





## MEMBERSHIP FEES

As anticipated there has been an increase in fees for 1993. Costs are now \$25 for adults, \$30 for a family, and \$15 for students and pensioners. Payment is essential to remain on the newsletter mailing list.

Note, there has been some confusion by old members who have sent in fees at the old rate. You will be expected to forward the difference before receiving your membership card.

## MEMBERS ONLY

Don't forget, **members only** will be allowed to participate in Achievement/Challenge rides and weekend tours, with the exception of the annual "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 one of our rides. Welcome to:

Stephen Ferguson	Andrew Friar	Ezio Pangiarella
James Thorpe	Sarah Thorpe	Janette Fryer
David Fryer	David Uren	Jenny Bailey
Clive Marsh	Munday family	Regan Spencer

## INFORMAL RIDES

For those who do not wish to join the organised ride of the day but would still like some company, a time and place will sometimes be given for **informal** rides. Its up to those who front on the day to decide where and for how long to ride - try it!

## AUDAX AUSTRALIA

Audax is an international long distance cycling club. The first club originated in France in 1904. The name is a loose translation from the Latin and means 'courage'. All rides are non-competitive and conducted over specified routes and distances within set time periods. At the successful completion of each event, the rider is eligible for a certificate and a medallion. Rides range from 200km to 1500km in length and are open to all CTA members, though membership of Audax Australia club is encouraged if you envisage participating regularly. Further information and a programme of events is available on contacting Mr Don Briggs on 458-8175 (H).

## SOCIAL EVENINGS

Well, our first social evening at our new venue proved a tad hot and cramped, but thanks to an informative evening by Gloria Fischer from Abbott Pharmaceuticals (the makers of EXCEED), and plenty of product sampling, we all survived! We are looking to another venue for our social evenings, but for the present we will still make use of St Pius Xth church hall, cnr Ley and Paterson St, Manning. Easiest access is by turning off Kwinana Fwy at the Manning Rd exit, and turning **RIGHT** at the first set of lights. The church 'hall' is actually a converted house next door to the church.

As usual, the evenings will kick off at 7.00pm and tea, coffee, etc is available at no charge.

If any club member can assist us in finding a suitable and cost effective venue for a Friday evening, please contact Mark Nilan (PH: 397-0804).

## CTA LIBRARY

For the new members and those of us who didn't know, the CTA has a small library of books and magazines relating to all facets of cycling and cycle touring. These are available for all members to borrow or just read at each of the social evenings. The books can

only be borrowed for four weeks by contacting your social secretary Mark Nilan on the night.

Contributions to the library are greatly appreciated, so don't dispose of any cycling literature! We also propose to expand the library from time to time from club funds, and new titles will be critiqued in each newsletter.

To all members who have borrowed titles and not returned them from last year **BEWARE!!!** Vee have vayz und mins of making you pay! Please return them pronto!

## CLUB SHIRTS

You will probably have noticed an increasing number of members in the blue, red and yellow club clothing. These garments are cheap by comparison with those available in the shops and are easily visible on the roads. Each newsletter will contain an order form and costings and we'd love to see more members in our colours! Its a great advertisement for the club.

## ACHIEVEMENT/CHALLENGE SERIES

Audax rides have been well supported by CTA riders so far this year. None better than the recent Pine-needles Audax 300km, with keen members eager to get the longest ride of the Super Achiever series under their belts. Green with envy, I'd like to congratulate following hardy souls...

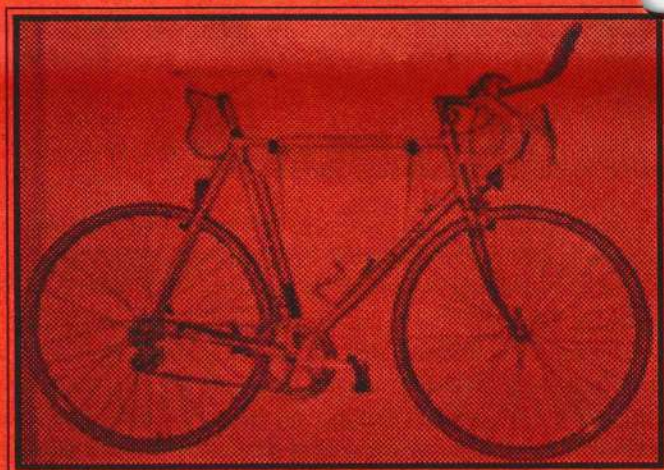
Barbara Farmer	Colin Farmer	Steve Blackburn
Charles Lockwood	Marian Mayes	Graham Hill
Allan Munday	Mark Nilan	Debbie McArthur
Cyril Veleff	Sharon Veleff	Nick Spackman
		Alan Williamson.

## FOR SALE

One Alpine Shogun Tourer, 58cm, 2 years old. Stainless steel spokes, mavic rim. Pannier racks and mudguards optional. Phone Jenny Knight 339-3196 (H). Price \$450.

## FOR SALE

Italian "Olmo" lightweight racing bike, 60cm frame. Columbus tubing, Campagnolo Record groupset, Mavic CD4 rims, DT spokes and Carbon-Pro clipless pedals makes for over \$3,000 replacement cost. You can be the proud new owner for \$1200 ONO. Contact Steve on 339-3203[H] or 224-2081[W].



## ON THE GRAPE-VINE

A snippet of gossip concerning one of the club's faster riders at a recent time-trial, who thought he was going really well until he was reeled in and passed by a scruffy, thong-clad, helmetless rider. Suffice to say, our friend's ego took a bit of a beating! The identity of the mystery rider was later revealed to be one of the state's best time-triallers, relaxing a bit!



# Tour & Rides Update

ITS NOT TOO LATE!!

## EASTER IN THE STIRLING RANGES

Located in the south of Western Australia are the Stirling Ranges. These ranges boast a number of peaks with spectacular views, the most famous being Bluff Knoll. The countryside is beautiful, both for walking and riding. Strolling various scenic walks, cycling around the ranges, riding to Albany, climbing Bluff Knoll, or enjoying the facilities of the hotel in Borden (just 30km away) are only some of the activities on offer.

The Stirling Range Caravan Park is situated 10km from the foot of Bluff Knoll. Owing to the popularity of the park at Easter, we have only been able to secure three 4 person cabins which are fully booked. Additional attendees will have to use their tents (and use the cabins as meeting places).

Accommodation can be organised for up to 3 nights, as we arrive on the 9th April and leave on the 12th. Tent sites will be approximately \$8 per night. Transport will probably be via car pooling or the Martin's bus (depending on numbers and availability). Enquiries can be made to Paul Bonetti on 490-5137 (H).

## PERTH TO KALGOORLIE MOUNTAIN BIKE DESERT CHALLENGE APRIL 9-13

This event is to be staged over four days, covering 650km on outback roads and tracks, and is definitely not for the novice! Entrants will be required to ride for 7-9 hours a day covering up to 180km. The route will be from the Lakes to Corrigin, through Hyden and past Wave Rock onto Coolgardie, finishing in Kalgoorlie. This is a physically demanding event! Entry cost is \$200 and includes all food and meals, overnight accommodation, sample products and back-up support for 4 days, plus return trip to Perth by train. Entries officially closed March 19 and were limited to 30 people, but if you are keen, contact Jim Krynen PH: 430-7550 (a Perth Mountain Bike Club event).

## FREO-ARMADALE-MIDLAND-JOONDALUP CIRCUIT

This ride is to encourage people to leave the car at home. There are huge social, economic and environmental costs in driving cars, particularly to the extent we do in Perth. This is an exercise in getting around in a more civilised manner. Riders are most welcome to join or leave the ride at any station - although the organiser will need to know who and when. Leaving times for the stations are as follows:

Fremantle 9:00am sharp

Armadale 10:30am (after morning tea, Perth side of tracks)

Midland 12:45pm (after lunch)

Joondalup 2:30pm (after afternoon tea)

After Fremantle, the times are very approximate. If you are joining the ride later, please be patient: we may turn up later than indicated, but we will NOT leave before the indicated times. Remember, it's an extra \$1.20 to take your bike on the train. The Ride Leader will be Andrew Woodroffe (PH: 384-8469 (H)).

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**PINJARRA MANDURAH TOUR****APRIL 24TH-26TH**

This is a close-to-home, full pannier tour suitable for beginners. The tour starts and ends at Murdoch University. We will meet at 9:00am at Carpark No. 3 on April 24th. Leaving the University, we will follow cyclepaths and mainly quiet and flat country backroads for about 55km, camping at Serpentine Falls Caravan Park. There will be a fuel stop at Byford, but take extra snacks as this is 40km away.

The picturesque Serpentine Falls are only a few kilometres walk or cycle away. The local pub is also close by.

The next day there is the option of an easy 55km ride, or a more hilly 80km ride via Dwellingup, to our second night's camp at the Aqua Caravan Park at Furnissdale (6km outside Mandurah). For that evening there is an optional night ride to the Pizza Hut in Mandurah (8km return), so bring lights and a reflective vest if desired.

The final day (80km) follows the back roads (where possible), stopping for lunch at the Baldivis School, before returning to Murdoch University.

The cost of the tour will be approximately \$18 for camping fees, with a closing date for bookings the 9th of April. All enquiries can be directed to the Tour Organiser, Ian Crowe on 525-1860 (H).

**DUNSBOROUGH YHA WEEKEND****MAY 15TH/16TH**

Come and enjoy a relaxing weekend away in lovely Dunsborough. This magical sea-side town is uniquely situated to provide a wide variety of activities to suit everyone. You can ride your bike to a multitude of interesting diversions, you can walk along pristine sandy beaches, indulge in the sinful fare of the famous Dunsborough Bakery, or do absolutely nothing in peaceful surrounds. If any of this appeals to you, then join us on one of the CTA's more popular annual weekends away. Cost is \$24 per person for the two nights (Fri/Sat) in bunk style accommodation with rugs and pillows. You just need food, clothing, and of course, your bike! Transport is by car pooling. Payment with bookings is essential before May 8.

ORGANISER: Liz Green PH: 454-6102 (H).

**THE GREAT SOUTH AUSTRALIAN BIKE RIDE****MAY 15TH - 23RD**

This is a 9 day tour from Wilpena Pound on the edge of the Flinder's Ranges to Adelaide via roads or the Mawson Trail. The Mawson Trail is an 800km track for non-motor vehicles, which was once used by English surveyors in the 1800's, and has been revived by the South Australian Dept of Recreation and Sport.

The route encompasses the Clare and Barossa Valleys, and as with "On Your Bike WA", is fully catered for. Entry fee includes transport of luggage and camping gear, all meals and entertainment

and is supported by bike mechanic and a medical service. Price is \$405 for the tour, transport from Adelaide and travel insurance.

Transport from Perth can be organised by the individual or if you would like to reduce costs by travelling with a group, contact Mark Nilan PH: 397-0804 (H). Mark is organising a bus for CTA and non-CTA people who would like to participate, with the option of a week in Adelaide after the event.

Entries close 15/4/93. Contact Bicycle South Australia, 1 Sturt St Adelaide (PH: (08) 213-0637) for further details.

**CYCLE TOURING IN FRANCE**

This is a specialised cycling holiday organised by club member Ian Pawley and Worldwide Tours. It will cater for 6 to 8 cyclists and has been timed for the end of May and mid-June. Cost is \$4350 ex-Perth, and includes return flights, transfers, 15 nights twin-share accommodation, breakfast and most evening meals. The location is Caunes Minervois, north of Carcassonne, a medieval village at the base of the Pyrenees. This will be 'base camp' from which you will venture out on day rides into the surrounding countryside. The rides will cater for the overall abilities of the group and aim to build fitness for some big trips - to the Pyrenees for the "Hors Catégorie" Col de Tourmalet, and another to the Alps to tackle the famous Alpe d'Huez. In fact this area has been used for all the great tours of the years, including the Tour de France. Brochures and further information is available from Ian Pawley on (09) 336-1415 (H).

**GERALDTON LONG WEEKEND****JUNE 4-7**

Escape the winter wilds of Perth and follow the sun north to Sun City - Geraldton. The area has a number of cycling attractions - from a 13km ride to Drummond Cove, to a 47km ride to Ellendale Pool, not to mention historic Greenough, a restored wheatbelt town from the 1860s, just 24km away. And for those who just want to relax around town, the sights include St. Francis Xavier Cathedral, Waverly Heights Tourist Lookout, Separation Point Lookout, the Geraldton Museum and Spalding Park to name a few.

Accommodation is at the Geraldton Hostel, and is \$10 a night. The intended itinerary is to leave Perth on Saturday morning, June 5th and return Monday, June 7th. Depending on interest and numbers, we may use the Martin's bus or car pool. It promises to be a great weekend, so for enquiries and bookings, please contact Simon K on 271-2959 (H) or 326-4971 (W). Total cost is \$20 or \$35 with bus and money with bookings is essential. Closing date is 7th May.

**HIMALAYAN CYCLE TRIP****AUGUST 7-SEPTEMBER 5**

Beyond Travel, a Sydney company, are offering a mountain bike trip to Ladakh, 'The Little Tibet' the northernmost state of India. It is situated on a barren plateau, 4000m above sea-level, and framed

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by the Himalayas. Oases and monasteries break the desolation of the plateau. You will be travelling 20 out of 29 days, and exploring the cities of the region for 6 days. A support vehicle will accompany you. Cost is \$5650 including international and domestic air tickets, transportation, support vehicle, all meals except in Delhi and Bangkok, all camping equipment, local staff, an Australian guide, basic bike spare parts, hotels in cities and transfers. Departure date is August 7th, ex-Sydney. For more information contact Dragon Pacific PH: (06) 255-1182 or FAX (06) 255-1225.

### THE SIMPSON DESERT CYCLE CLASSIC SEPTEMBER 28-OCTOBER 2

Hailed (in its own literature) as "Australian Cycling's Greatest Adventure - the race through the Simpson Desert". It starts on Tuesday, 28th September at Alka Seltza Bore on the western edge of the Simpson Desert, and ends four and half days and 600km later outside the Birdsville Hotel (Saturday, 2nd October).

The riders can be from all walks (cycles) of life and have varying degrees of fitness. Any cyclist is welcome, and you do not have to be a professional athlete to enter. The ride is to support the Paraplegic and Quadraplegic Associations in Australia, and provides a challenging race, uniquely Australian.

If anyone is interested, they can contact:

Jack Mullins (Race Director) (02) 588-5617

Ian and Brenda Hese (08) 281-0966

Ike Treloar (08) 264-4434

Hopefully more details in the next newsletter.

### 'AM I SICK?... OR AM I TIRED?... (PART 2)

Taken in part from *The Athlete's Kitchen* (Nancy Clark)

#### *Fatigue due to iron deficiency anaemia*

Peter restricted his red meat intake, hence simultaneously restricting his intake of iron, an important mineral in red blood cells that helps carry oxygen to exercising muscles. Since iron deficiency anaemia can result in needless fatigue during exercise, and since Peter looked pale (i.e., anaemic), I recommended blood tests (Haemoglobin, haematocrit, ferritin, serum iron and total iron binding capacity) to rule-out this possibility. I also encouraged Peter to boost his iron intake by eating small portions of *lean* beef 2-4 times per week (i.e., lean roast beef sandwich, stir-fried beef with vegetables), as well as eating other iron-rich foods, such as fortified breakfast cereals. Even if Peter wasn't currently anaemic, an iron-rich diet would invest in future well being.

#### *Fatigue due to lack of sleep*

Peter's complaint about being chronically tired was justified because he was tired both mentally (from his intense job) and physically (from his strenuous training). He worked 8.00am to 8.00pm. By the time he got home, ran, bought dinner, ate dinner and 'unwound', midnight had rolled around; 6.30am would come all too soon - especially since Peter often had trouble falling asleep due to having eaten too much at dinner. I recommended that Peter try eating smaller dinners but bigger breakfasts. The light dinner might help him sleep better; the heartier breakfast fuel him up for a high energy day (and prevent him from being ravenously hungry at night).

#### *Fatigue due to overtraining*

Although Peter took pride in the fact that he hadn't missed a day of running in seven years, he felt discouraged that he wasn't improving despite harder training. I questioned whether he was a 'compulsive runner' who punished his body or a 'serious athlete' who trained wisely. One or two rest days/week are an essential part of a training program; they allow the muscles to replenish their depleted muscle glycogen.

#### *Fatigue due to stress and depression*

Peter not only had a stressful job, but also was dealing with the stress and depression associated with his recent divorce. Since he was feeling a bit helpless with those situations, I encouraged him to successfully control at least one aspect of his life - his diet. No longer would he have to be angry with himself for eating poorly. By making simple dietary changes, he'd not only feel better but also feel better about himself - and that's very energising in itself.

Peter left my office with a 'how to' list of dietary improvements, and the recommendation to see a physician if he continued to feel tired despite better nutrition. Although chronic fatigue can be a symptom of a medical problem, I suspected that Peter's complaints could be resolved with better eating, sleeping and training habits.

Nancy Clark, MS, RD Author of *The Athlete's Kitchen*



"CTA isn't an official religion so I'll stick you down as C of E."

### ■ BETTER THAN SEX

DIETS ARE

- Dieting won't make you pregnant.
- You don't have to undress to do it.
- You can do it anytime, anywhere.
- You can do it in front of anyone.
- The quicker the diet, the better.
- You can dose off in the middle if you want.
- You can always save a bit for later.
- You can always do it with your best friend's partner.
- Afterwards, you don't have to lose sleep wondering if the earth moved for the cottage cheese, too.

### CYCLE ON!

If your man's been uninterested in sex lately, place his feet into a pair of cycling shoes and make him ride round the block. Men who exercise not only have sex more often than sedentary souls, they report more orgasms, more sex fantasies and fewer incidences of impotence. The results came out of a California study which had advised a group of men to embark on an exercise programme to reduce their risk of heart attack. Researchers started looking more closely into their sex lives when they noticed that the men, who'd had intercourse about nine times a month, suddenly upped their average to 12 times.






















Oh my God!  
Because I haven't paid my CTA subscription, this is my last newsletter.












## THE OFFICIAL NON-CTA PROGRESSIVE DINNER




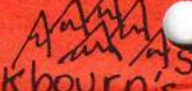






The following short story is about the progressive dinner held on Saturday 20th, March. It is dedicated to my friends Jenny Knight and Simon Koek for their coercion.







6:15 PM sharp was the  2 the CYCLING PROGRESSIVE DINNER. 19 enthusiastic  cyclists met at Steve 'El Presidente' Blackburn's  in East Fremantle. We parked our s and ed off, bound 4 MOPPING and Sue 'groovy' Short's Nilan's Parent's  for some  soup, , and . The  was out with some occasional .

After eating, drinking, and talking, we ed back on our s and  and  the s 2 our next destination, Jenny 'doc' Knight's  4 M--- and V-----  (Lasagna) and .

"s! Put that  down!" was the cry at entrée. Simon 'le ma' Koek must have a secret 'je ne sais qua' about him. Women just  to keep touching him. Someone mutters, "Yes, But they know he's safe!"

After more eating, drinking, and talking we mount our s and head  the  to PT. Walter 2 devour a main course ("Not more food!") of 'la rouge coquette'  (Red Rooster). Stan 'one night' Wieshecti and  walked 2 the water 2 watch the  in the .

After more eating, drinking, talking, playing, and laughing, back on our s  &  the s to Steve 'El Presidente' Blackburn's  and the  (finish) where we parked our s on our s and we grabbed some s 4 more eating, drinking, talking, and resting and to gobble up chocolate gateau and icecream  with white Port.

April 'Eveready' Blackburn, the , entertained the Troopz with laps of the . My  and s were pleased 4 the rest. Steve 'El Presidente' and Mark 'I need a new bike' Nilan, went 4 a  in the  with April.

AND we all lived happily  
Ever After

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## EDITOR'S CHIT

Hi, hope all of you are well and avidly participating in the club rides! Just a few quick words with regards the rides calendar. Some might have noticed it looking a bit thin over recent months, and a bit sparse in certain types of rides. This is not for the want of the fearless rides coordinator, Simon, trying. It seems volunteers for se ridest, or rides of their own making are a bit thin on the ground. So don't grumble and whinge, show us which type of rides we should be providing you, by leading by example, and ring Simon NOW! PH: 271-2959 (H).

Remember, keep forwarding those hazard report cards to Bikewest, and if you haven't heard about them, or would like more, contact Noel Eddington PH: 293-1305 (H), or Bikewest.



## WANTED TO BUY

Front panniers to suit touring bike. Contact Warwick Lang. PH: 224-2424 (W) or 337-2682 (H).

## Community Aid Abroad

## FUND-RAISING NIGHT FOR THE YEAR OF INDIGENOUS PEOPLE

Community Aid Abroad are organising a night of music and dance at the Mt Hawthorn Community Centre, on Saturday the 1st of May. Music is by Lee and the Oswalds (soul, funk, dance music), and the Jammy Dodgers (who, like their name, defy classification!). Tickets are \$8 for concession, and \$10 full price. They are available through CAA head office (PH: 444-5694 or 322-2944), or by contacting Phil Riley on PH: 381 3144. Snacks and drinks will be available on the night. Experience a different night out for a great cause!

## Rides Calendar

### April/May 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!

**APRIL 1 200KM AUDAX - THE DAIRY LANDS RIDE**

Meet at Lot 1 Eleventh Rd, Wungong 6.30am for a 7.00am start. Course is Wungong-Waroona-Pinjarra-Wungong.

ORGANISER: Ron Masterman PH: (09) 399-3071 (H)

**APRIL 2 SOCIAL NIGHT**

Friday night social evening at St Pius Xth Church Hall, corner of Ley and Patterson Streets, Manning, 7.00pm start. Tonight's guest speaker is Dr Duncan Sullivan from the Sports Medicine Centre of WA who will discuss training methods and aspects of the prevention and treatment of cycling related injuries.

**APRIL 4 LIFE CYCLE**

Meet at Perry Lakes 9.00am. See previous newsletter for details.

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

**APRIL 9-12 EASTER IN THE STIRLING RANGES**

See page 3 for details.

ORGANISER: Paul Bonetti PH: 490-5137 (H)

**APRIL 9 THE GREAT GRASS VALLEY TOUR  
AUDAX 1500KM IS NOW CANCELLED****APRIL 11 INFORMAL RIDE**

Meet at the Causeway carpark at 9:00am.

See page 2 for details.

**APRIL 18 BACK IN YOUR BOX CHOCOLATE**

100km hilly terrain, moderate pace. Mystery route designed to burn off all those chocolate easter eggs! Excellent training for those contemplating the 100km Achievement/Challenge ride. Meet at Jarrahdale Hotel at 8.30am.

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

**APRIL 24-26 PINJARRA PANNIER TOUR**

9.00am Meet. See page 4 for details.

ORGANISER: Ian Crowe PH: 525 1860 (H)

**APRIL 25 FREMANTLE-ARMADALE-MIDLAND RELAY**

70km moderate pace, mixed terrain 9:00am start. This is a ride between stations to encourage train and bike transport. The ride leaves Fremantle at 9:00am sharp and arrives in Armadale for morning tea around 10:15am. Those wishing to leave or join the ride there are most welcome. From Armadale, the ride proceeds to Midland and lunch, before catching the train home.

LEADER: Andrew Woodroffe PH: 384-8469 (H)

**MAY 2 100KM ACHIEVEMENT/CHALLENGE RIDE**

100km with 5 hour limit, hilly terrain. Meet at Armadale Railway Station at 8.30am for 9.00am start. This scenic but hilly course passes through Glen Eagle, Jarrahdale, Karnet, Serpentine and return. Note that there will be a water stop in Fisher Road which is the turn-off from the South West Highway. Members only (you can pay on the day), all abilities welcome.

ORGANISER: Steve Blackburn PH: 339-3203 (H)

**MAY 2 INFORMAL RIDE**

Meet at the Causeway carpark at 9:00am.

See page 2 for details.

**MAY 7 NOVICE NIGHT**

Friday night social evening at St Pius Xth church hall, corner of Ley and Paterson Sts, Manning, 7.00pm start. Tonight Sally Farmer, from Mount Cycles, will go back to the very basics of bicycle maintenance and repair, including how to buy the right gear for your bike, for those of us who don't know how.

Sally and David Stobie, if you don't know, are club members who have recently bought into the cycling business from our own Mike Walters. David will be bringing along a tool kit and members are encouraged to bring their treadley if they want to practice!

Remember, this will be a very low-tech evening, but all are welcome to come and socialise!



**MAY 8****THE WHEATBELT TOUR****AUDAX 600KM**

Meet at the Midland Town Hall at 4.30am on Saturday, for a 5.00am start. The course is Midland/Moora/Toodyay/Grass Valley/Beverley/Brookton/Karragullen/Kalamunda/Midland.

ORGANISER: Brian Hawes PH: 398-4724.

**MAY 8****THE RIVER BY MOONLIGHT**

NOTE SATURDAY Night Ride

35km moderate pace, flat terrain 7:30pm start. Meet at UWA Carpark (near the UWA boatsheds) for an exhilarating ride mostly on cycleways over 4 bridges. Includes halfway stop at Deep Water Point for kilojoule top up. Lights and reflective vests essential.

LEADER: Andrew Woodroffe PH: 384-8469 (H)

**MAY 9****THE COFFEE BEEN RIDE**

40km easy pace, flat terrain, 8:30am start. Meet at the Causeway carpark, following the south side of the river to Fast Eddy's in Freo for coffee BEENS and munchies, returning via the north side of the river. An easy ride for all to enjoy, whether your riding has BEEN doing you good, your ambition has BEEN to make the Olympics, or you feel yourself a has BEEN.

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

**MAY 9****WALYUNGA IN MAY RIDE**

100km moderate pace, hilly terrain, 8:00am start. Meet at Midland Town Hall for a ride in them thar hills! The ride will take in Walylunga Lookout, Chidlow and home made apple pies with icecream at Mundaring then back to Midland.

LEADER: Kleber Claux PH: 458 7519 (H)

**MAY 14-16****DUNSBOROUGH WEEKEND**

See page 4 for details.

ORGANISER: Liz Green PH: 454-6102 (H)

**MAY 15-23****SOUTH AUSTRALIAN TOUR**

See page 4 for details.

ORGANISER: Sue Nilan PH: 397-0804 (H)

**MAY 16****CYCLE FROM THE 'MOUNT'**

70km moderate pace, mixed terrain, 8:30am start. Meet at Mount Cycles (379 Oxford St, Mt Hawthorn) for ride down the coast from Scarborough to Fremantle, returning via Perth.

LEADER: David Stobie PH: 275-4417 (H)

**MAY 23 FREO-ARMADALE-MIDLAND-JOONDALUP CIRCUT**

160km moderate pace, mixed terrain, 9:00am start.

See page 3 for details.

LEADER: Andrew Woodroffe PH: 384-8469 (H)

**MAY 23****ATB BIKES ONLY**

35km hard pace, hilly terrain, 8:30am start. Meet at Kalamunda Library carpark for a ride in the outback. Bring water and nibbles.

LEADER: Scott Davis PH: 459-0432 (H)

**JUNE 4****THE RIVER BY MOONLIGHT**

NOTE FRIDAY Night Ride

35km moderate pace, flat terrain, 7:30pm start. Meet at UWA Carpark (near the UWA boatsheds) for an exhilarating ride mostly on cycleways over 4 bridges. Lights and reflective vests essential.

LEADER: Andrew Woodroffe PH: 384-8469 (H)

**JUNE 4-7****GERALDTON LONG WEEKEND**

See page 4 for details.

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

**JUN 5****THE NARROGIN PEDAL****AUDAX 400KM**

Meet at 41 Woodbine Rd, Pickering Brook on Saturday at 6.30am for a 7.00am start. The course is Pickering Brook/Karragullen/Wandering/Karragullen/Pickering Brook.

ORGANISER: Colin Farmer PH: 330 4441.

**JUNE 6****TWIN PEAKS R**

85km moderate/fast pace, hilly terrain, 8:00am start. Meet at Midland Town Hall for an earnest ride up Red Hill, past Parkerville, Darlington and then Mundaring Weir. Participants should possess the 100km Achievement/Challenge Award or equivalent ability.

LEADER: Andrew Candy PH: 224-2473 (H)

**JUNE 11****WINE AND CHEESE NIGHT**

Friday night social evening at St Pius Xth church hall, corner of Ley and Paterson Sts, Manning, 7.00pm start. By popular demand John Sherwood is back to guide us through some of his most favourite and the more popular wines, with a little information on how to select a wine for yourself and what the experts look for. Promises to be a great night.

**JUNE 13****CENTURY CHALLENGE**

160km (100 mile), flat/hilly terrain, time limit 9.5 hours. Meet at the Carriage Coffee Shop at the Fremantle Esplanade at 7.30am for an 8.00am start. Participants should possess the 100km achievement badge or equivalent ability. More details next newsletter.

ORGANISER: Jenny Knight PH: 339-3196 (H)

**JUNE 13****INFORMAL RIDE**

Meet at the Causeway carpark at 8.30am.

See page 2 for details.

**Typesetting: Steve Blackburn****Printing: Terrace Print****C.T.A. COMMITTEE – 1993**

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**FOR MEMBERSHIP DETAILS CONTACT THE TREASURER**