade Hotel, Fremantle, at 4.30pm Saturday, or a later start at 6.30pm. Start times are 5.00pm and 7.00pm respectively. The route, Fremantle/Jandakot/Byford/Jarrahdale/Gleneagles/NorthBannister/Boddington/Dwellingup/Pinjarra/ Mandogalup/ Fremantle.

ORGANISER: Brett Rutherford PH: 339-7059 (H).

FEBRUARY 7**Canning Explorer**

60km, easy pace, flat terrain, 7.30am start. Meet at the Raffle's Hotel car park, Canning Bridge, for a comfortable ride along the Canning River and its surrounds.

LEADER: Neil Porteous PH: 457-7146 (H).

FEBRUARY 7**Patisserie Ride**

100km, moderate pace, hilly terrain, 7.30am start. Meet at the Gosnells Railway Station for a ride to the Gooseberry Hill Patisserie and back.

LEADER: Maureen Murray PH: 398-7086 (H).

FEBRUARY 13**Edenvale Fair**

80km, moderate pace, flat terrain, 2.30pm start, meet at Armadale Railway Station. See page 3 for details.

ORGANISER: Simon Koek PH: 271-2959 (H).

FEBRUARY 14**Valentine's Ride**

40km, friendly pace, flat terrain, 2.00pm start. Meet at Hossack Reserve (on Hossack Avenue) for a ride to South Perth to have a LOVELY afternoon tea. Bring a friend!

LEADER: Richard Harris PH: 457-6102 (H).

Typesetting: Steve Blackburn

Printing: Terrace Print

C.T.A. COMMITTEE – 1992

PRESIDENT: Kleber Claux	458-7519 (H)	EDITOR: Jenny Knight / Liz Green	339-3196 (H)
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CORRESPONDENCE TO P.O. Box 174 WEMBLEY 6014

FOR MEMBERSHIP DETAILS CONTACT THE TREASURER

Brain, Legs, Lungs and Arse – The Travelling Bard (Daryl Cooke)

This poem is about a theoretical body on a hypothetical cycle tour. Not all the body parts are equally committed to this tour. There follows a discussion between Brain, Legs, Lungs and Arse.

"LOOK", says Brain, "we're doin this ride
and that's the way it is"

"Stupid bloody way to travel", says Legs
"let's give it a miss"

"And I'm not young anymore", says Heart
"This could be a disaster"

"Don't see why we can't catch a bus", says Lungs,
— "be bloody faster!"

"Look", says Brain, "I'll tell ya again,
It's not gonna be so bad

We just hops on this bloody bike
And we pedals off like mad.

This tour's made for Wooses

It'll be a piece of piss
And seven days of groggin on
Is not a thing to miss!

Oh sure, we'll have to ride a bit
but the route is all planned out
We just gotta get from pub to pub
without to much stuffin about".

That night at tea, the ride to be
Is explained by John, quite well
But Brain hasn't heard a bloody thing
Cause Arse is givin him hell!

"Look, just shut up and sit", says Brain,
"While stomach eats his tea
And stuff knows where we're goin now
or where were sposta be".

"Who talked us into this anyway?"
"It was bloody Blackbourn from the CIA"

"Bastard!" says legs, "Yeah", says lungs,
"that buggers gonna pay!"

"I been thinking", says Arse, "of a foolproof plan
To recover the cash and get us outa this jam

See, if Heart could chuck a small attack
We just might get our money back
We could say their food had made him sick
We grabs our dough and we shoves off quick"

"Shut-up!" says Brain "We're goin on",
Tomorrows ride is Nuthin !

Couple a hills - bit a road - won't even get us puffin"
"Yeah, well Blackbourn says it's gonna take
At least seven hours"

"Blackbourn can take as long as he likes
He's a bloody girls blouse!"

Well the next day dawns, and with moans and yawns
They're pedalin down the road,

"We hit 5k back there", says Legs,
"We're in full power mode"

"Here comes that bloody truck again,
with the yellow back"*, says Arse

"Quick, into the middle of the road", says Brain

"Don't let the Bastards pass!"

"Beep Beep, Beep Beep",

"Ya-sucks to you!" says Brain,

"We'll be in the shit over this" says lungs
"this is definitely not in the the game"

"Jeeze - big hill comin up", says Brain,
"Don't like the look a this,

Legs, get up some speed

And Heart, you're not to miss,

And Lungs, get some air in

We'll belt up here real quick,

Is everybody ready now!"

- "I need to piss" says Dick,

"Ah shit!" says Legs - "Good idea", says Arse,

"We're gonna have to stop"

"Stop?!" says Heart - "Not you!" says Brain,
Just this buncha sops."

"Jeeze, what a hopeless mess", says Brain,

"You bunch are a useless worry,

It's just as bloody well

We're not in any bloody hurry."

"What's for lunch?" says Stomach

"I could eat a boiled cat"

"all it thinks about is food", says Legs,

"No wonder we're so damn fat!

Its us Legs does all the bloody work

In case ya hadn't guessed."

"Yeah, well do it standin up", says Arse,

"And give me Haem's a rest!"

"Quit whingin!" says Brain. "Consider the view -
the trees, the birds, the lake"

"What I need" says Stomach, "Is somethin to eat
Like more of that yummy fruit cake." **

And now the trip is over

"Shit, never again", they vow,

But Brain says "Can it guys,

the Bastards want a concert now!"

"Well I'm not dancin, that's final", says Legs,

"And I'm not singin!" says Arse

"Yeah tell em Heart has chucked a wobbly

And we'll just have to pass."

And as they contemplate the trip

This homogeneous lot,

Notwithstanding disagreements

They never lost the plot,

A little whinge, a little gripe

A little air to clear,

But chances are, they'll all be back,

Once again, next year.

* Support Truck

** Thanks to the lovely Geraldton girls for their truly delicious fruit cake.



Cycle Touring Association of WA

ORDER FORM

Clothing in club designer colours (Blue/Gold/Red)

Clothing Type	Size required	Unit Cost	Number required	Total Cost
Short sleeve jersey (Dupont Coolmax)		\$54.00		\$
Long sleeve jersey (Dupont Coolmax)		\$57.00		\$
Skinsuit with Italian synthetic chamois		\$98.00		\$
Knicks (8-panel) with Italian synthetic chamois		\$49.00		\$
Knicks (bib-type) with Italian synthetic chamois		\$57.00		\$
Helmet cover - lycra		\$12.00		\$
Tights (no chamois insert)		\$43.00		\$
Training jacket - standard		\$59.00		\$
Training jacket - Thermomax®		\$77.00		\$
Windcheater - CTA print as for jerseys		\$29.00		\$
T-shirt - CTA print as for jerseys		\$23.50		\$
Arm warmers - lycra		\$12.00		\$
Arm warmers - thermal		\$14.00		\$
Leg warmers - lycra		\$24.00		\$
Leg warmers - thermal		\$26.00		\$

Note: Chest Size

Add handling fee \$5.00

cm	inch	size
85	34	XS
90	36	S
95	38	M
100	40	L
105	42	XL
110	44	XXL

Knicks size
XS
S
M
L
XL
XXL

please enclose payment with order to any CTA Committee member.

TOTAL

\$

Name:

Address:

..... Post Code: