

The new CTA clubrooms?



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

EDITOR: Jenny Knight

JUNE/JULY 1993 No 112

President on Page One

Hello once again to all our 'old' members and a special hello to the 'new' batch that are mentioned on this page. Isn't it great to see such vast numbers of future ride leaders thronging into the club? The article in the West Australian newspaper certainly attracted a lot of interest within the community and a great deal of the kudos for this intake of 25 NEW members (not counting the large number of previous members who decided to become financial again) must go to the journalist, Mike van Neirkerk. I know my phone was running hot for weeks after the article appeared and my mail costs soared to new heights with newsletters and flyers being sent to all areas of the State. It is also pleasing to see the large number of 'On Your Bike' tourists who decided that this chance at membership was too good an opportunity to miss. We now have well above membership units – which does *not* include all the associated family members and club members. Not a bad situation to be in during this period of economic unrest!

As one of my wishes was to get the CTA more involved with community groups and charity drives, I urge you to consider entering the Tour-de-Femme (sexist in that only females can enter but non-gender specific with respect to active support). There are 3 categories which range from 6km for under 13's up to an open 18km ride. I have a bundle of entry forms from the Women's Sport Foundation of WA – please give me a call if you are interested.

The other event I would like to see the club involved in is the Swan River Relay Marathon. For the first year this is a tetrathlon (the windsurfer leg has finally been scrubbed) with the cycling leg increased to just under 26km. This team event requires four members per team to respectively run, swim, cycle and canoe to glory, fame and riches (or maybe gory, lame and bitches?). Since I have always done the cycle leg I intend to do the canoe leg this year just to try something different. It's always fun and it helps the Rotary club help others. Come on and give it a go! Let me know which leg you want to compete in and I will organise teams (and T-shirts if enough interest is shown).

Another worthy milestone that will soon be reached (1994) is the 20th anniversary of the CTA. As part of the celebrations for next

year we intend to undertake a 16 day pannier tour from Albany to Perth during April. Kleber is very keen for this ride to be a success and is interested in getting all those riders who performed this feat in '88 to repeat the ride. Read inside for introductory details.

We are now including a cooking section in the newsletter which will give touring tips etc. Let us know what you think of this idea – or preferably send recipes and tips to Jenny.

I hope to see you all on future rides

Cheers! Steve Blackbourn



NEW MEMBERS

We have been overwhelmed recently by the number of new members joining the club. We hope to live up to your expectations, encourage you to be vocal, and hope to see you soon on one of our rides.

Welcome to...

Roy Butler
Connie Winther
Laurel Cross
Trivett family
Gerry Ward
William Sobey
Louise Bentley
Jan Allen
Nev Eastman
Chris Devenish
Nicholas Holl
Sharon Lobb
Roy Hiller

Gabrielle Kelly
Tom Wall
Toni Gurren
Ron Caporn
Bernie Ward
Rob Bentley
Patricia Harris
Nathaniel Offer
Adrian O'Neill
Graeme Hill
Arthur Turner
Jo Hiller

MEMBERSHIP FEES

Just a reminder to all 'On Your Bike' members, your six months free membership is about to expire! Please, please join our club! Membership for the latter half of the year is half price, at \$12.50 adults, and \$7.50 for students and pensioners. Pay now to ensure a continued supply of this superbly crafted magazine and the pleasure of the company of other bike-enthusiasts.

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.

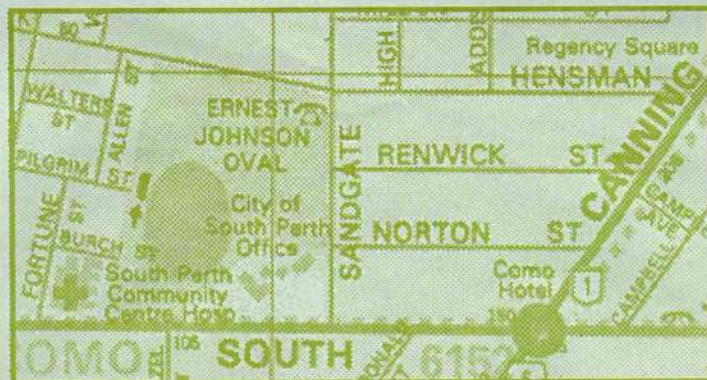
INFORMAL RIDES

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 the 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



Last social evening at our new 'upmarket' locale in South Perth, saw an appreciative crowd wooed into revealing their mechanical inadequacies by the 'supportive' and informative, Sally Gardner. Ably assisted by David Stobie on whiteboard and bike, the idiosyncrasies of basic bicycle maintenance were imparted to the masses.

David and Sally have taken over Mount Cycles from Mike Waters, and from the response on Friday, should deservedly have some business 'clunk' and 'grind' their way.

And once again, as of Friday May 7th, the social evenings will now be held at the Ernest Johnson Oval Guide and Scout Centre, in South Perth. The building can be accessed by turning right off South St into Fortune St and then right into Pilgrim St. Ample parking is available.

P.S. Don't forget the wine and cheese night next month!

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.

CONGRATULATIONS

Craig and Terri-Anne Abernethie are very proud to announce the birth of their first child, Kaara Bernadette Abernethie, at Bentley Hospital, after a 5 hour labour, at 2.09.50pm, on Friday the 7th of May. The excited Dad was there to let us all know the good news at the social evening the same night while his wife had a well earned rest. Stay tuned for the next installment...the first sleepless night! I'm sure I speak for all the club in congratulating them on introducing a new member to the 'club'.

WANTED

A cycling companion/s is wanted for weekdays by a club member. Must be tall, blond, and blue-eyed...

No, seriously folks, if you have time up your sleeve, and would like a leisurely ride in this beautiful autumn weather, contact Maria Antonas PH: 444-3951.

WANTED

Do you have a tandem that you want to sell? Michael Lees is interested in obtaining a touring or road frame tandem to help him discover Western Australia, partner in tow! Frame size should suit a 6' captain and a 5' 3" stoker. Please phone 335-9858(H) if you can help.

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 at these times.

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!

THE CTA CENTURY CHALLENGE

The century challenge is a 100mile or 160km ride that bridges the gap between the 100km and 200km rides. It is part of the Challenge Series and is replete with a colorful commemorative badge for those who complete the distance.

The course starts and finishes at the Carriage Coffee Shop in Fremantle. There are checkpoints at the 64km (Gooralong Park - shop available), and 124km marks, to which food can be taken for you. Water and Exceed will also be available at these points. Time limit is 9.5 hours which will require an average speed of 17km/h to complete. Registration is at 7.00am for a 7.30am start.

An extra bidon may be a good idea as there are limited water sources available along the way.

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

FOR SALE - Touring Bike

Dawes Galaxy hand built 21 inch frame, 531 tubing, Deore group set, SPD pedals, 21 speed, GT spokes, 1 yr old. Helmet and other gear included. In great condition, \$550. Contact Jenny Knight for details PH: 339-3196.

FOR SALE - Touring Bike

Bob Jackson hand built 23 inch frame, Deore XT hubs, group set and brakes, Mavic rims, GT spokes. In great condition, \$800. Contact Jenny Knight for details PH: 339-3196.

ACHIEVEMENT/CHALLENGE SERIES

Where did they all come from? On May 2, fifty, yes, 50, club members managed to drag themselves away from the doona for the 100km superachiever/challenge ride. Great weather, and no serious mishaps saw all but two complete the course well within time. Thanks to Desama Claux and Paul Bonetti for the great role they played as support crew, revitalising all with chocolate and Exceed.

Congratulations go to: Craig Abernethie; Jan Allen; Jenny Bailey; Steve Blackburn; Andrew Candy; Kleber Claux; Ross Cussons; Chris Devenish; Paul Ellen; Mark Elliot; Barbara Farmer; Colin Farmer; Stephen Ferguson; Tom Freeman; Phil Giddons; Liz Green; Lin Hambleton; Brian Hassell; Graeme Hill; Jenny Knight; Simon Koek; Janet Lankester; David Lewis; Charles Lockwood; Peter Lundy; Marian Mayes; Debbie MacArthur; John Meakin; Carmel Moran; Allan Munday; Mark Nilan; Sue Nilan; Chris O'Brien; Adrian O'Neill; Nathaniel Offer; Ezio Pangiarella; Romney Phillips; Brett Rutherford; Roger Stevenson; Robert Swain; Max Talbot; Arthur Turner; David Uren; Cyril Veleff; Sharon Veleff; Tom Wall; Alan Walton; Stan Wiechecki; Alan Williamson; Andrew Woodroffe.

TOUR & RIDES UPDATE

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 Koek on 271-2959 (H) or 326-4971 (W). Total cost is \$20 (\$35 by bus) and money with bookings is essential. Closing date is 7th May.

KALGOORLIE TO MENZIES ROAD RACE JUNE 6

Entry forms are available for this 130km handicap road race from your CTA newsletter editor, and most bike shops. This is an historic road race first contested in 1928, starting in Menzies and finishing in Kalgoorlie. There are over \$7000 in prizes, including original trophies from the 1934 race. There is a \$2000 first prize and prizes up to 20th place.

Entries closed May 14 (nice to know Bikewest always gets us the info on time!), but you can contact Mark Webb PH: (090) 214-294 and Jim Krynen PH: 430-7550 if you are still keen to participate. You don't have to be a registered racing cyclist to enter this event.

Bus transport to Kalgoorlie is available at \$45/head, and all competitors will be ferried to the start of the race by bus, which is included in the entry fee of \$10. Accommodation is not catered for, but camp school accommodation is available at \$16/night

FOR A FULL ROUND UP OF CYCLING NEWS

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Further Information: Jim Krynen Bikewest - 430-7550

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CAMP GOORALONG**JUNE 26**

In the tradition started by those intrepid New Zealand tourists, the CTA is offering a number of 'camps': these are pannier tours to campsites within a day's ride of Perth. The idea is to give people a taste of pannier touring, without them facing the daunting prospect of having to live within their panniers (what they packed in them or forgot too!) for a long period of time. The first of these rides will be to Gooralong Park, near Jarrahdale.

Starting at Murdoch University (carpark 3) at 9:00am, we will travel 60km to Jarrahdale and then on to Gooralong. The camp-site is in a lovely pine plantation, the ground covered in a soft bed of pine-needles. There is no drinking water there, (we'll fill up at Jarrahdale), but there are shower facilities. Be prepared to do some cooking, or alternatively group your efforts. It's amazing what can be done on a trangia!

For those of you who lack the time or inclination to do the ride, you can always meet us at the camp-site to experience the joys of camping out with good company, and spending a restful night in the bush.

For any enquiries, please contact Simon Koek PH: 271-2959 (H). Also look out for the next one, Camp Hoddyswell!

CHRISTMAS IN JULY**JULY 10/11**

Come celebrate the 'festive' season without the hassle of presents, 'who's cooking the turkey?' and the relatives. This year the CTA is celebrating 'Christmas' at Toodyay's very old Freemasons Hotel. Participants will be able to choose either of two routes to reach the township and opt to overnight at the hotel or merely stay to dinner. Accommodation costs are \$18.00 per person, with twin, single, and family rooms available (please specify when booking). A roast meal with all the trimmings (3 courses) will set you back \$20.00.

Route 1, led by Simon Koek, is Midland to Toodyay, a 100km trip through hilly terrain, departing Midland Town Hall at 8.00am on Saturday 10th.

Route 2, led by Mark Nilan, is Woorooloo to Toodyay, a 25 - 40km trip (depending on the whims of the organiser on the day), departing from a local farming property the same day. Cars will be secured overnight.

Both rides are designed to arrive at Toodyay at 5.00pm for dinner at 7.00pm, and will take you back to your start point the next day. Tickets may be purchased from Mark Nilan PH: 397-0804 (H). Book early as numbers will be limited.

HODDYWELL ARCHERY PARK PANNIER TOUR**JULY 25/26**

Come for a "not too hard" and beautiful ride through the hills to Hoddyswell Archery Park, 8km southwest of Toodyay, where we

will be camping overnight. Cost is \$4.00 per person for a site with shower, toilet and barbecue facilities. This is a 180km round trip, departing Midland Town Hall at 8.00am on Saturday July 25. Hire of equipment at the archery park is very reasonable, and there is an aviary and museum to peruse as well. BYO sleeping bag, tent, cooking utensils, and food. Interested? Then call Stan Wiechecki before July 18 to book a place on 448-2335 (H).

LEWANA PARK WEEKEND**AUGUST 6-8**

An idyllic and unique weekend venue, nestled in a magnificent valley amid pine plantations and natural forest and adjacent the Blackwood River, Lewana Park, 19km south-west of Balingup, is a must!

After a quiet evening beside the warm glow of a pot-belly stove, a hearty breakfast the next morning will see us peddling our way to Nannup, following the scenic Blackwood, tea and scones waiting.

Those with mountain bikes will find many exciting and exhilarating tracks to try and scenery to match.

Don't want to take your bike? No worries, the Bibulmun Track is nearby, or maybe just take a stroll among the pines or along the river.

Saturday evening is eating, relaxing, and relating the day's adventures.

Sunday morning, mountain bikes and tourers combine on a ride to Balingup via the Cheese Factory and more tea and scones. From there, a short ride to Kirup to sample the world famed 'Kirup syrup'. The bus will be waiting for us here for the journey home.

Food, sleeping bag, and a blanket are all you require for this exciting and relaxing weekend. Accommodation is \$10 per person for two nights. Transport on John Martin's bus for bikes and riders is \$20 return. The bus will leave from 41 Woodbine Rd, Pickering Brook at 5.00pm, and Armadale railway station at 5.30pm. Payment with booking is essential and bookings close Saturday, July 31.

ORGANISER: Warwick Lang PH: 337-2681 (H).

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 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.

Paddy Pollen
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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.

SWAN RIVER RELAY MARATHON

OCTOBER 17TH

This year the CTA would like to see a club team or teams represented in the Swan River Marathon. The course includes:

1. 11.5km RUN
2. 1.5km SWIM
3. 25.8km CYCLE
4. 6km CANOE

If you are interested in lending your skills or just participating for the fun of it, contact Steve Blackburn PH: 339-3203 (H).

More details will be available in the next newsletter.

THE ULTIMATE PANNIER TOUR '94

APRIL 9 - 24

The CTA is celebrating its 20th birthday in 1994, so come join in the party on a 16 day cycle trek from Albany to Perth from Saturday 9th April 1994 to Sunday 24th April 1994. This will be a full pannier tour ie. tents, sleeping bags, etc, with some YHA accommodation thrown in for good measure. The route will take in most

of the best scenery travelled on othe CTA and 'On Your Bike' tours via quiet country roads where possible. So, book your holidays, get your touring gear together, and save your money, because this will be the "Ultimate Pannier Tour".

ORGANISER: Kleber Claux PH: 458-7519 (H). More news to follow in subsequent newsletters.



TOUR DE FEMME

JUNE 27

The Women's Sport Federation proudly presents its inaugural cycling event "Tour de Femme - a Fun Run on Wheels" on Sunday June 27, 8.45am for a 10.00am start at Perry Lakes. The entry fee of \$15 for adults and \$10 concession covers participation in the ride, a T-shirt, sausage sizzle, one drink and entry in a barrel draw for great prizes (including two bikes).

There is a 6km, 12km with age divisions, and an open 18km courseage divisions. You can race to win (there will be medallions for 1st/2nd/3rd), or just enter for the fun of it. Entry forms are available from bike shops or your President. Forms must be in by Monday, June 21, 1993.

There will also be two workshops before the event on Sunday June 13 and 20 to "Know Your Bike". These deal with being comfortable on your bike, gearing, safety, etc. Details of these are on the entry form.

And of course, this event is only for WOMEN. Spectator support from the men would be greatly appreciated though!

EDITOR'S CHIT

So again, hope you all survived easter and the school holidays without ignoring man (and woman's) best friend, the bike too much. Autumn heralds great cycling weather usually, and we have not been disappointed lately. So where are you all? Come on, onya bike!

A word of thanks to Simon Koek and all the members who came to lend their support on the kidney foundation's 'Life Cycle'. We had a terrific response from both the CTA and Cycling for Pleasure, at one stage it looked as if the support crew would outnumber the participants! Everything was well coordinated and went off without a hitch - a credit to all!

One last quick word. Could all CTA members on club rides remember we share the roads with motor vehicles, and should have the courtesy to ride single file when on a narrow road with traffic, especially with double white lines in traffic. Your actions are both foolhardy, and will only give us a bad name!

Ciao for now! Ed.

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WHEELS AND EASTER EGGS

On Good Friday, 16 cyclists travelled to the striking Stirling Ranges to ride, climb, and eat easter eggs (not necessarily in that order!) Those who had arisen from bed early enough managed a climb of Mt Toolbrunup. Others arriving during the afternoon, joined us for a barbeque dinner with Stan kindly providing lighting (but no muffins).

On Saturday, enthusiasm abounded, and 8 cyclists set off on a 150km ride to be joined by several more of the group for an 80km loop via Mt Barker (lunch). The ride was a musical experience, with the singing only interrupted when Simon felt it necessary to warn us of the various cycling hazards ("Car front!", "Pot hole!", "Devonshire tea!"). Kleber, Chris, Mark, and Dave all completed the full 150km, though Chris wasn't so sure. The evening was spent "with the locals" at the Borden pub.

After Saturday's effort, there was a general desire (ed. note: even by Kleber!) to sleep in and then walk up Bluff Knoll, rather than cycle(?) It was not apparent whether the previous days cycling or the generous Easter Bunny was to blame for this.

The evening was spent playing a murder game, during which Simon alternatively spoke with an outrageous French accent and ate easter eggs. Jo wondered what the hell was going on, as did the rest of us. The beautiful Princess Idelle (Desama) turned out to be the murderer.

On Monday, the real enthusiasts cycled off into the rain and cold, as everyone else prepared for the trip home. Many thanks to Paul, Simon and Desama for an excellent weekend which was enjoyed by all.

Jenny Bailey and David Uren.

SOUTH-WEST BACK TO NATURE TOUR

Eight days of relaxed touring through some of the quieter and out of the way places of the south-west...aaah yes!

With local lady, Sue McLaghlan as back-up, Peter Lundy and myself set off from Margaret River on Saturday, March 13, in warm sunshine. We stopped for a while to see the wild-life at Eagles Heritage, then took a trip out to the marron farm. From there we travelled to Conto's camping area near Lake Cave, where a fire was lit, tea prepared, and rabbit traps set.

We rose early Sunday morning to skin and clean a bunny for tea that night (medium size, young and tender - yum!). A check on the ocean to see if the fish were biting (no), and we were off.

We toured Giant Cave then took a trip to the Boranup look-out, exploring and then taking a swim at Cosy Corner. Augusta was our destination for the evening, and our first real luxury for the trip - a hot shower! Rugged as we were, the thought of this drew us to the caravan park. Actually, there is no place they will let you camp there other than this, so we had to put up with it.

Monday was a sprint to the lighthouse and waterwheel and a return to town to stock up for the two days ahead without access to food. We detoured on the way out of Augusta to the Blue-Gum Miniature Railway/Museum, then off to Warner Glen where we lit a fire on the riverbank and did our washing in the river.

Tuesday and the sun still shining, so we left the bikes and canoed towards Alexandra Bridge, stopping to pig-out on blackberries that hung over the banks. Less than four hours paddling brought us to our destination where we paddled, swam, fished, and relaxed. We shared the camp fire with a Victorian couple that night, telling stories and reciting poems.

Wednesday. The paddle back up river, past the blackberries to Sue. Here we were to part company with her, the back up vehicle, the esky and the blow-up mattress (ed. note: whimper!). Peter and I were now on our own, everything on our bikes, and heading

towards Sue's Bridge, 35km away. Here we had a quiet camp-site where we could wash and swim in comparative privacy and where the wild ducks would walk into camp and eat from your hand. Those ducks were lucky we had plenty of noodles!

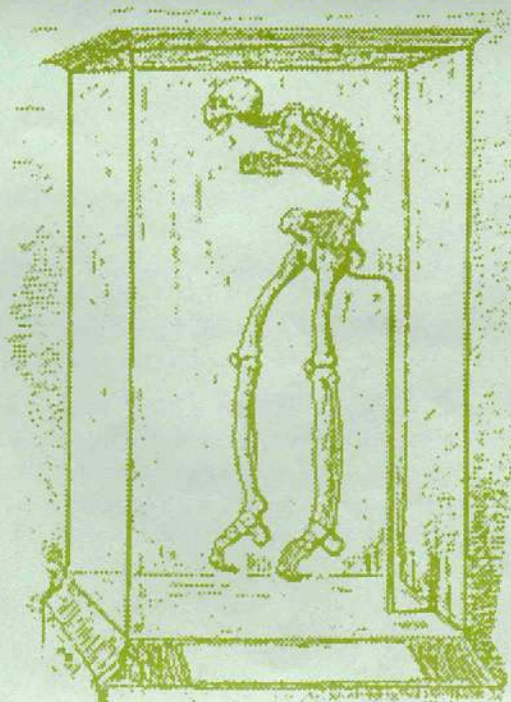
Thursday-cool with a drop of rain. We decided to head back to the coast via Margaret River to stock up for our stay at Injidup/Wyadup for two nights. This was a lovely camping spot, right by the ocean and not all that far from Yallingup/Dunsborough and the surrounding wine district, which we spent 90km traversing on the Friday. By mutual agreement it was decided to end the tour with a celebratory port that night; to help keep the cold out of course!

Last day, Saturday. We travelled via quiet back roads between Caves Rd and Bussell Highway, visiting Gracetown, which Peter hadn't seen before, visiting Sue for a cup of tea, and then back to base. Total kilometres cycled was 450, canoed 26. Cost of the tour was; camping \$8, canoe hire for two days \$15. \$23 for eight days touring then food and drinks. Any takers for next year?

Brian Gale

(Ed. note: count me in Brian!)

THE PENGUIN BOOK OF THE BICYCLE



A WARNING TO ENTHUSIASTS

CTA LIBRARY - BOOK REVIEW

"Richards' Ultimate Bicycle Book" by Richard Ballantine and Richard Grant (1992), is 192 pages of information on the past, present and future of the bicycle. While the broad range of topics covered means some sacrifice in detail, it still manages to educate in a concise, easy-to-understand manner. I found the extensive use of photographs to illustrate points (especially in the cycle maintenance section) to be one of its big pluses.

This is a great introduction to 'the bike'. Mountain, racing and touring bikes are analysed with tips on clothing, training, even learning to ride. There is also a section on the bike as a 'human powered vehicle', an environmentally friendly alternative to the car, with some unusual designs!

My major criticism is its section on 'Exercises for Cycling'. While stretching is very important in preventing soft tissue strains and other injuries, those advocated in this book would be likely to cause more injuries than they would prevent, especially to the lower back.

On a scale of 1-5, I'd rate this a 3.5. Read and enjoy!

A MUFFIN GOOD TIME WITH 'ONE-NIGHT STAN'.

As most members know, I like to cook muffins and bring them on club rides to share with friends. Ask Simon (ed. note: its amazing what people will do for a muffin!). They are easy to cook (a batch can be made in 30 minutes from preparation to taking them out of the oven), there are a myriad of types that can be made (sweet, savoury, fruit etc), and they travel better than a chocolate eclair or devonshire tea. With all this in mind, I was approached to write down one of my favourite recipes, so, with the aid of a good non-stick muffin pan and two large mixing bowls, here goes:

Coconut Muffins with Cherry Yoghurt

Wet Mix $\frac{1}{4}$ cup of butter or margarine

$\frac{1}{2}$ cup of sugar

2 eggs

1 $\frac{1}{2}$ cups of yoghurt

Dry Mix 2 $\frac{1}{2}$ cups of self-raising flour

1 cup of desiccated coconut

Topping $\frac{1}{4}$ cup of sugar

$\frac{1}{4}$ cup of dessicated coconut

N.B. As you notice, there is a wet and a dry mix. These are combined together as the final stage in preparation for successful muffins!

DID YOU KNOW?

☛ The world's 800 000 000 bikes outnumber cars by two to one.

☛ The world's first bicycle with pedals was built in 1839 by Scottish blacksmith, Kirkpatrick MacMillan.

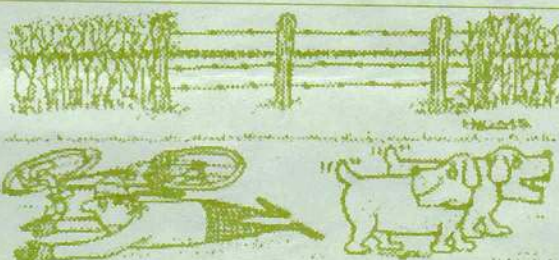
☛ It is illegal to ride two abreast on a dual use path.

☛ If a dog causes a cyclist to have an accident, he or she may have grounds to seek compensation and/or damages from the keeper of the dog.

Method:

Preheat oven to 180°C and grease muffin pans. Mix the butter and the sugar until light in colour and creamy in texture, then beat in the eggs and yoghurt until the mixture is smooth (milk can replace some of the yoghurt). Fold the combined dry ingredients, then fold the wet and dry mixes without overmixing. If the mixture drops off a spoon it is too wet. Place in prepared muffin trays and sprinkle with the topping. Place in the oven for about 25 minutes. The muffins are ready when they are a golden brown colour.

Enjoy! Stan.



"It's the thrill of the chase I enjoy. It's an anti-climax when you catch them."

Rides Calendar June/July 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!

JUNE 4 THE RIVER BY MOONLIGHT

NOTE FRIDAY Night Ride

35km, moderate pace, flat terrain, 7:30pm start. Meet at UWA park (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 5-7 GERALDTON LONG WEEKEND

See page 3 for details.

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

JUNE 5 400KM AUDAX - THE NARROGIN PEDAL

Meet at 41 Woodbine Rd, Pickering Brook at 4:30am for a 5:00am start. The course is Karragullen-Wandering-Chidlow-Toodyay and return.

ORGANISER: John Martin PH: (09) 293-8170 (H)

JUNE 6 TWIN PEAKS RIDE

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 Award or equivalent ability.

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

JUNE 11 WINE AND CHEESE NIGHT

Friday night social evening at Ernest Johnson Oval Guide and Scout Centre, end of Pilgrim St, South Perth, 7.00pm start. By popular demand John Sherwood is back to guide us through some of his

most favoured, 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 (100miles) flat/hilly terrain timelimit 9.5 hours. Meet at the Carriage Coffee shop at 7:30am for an 8:00am start. Participants should possess the 100km Achievement Badge or equivalent ability.

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

JUNE 13

INFORMAL RIDE

Meet at the Causeway carpark at 9:00am. See page 2 for details.

JUNE 20

POINT CAFE BREAKY RIDE

35km, easy pace, flat terrain, 8:00am start. Meet at the Causeway carpark for an easy ride to the Point Cafe for breaky, fine company and nice views.

LEADER: Stan Wiechecki PH: 444- 2335 (H)

JUNE 20

NOT THE POINT CAFE BREAKY RIDE

90km, moderate pace, flat/hilly terrain, 8:00am start. Meet at the Causeway carpark for a ride to Kalamunda via Crystal Brook Road, returning via Glen Forrest.

LEADER: Janet Lanketser PH: 272-5653 (H)

JUNE 26

CAMP GOORALONG

See page 4 for details.

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

JUNE 27**"WHERE'S THE TEAS?"**

60km, moderate/easy pace, mostly flat terrain, 9:00am start. Meet at the Fremantle Railway Station for a ride to a secret morning tea destination.

LEADER: Ross Cussons PH: 317-2588 (H)

JULY 2**PADDY PALLIN'S PRODUCT NIGHT**

This Friday night social evening will be held at 7:00pm, on the first floor of Paddy Pallin's store, 115 Hay St Perth. Daryl Duxbury will be our host, displaying the latest in touring gear, including tents, cooking utensils, sleeping bags, and backpacks available in his showroom. He will also give advice on choosing the right gear for your needs be it bushwalking, Audax rides, or cycle touring. Supper will be provided. Parking is available at two nearby multi-storey car parks for those not riding.

JULY 4**BILLY TEA AND A BIT OF BUSH**

'Maybe' 40km, flat terrain, moderate/easy pace. Meet at the Carriage Coffee Shop at 8:30am, for a ride to yet another secret, semi-rural location. BYO tranga, vittels, coffee/tea/milo, or share with a friend. Don't forget the matches!

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

JULY 4**A DECENT DESCENT**

100km, moderate pace, hilly terrain, 8:00am start. Meet at Midland Town Hall for a ride through Gidgegannup, Mundaring and Kalamunda, before returning to Midland. Includes a Kalamunda hill descent.

LEADER: Graeme Burton PH: 450-3885 (H)

JULY 4 200KM AUDAX-THE DARLING RANGE RIDE

Meet at 41 Woodbine Rd, Pickering Brook, on Sunday at 6:30am for a 7:00am start. The course is Pickering Brook/Mundaring/Chidlow/Toodyay and return.

ORGANISER: John Martin PH: 293-8170 (H).

JULY 10 -11**CHRISTMAS IN JULY**

See page 4 for details.

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

JULY 11**AN AFTERNOON INFORMAL RIDE**

Meet at the Causeway carpark at 2:00pm. See page 2 for details.

JULY 18**50KM-THE ATB WOOROLOO BASH**

50km, moderate pace, undulating terrain. Meet at the Midland Town Hall at 8:30am for a 9:00am start. The course will be Greenmount/Wooroloo and return. Mountain bikes only.

LEADER: Brett Rutherford PH: 339-7059 (H)

JULY 18**QUAYS TO THE GAOL**

70km, touring pace, flat terrain, 8:30am start. Meet at Sorrento Quay for a ride to Fremantle to tour the gaol. On release, enjoy a

coffee before escaping back to Sorrento. Cost of the prison tour is \$10. LEADER: Sue Nilan PH: 397-0804 (H)

JULY 24**CAMP HODDYWELL**

See page 4 for details.

LEADER: Stan Wiechecki PH: 448-2335 (H)

JULY 25**A HILLY HUNDRED**

100km, moderate pace, hilly terrain, 8:00am start. Meet at the Bilgoman Swimming Pool for a scenic ride through the Hills. The route includes John Forrest National Park, Wooroloo, The Lakes, Mundaring and Glen Forrest. Given the long distance between water stops, please bring 2 water bottles if hot. (In July? ed.)

LEADER: Tom Freeman PH: 298-8226 (H)

JULY 31 600KM AUDAX - THE COAST AND HILLS TOUR

Meet at the Armadale railway station at 4:30am for a 5:00am start on the Saturday. The course will be Armadale-Wungong-Kwinana-Rockingham-Mandurah-Pinjarra-Bunbury-Mandurah-Armadale. Stay overnight in Armadale or at home then restart in Armadale at 6:00am on Sunday. The route continues Armadale-North Bannister-Boddington-Dwellingup-Pinjarra-Armadale. Participants can nominate to just do the 400km first leg or the 600km by contacting the organiser at least a week prior to the event.

ORGANISER: Brian Hawes PH: 398-4724 (H).

AUGUST 1**SWAN VALLEY RIDE**

50km, easy pace, mostly flat terrain, 9:00am start. Departing the Causeway carpark for a ride along the Swan River to morning tea at Guildford, then around the Swan Valley, before returning to the Causeway.

LEADER: Arie Lemson PH: 307-5820 (H)

AUGUST 1**ALAN WALTON'S RIDE**

80km, touring pace, hilly terrain, 9:00am start. Meet at the Kelmscott Railway Station for a mystery ride in the hills.

LEADER: Alan Walton PH: 351-8740 (H)

AUGUST 6**PHYSIOTHERAPY AND MASSAGE EVENING.**

Friday night social evening at the Ernest Johnson Oval Guide and Scout Centre, Pilgrim St South Perth, 7:00pm start. Tonight a guest speaker from the Australian Sports Medicine Federation will discuss and demonstrate massage and stretching for post-ride recovery, as well as other general cycling-related issues.

AUGUST 6**LEWANA PARK**

See page 4 for details.

LEADER: Warwick Lang PH: 337-2681 (H)

AUGUST 8**INFORMAL RIDE**

Meet at the Causeway carpark at 9:00am. See page 2 for details.

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

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