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(OR SO I'M TOLD !!)



Gearing up for an AUD

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

EDITOR: Jenny Knight

AUGUST/SEPTEMBER 1993 No 113

President on Page One

It seems we are still attracting heaps of new members into the club and even getting a response from those whose membership had expired last year! It is very heartening to see the record number of cyclists out there who want a combination of pain and pleasure - we certainly are a weird lot aren't we?

Speaking of returning to the flock, those of you with long memories will be interested to know that Sue and Graeme Campbell-Thomas have renewed their membership on return to Oz - welcome back and we hope to see you on a ride soon.

Thank you to those who responded to my appeal for support for the Tour-de-Femme. The rain held off for exactly the right amount of time to allow the open and the combined rides to start and finish under reasonable conditions. The prizes were numerous and did not depend on being competitive - just to participate. I hope a lot more organisers take note of this approach in an attempt to encourage more people out there to 'av a go'! In the same vein I am again asking for anyone out there to help get a few teams together for the Swan River Relay Marathon. A team just has to supply 4 people who can attempt to either run, swim, cycle or paddle their way to win the acclaim of fellow club members and also help charity. It's a lot of fun and I hope to make it a club event with picnic lunch to follow. Please consider!

Speaking of picnic lunches, I enjoyed a feast of freshly baked muffins - made according to the last newsletter's recipe - delicious! I must congratulate Stan's choice for inclusion in this new section. I only hope that my poor effort in this issue is as easy to prepare. Don't forget to send in those touring recipes and tips - the warmer touring weather must be with us soon. We have had some successes however, with the Saturday ride to Toodyay for the Christmas in July being one of the nicest days for what seems months and months. Those of us that took the longer ride from Midland basked in ideal conditions as we flitted from coffee stop to orange juice stop on our way to a slap up meal. We even had a suprise appearance from, not one, but two Santa Claus! Well done Mark and all those who were

involved in the organisation of what is obviously going to become a yearly tradition for the CTA. However, you still have a long way to go to equal the weather I organised for last years effort at Rotnest - with cyclones and hurricanes piling into insignificance!

On the other hand we can assure you that this year's On Your Bike tour (Wandering Star '93) will have perfect weather for the nine day extravaganza. Wandering and Boddington are renowned for their tropical days and warm balmy evenings. Please get in quick since we already have over 40 registrations and can only accept up to 100. If you wish to obtain tour information, please contact me on the usual numbers.

Also a brief note to let you know that Brian Flynn has joined the Bicycle Entrepreneur and is specialising in touring bikes. He is also a great source of information on anything touring oriented and will be guest columnist in the next newsletter, discussing touring tyres.

I hope to see you all on future rides,

Cheers! Steve Blackburn



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...

Simon Cummings

Nikki Cummings

John Barber

Brian Hunt

Daryl Cooke

Wendy Clements

Don Caplin

Ida Millard

Wendy Erber

Rosalind Rabjones

Kalamunda Senior High

Eric Manning

Leonie Manning

Caitlin Manning

Tyler Manning

Greg Clements

Bryan Smith

Alison Goode

Frank Culverwell

Sheryl Neave

Lesmurdie Senior High

MEMBERSHIP FEES

Membership for the latter half of the year is only 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**. It's up to those who front on the day to decide where and for how long to ride - try it!

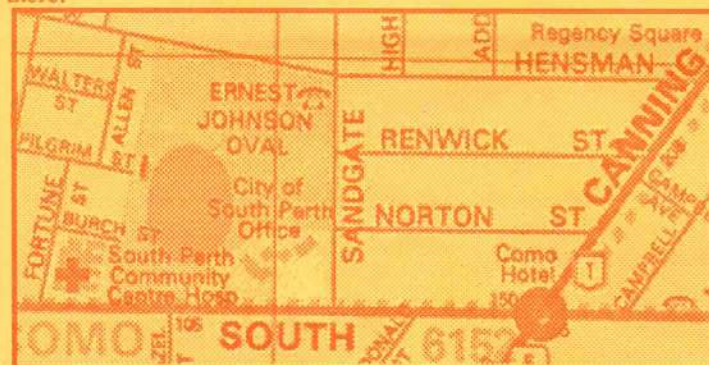
AUDAX AUSTRALIA

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

Our last social evening at Paddy Pallins in Perth was, as usual, tempting, taunting and exciting. I showed admirable restraint (having not brought any cash with me), as our host-cum-devil's advocate, Steve Watkin, flashed goretex and microft goodies in front of an appreciative crowd. Colour coordination aside, the versatility and durability of touring clothing, be it by bike or foot, has come a long way over recent years. Paddy Pallins even stock panniers, and now have a good range of lightweight goretex rain jackets which can turn into a 'bum' bag when no longer required. If you didn't make it along in July, have a peek next time you're in Perth!

Our venue for our August 'massage' night returns to 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. See you there!



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. They are on display at each social evening, courtesy of Warwick Lang, our club administrator and vendeur. Each newsletter will also contain an order form and costings.

We'd love to see more members in our colours. It's a great advertisement for the club!

CONGRATULATIONS

The CTA would like to toast David Stobie and Sally Gardner on their recent engagement. With their venture into business at Mount Cycles in Mt Hawthorn, this is turning into a very eventful year. Best wishes, and cheers!



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.

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 the 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

On a blissfully sunny day on the 14th of June, Mark Nilan, Liz Green, Steve Blackburn, and petit-moi (ed.) lay back on our deck chairs, the birds singing in the trees, the billy boiling, the muffins awaiting, surrounded by the smells of eucalypts, and damp, at one with our environment...only to be spoilt by a group of mad cyclists, who pushed us off our seats, ate our muffins, drank our tea and as quickly as they came, vanished. Lemming-like they cycled on towards their 160km goal, and we would like to congratulate them all individually for their fortitude (or insanity?). To:

Craig Abernethie	Andrew Candy	Frank Culverwell
Colin Farmer	Stephen Ferguson	Tom Freeman
Phil Giddons	Brian Hassell	Graeme Hill
Warwick Lang	David Lewis	Charles Lockwood
Peter Lundy	Marian Mayes	John Meakin
Carmel Moran	Sue Nilan	Chris O'Brien
John Paine	Ezio Pangiarella	Brett Rutherford
Eddie Rzemek	Max Talbot	Cyril Veleff
Alan Williamson	Andrew Woodroffe	

Special mention to Charles Lockwood, who had to fight off a wild boar (and no, I'm not making this up!) on his way up Karnet hill, and lived to tell the tale.



FOR SALE

A Shogun Prairie Breaker Pro mountain bike in near new condition. Set up for touring but easily put back into off-road, hell-raising mode. If you want further information phone Steve on 339-3203.

GET WELL SOON

Our friend Ross Cussons has literally been legless for the past three weeks, having undergone a total hip replacement. He is reputedly doing very well at home with wife and crutches and is itching to get back on his bike. Best wishes from us all, Ross!

ACHIEVEMENT/CHALLENGE SERIES**300km ACHIEVEMENT RIDE**

At 0240 on June 6th, Tom Freeman and Colin Farmer cajoled a weary little band of CTA riders UP the Martin's driveway at the end of a 400km Audax, and hence their 300km achievement ride. Congratulations to Mark Nilan, Janet Lankester, and Jenny Knight on moving one step closer to becoming a Superachiever. Thanks also to all the Audax riders for hanging in there with us and making fact from fiction!

THE 200km ACHIEVEMENT/CHALLENGE RIDE

This year the format of the 200km Achievement/Challenge will be changed to help our support crew manage the checkpoints. The ride will have two start times out of Midland on Sunday August 15. Slower riders are asked to front at 6.30am for a 7.00am start, and faster riders at 8.30am for a 9.00am start.

The checkpoints will be open to all riders as follows: checkpoint 1 at 70km will be open between 10.00am and 12.00pm; checkpoint 2 at 120km will be open between 1.30pm and 3.00pm. Your food and clothing will be transported to these sites in the Audax trailer.

All riders must register at the finish in Midland between 5.00pm and 7.00pm to qualify. If you have any queries, please phone the Rides Coordinator, Simon Koek on 271-2959.

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

TOUR & RIDES UPDATE

CC'S SERIES 1 RIDES

The infamous Carole Czermak (founder of ?) is presenting a series of rides for the new cyclist, taking in many of Perth's attractive suburbs. The rides are 5-10km at an easy pace, to encourage the first time cyclist to come out and really enjoy the scenery they drive past every day. The areas include White Gum Valley (if you know where that is!), Shenton Park, Kalamunda, City Beach, Dalkeith and Perth City. Cyclists who want a longer ride can go exploring after the ride has finished. You can't say NO!

The ride does depend on fine weather. If unsure, phone Carole on 382-1275 before 7:30am on the day of the ride.

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!

Over 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, a sleeping bag, and a blanket is all you require for this exciting and relaxing weekend. Accommodation is \$10 per person, 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).

FOR A FULL ROUND UP OF CYCLING NEWS**Listen to 6NR 927am****6:45 pm****EVERY THURSDAY NIGHT**

Further Information: Jim Krynen Bikewest - 430-7550

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WAROONA WEEKEND AWAY**AUGUST 27-29**

The Waroona area has a lot to offer the cycle tourist with Dwellingup, Yarloop, Harvey, Preston Beach, and even Waroona itself within cycling distance by sealed roads – and this is a great area for mountain-biking!

We have booked the bunk hall for the weekend. Facilities include kitchen, dining room and pot belly stove. The Lake Navarino Forest Resort has camping sites and a deli, along with a BYO restaurant nearby.

Bookings and payment by August 22 please.

ORGANISER: Noel Eddington PH: 293-1305 (H).

POINT PERON WEEKEND**SEPTEMBER 17-19**

Come join a lazy weekend by the sea, not too far from the comforts of home, but far enough away to be a holiday! We will be staying at the fully equipped API holiday units at Point Peron, a stone's throw from Rockingham and the Garden Island Naval Base. Each 'unit' sleeps six, and you will only need to bring sleeping bag, pillow slip, clothes, toiletries and food – and of course your bike!

Cost for accommodation will be approximately \$10 for the weekend, depending on numbers. Transport is by private vehicles and car pooling, unless anyone has the desire to ride down.

The units need to be booked a month in advance so notice of participation and payment will be required by August 21 to be sure of a place.

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

CTA QUEEN'S BIRTHDAY WEEKEND TO YORK**OCTOBER 1-3**

York is a fabulous town from which to explore the wheatbelt. An historical town, it has many restored buildings from the early days of agriculture in this state. Other attractions are the car museum and many tearooms. Cycling destinations include the scenic high road to Beverley, as well as the tranquil roads around Spencer's Brook.

The accommodation is at the YHA, in the old York Hospital, and is \$10 per night. Transport is by private car and car pooling, unless you would care to ride!

Bookings and payment are required by September 1.

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

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:

11.5km RUN

1.5km SWIM

25.8km CYCLE

6.0km CANOE/SURF SKI

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

THE ULTIMATE TOUR**CTA 20th ANNIVERSARY FULL PANNIER TOUR 1994****ALBANY TO PERTH****APRIL 9-24**

Are you in for one hell of a good time in 1994! Tour leaders Kleber Klaux and Stan Wiechecki have just completed a reconnaissance of the intended route for the 20th anniversary pannier tour, through Albany/Denmark/Walpole/Shannon River/Pemberton/Nannup/Augusta/Hamelin Bay/Boranup Forest/Margaret River/Dunsborough/Busselton/Bunbury/Lake Clifton/Mandurah/Fremantle/and Perth. This will guarantee a kaleidoscope of scenery from forest to ocean, caves to vineyards.

Over the sixteen days the average daily distance will be 75km, with the longest journey some 100km. You will be camping under the stars most nights with YHA accommodation at Albany, Pemberton and Dunsborough, and good old-fashioned hospitality at the Brighton Hotel in Mandurah on the last night where we can toast our success the CTA's 20th anniversary and PARTY!!! We will be joined in Fremantle by members unable to participate in the tour for the final 25km to the Causeway.

Some people have indicated they would only be able to holiday for a week. If there are enough people interested in this option, transport can be arranged to drop them off or pick them up at Augusta, the halfway point of the tour (Albany-Augusta, Saturday April 9-Sunday April 17 and Augusta-Perth Saturday April 16-Sunday April 24).

Total cycling distance will be 830km over 12 cycling days with 3 rest days to take in the more picturesque spots en route. Accommodation and transport costs to Albany from Perth will be approximately \$180. Meals are not provided, and in some places cannot be bought, so this must be taken into account in your preparation costs.

It is recommended that those interested take advantage of the pannier tours on offer in the CTA calendar to develop their touring skills. It will also be a prerequisite that participants join at least one of the organised "trial" weekend tours to be arranged so that the organisers are completely satisfied with the capabilities of the rider and bike.

The tour is open to all CTA, Cycling 4-Pleasure, and Action Outdoors members, so book early to avoid disappointment. Numbers will be limited.

ORGANISER: Kleber Klaux PH: 458-7519 (H).

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PERTH TO KALGOORLIE

MOUNTAIN BIKE DESERT CHALLENGE

The ride was to commemorate the centenary of Kalgoorlie, getting there the way people did originally, by bicycle. There were eighteen of us to ride 670km in four days, most of it on unsealed roads,

Day One

Mundaring, Good Friday, crucifixion time. Bottles topped up, sun cream applied, tyres checked, jumpers and tracksuits removed. Group photos for families, friend and sponsors. The sky is overcast, it is 8.00am and we leave.

All too soon I am part of a colourful juggernaut hurtling east at a pace I knew I couldn't keep up. Still, it was good to be going. No more harassing motorists and terrorizing bus drivers on training runs to Joondalup and Midland. I notice sounds about me, the whirr of the tyres on the road, the whirr of the spokes through the air, the whirr of the chains over the sprockets, the whirr of wheel magnets passing computer sensor units?

The bitumen turns to gravel after 15km and the hard corrugations (the worst of the ride) are a rude shock. The pummeling my hands and arms take make them sore for days. The pack disperses as people seek smoother lines, the pace relaxes and I can check out the scenery, the jarrah forest at the back of the Darling Scarp. Before long the forest gives way to farms, mostly wheat. Flocks of twenty-eights escort us, frequently stopping in the old gums lining the road. Dave Staples does a spectacular 360° over the bars. Apparently someone was showing off his XTR brakes, Jim Krynen! I miss it as did the cameras. We cannot encourage a repeat performance.

Morning tea is about 2 hours into the ride and a welcome stop. Exceed on tap, way to go! We have lunch, spam and tuna rolls at Beverley.

The tailwind was dropping and the clouds gathering as, we, the tailenders dragged ourselves into Corrigin where we stayed in classrooms at the local high school. 180 km, half on gravel-I wasn't quite dead yet! The showers were great and so was the fish.

Day Two

Overhead it is still overcast as we left, anxious to get the bulk of the day's ride done before lunch at Hyden (110km away).

Most of the bikes are Giants, mainly carbon fibre. There are also a couple of Cannondales. I had my Australian Cyclist "1991 Best value under \$1200 winner" Prairie Breaker Expert Shogun with road clipless pedals. Exotica included Gary Delves's very sexy and curvaceous Krestel, John Pinta's fully suspended GT and Rod Evans's (Australian 24hr, Australian Bike Challenge contender, etc) armchair Alsop. Most have front suspended forks (mine does not) and almost all have SPD pedals.

Our first stop is at a crossroads where the signs are, um, lying on the ground. Continue, um, east?

Wave Rock is a pleasantly impressive surprise for me, at least twice

as big as I thought. Spam and tuna for lunch again. Soon, we leave the last bitumen we will see until Coolgardie.

The afternoon drags on and I fall back with the tailenders - you hear the support vehicles close behind. I have not the energy to bunny hop the only cattle grid on the trip. It is uphill. It is getting cold and dark, and it is so good to finally see camp, a gravel quarry in low lying scrub. Three fires are lit, two get competitive and whole bushes are sacrificed. I am glad I left my tramping at home. Spaghetti and frozen apple pie but no showers.

Day Three

Easter Sunday. Christ rose from the dead. I felt like that, too. The wiser of the weaker were learning to leave earlier but I was only 5km underway before the express (the fastest 4 or 5; Scott Staples, Jim Krynen, Rod Evans, Adrian Perry etc) turned up and I caught it. They were taking it easy in anticipation of some very sandy patches. Rain the previous night had hardened the road and it wasn't so bad.

When we passed some of the others I fell back and was able to really take in the countryside. Can 50km from fuel and water (and volvos!) in any direction be wilderness? We passed two vehicles that day. Out here you really notice the fumes.

About mid afternoon in the middle of some beautiful mulga scrub, the skies that had been threatening all along got serious. It poured. Lightning and thunder joined in. I was with Mike Lees (Canadian expat, grey Specialised) and Paul Dilma (white CroMoly-Giant) and we found ourselves riding in rivers, it didn't seem to matter going through or around the puddles. Good fun.

I saw something go under my wheels, I went back and found a foot long dragon, sluggish from the cold. We found another in the cook's tent after tea. Apart from the birds and the carrion, that was it for the wildlife.

The rain was patchy, with tailwinds (thank goodness), and it was clear when we came upon camp. I got my tent up and dug large trenches. The fire was impressive, fed by a tree that was long dead but upright before Adrian Perry got to it. It was still smouldering the next morning. Tea, nice curried chicken and rice, was served as usual in the marquee, only this time it was accompanied by a fully blown thunderstorm. This became a source of some concern as the ground was flat and water was beginning to flood everywhere.

It is very hard to appreciate the cold, the wet, the sheer discomfort of a sodden sleeping bag, be it in a leaky trailer, a packed 4WD, a flooded marquee or a cheap tent, when you have had a warm and very dry night's sleep in a very good tent. Losers! Obviously not CTA people. I even wrote a few postcards by the light of my candle lantern. As it rained, I wrote I doubted we would make Kalgoorlie the next day.

Still, by 10 pm the rain had stopped and when I went for a leak at 2am (they say, if you do not need to go during the night, you have not been drinking enough), the stars were out and the water had gone.

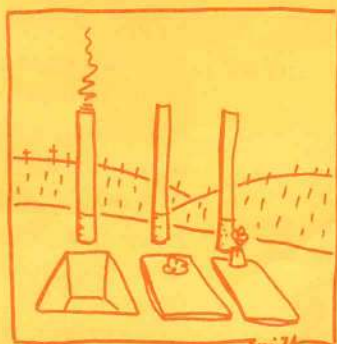
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Day Four (160km)

We had a very early breakfast (the generator kicked in before 5, aaaaagh!) and then succeeded in getting the bus onto the road. I hope it and the other support vehicles, two 4WDs, will get through. The clouds are back.

Mud. Now this is what I believe mountain biking to be all about, slowly spinning the backwheel on the triple chain, actually having to carry the bike as two litres of mud cake the top of the forks, the front brakes disappear and the front wheel no longer turns, now that is mud! Frozen feet aside, this was the best time.

The road now and then was completely under water. To avoid such patches sometimes meant having to crash your way through the bush (who needs an APC and a couple of Police stations?), again really good fun.

Sandier areas meant I could go straight through the water in a slow and sedate manner without getting my shoes wet.

God intervened and the bus got through the mud. As the day wore on the sun came out and the puddles disappeared. Gravel replaced sand and it was a long way to spam and tuna. Coolgardie was 120km from breakfast.

I was with young Brad Babel (16, yellow Diamondback) and Mike when we saw ten emus all abreast on the road. I chased them for 5 km, they were not impressed and went bush.

As we were not to be in Kalgoorlie until 4:30 pm, we had a well earned rest in Coolgardie. The sun was nice and we put air back in our tyres.

The final stretch was very easy, we had a tailwind, the road was sealed, it was an easy pace in line abreast formation. I am not sure if it was the baked beans or the Exceed or the combined effect but flatulence was rife. I guess you notice it more drafting. Generally most gave as good as they got. However, consensus was that the rider of the Gary Fisher (with the fattest down tube I have ever seen) really should have seen a doctor.

Just outside Kalgoorlie we were interviewed by GWN before being given police escort through the main street to Hannan's Tourist Mine. Scott Staples (Australian Bike Challenge contender) pops a mono almost right up to the camera in front filming us. I was kind of disappointed at the welcome, the place was deserted. Where were the cheering masses, in particular, the hoards of nubile 25 year old girls throwing themselves at us in blind adulation? I think I saw a couple of old men on a bench look up and somewhere I saw a dog wag it's tail.

At the Hannan Tourist Mine, our final, final stop, the Deputy Mayor, town councillors and refreshments were all there to greet us.

After nice hot showers (another ride highlight) back at the motel, we had a celebratory BBQ at the home of Brian Crew, Hannan Street Cycles. This was also where we said goodbye to the genuine masochists taking the bus back that night.

The train back (busriders weep!) was fast, comfortable and scenic (saw a number of roos outside Toodyay) but had no spam.

Epilogue

It has been 3 weeks now and I am still washing the mud out of my knicks.

Andrew Woodroffe

EDITORS CHIT

Hi y'all! Thanks for all the bits and pieces that have been arriving on my doorstep for the newsletter, I feel positively wealthy! Please more, more, more! And for all the purists who wonder if the mag is turning into a Women's Weekly, from next issue we will have our technical topic section resurrected, having finally found someone brave enough to put their knowledge to print.

LETTERS TO THE EDITOR

Dear Jenny,

Though I'm a club member you wouldn't know it since the only event I've participated in was last years "Tour des Capes" (and will be back this year for the Wandering Star Tour). Though I get to Perth fairly often, my visits never seem to coincide with, or leave me time for CTA rides.

The purpose of this letter is to tell the members of my little outing of the last few days to the Goldfields, not so far from Merredin (where I live). I enjoyed myself so much I thought some members singly or in a group might also be interested in visiting a place a bit off the usual tracks.

Kalgoorlie and vicinity are a great place to explore and a bike is the way to do it. The roads are wide, the winter climate is good, plenty of accommodation, interesting museums, old houses, gardens and people. Coolgardie is likewise worth a visit. Two outstanding museums, Warden's house (National Trust) and lots of signs with historical information. I also visited and pedalled about Kambalda and Norseman.

It was just over 1000km by car but only 70 or so kilometres on the bike. I spent a couple of hundred dollars (where does it all go?) but a refreshing holiday. This was a solo holiday as my wife is more inclined towards horses and not a fan of the Goldfields as I am.

If you haven't visited Kalgoorlie-Boulder-Coolgardie, or not for a while, go have a look, and take your bike-but don't leave it until summer!

Roy Butler (of the "Three Roys")

WA Tandem Cycling Club

8th June, 1993

Dear CTA,

On behalf of the Australian Blind Sports Federation, I am writing you as their tandem cycling convenor to seek any support from your riders who may like to be part of our new cycling development programme in WA.

Please find enclosed information that has been sent to our prospective members, both vision impaired and sighted steerpersons, in which we would appreciate any assistance that your members and association can give in the future.

* Any one of your members who may want to be part of our tandem teams and ride either on a part-time or full-time basis with a vision impaired cyclist.

* We would appreciate any assistance when we run our National Cycling Championships for the Physically Disabled in September.

* Once our programme is further established, we would hope our members would be accepted as fully paid members in your club, and able to participate in regular club outings.

If anyone is available to assist in tandem track racing Wednesday nights or on the 8th of August at the Speed Dome for a coaching clinic, we would like to hear from you.

Please find enclosed the agenda, and if you are able to attend, please contact me (Ron Anderson) on 311-8254 (W) for any further information.

Yours in Sport, Ron Anderson
(Cycling Convenor, Australian Blind Sports Federation)



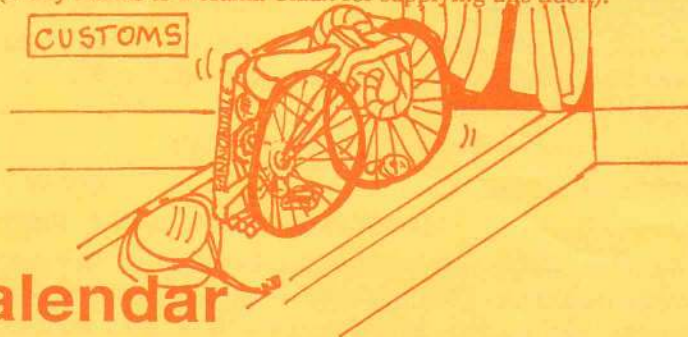
THE LEAST SUCCESSFUL ROUND THE WORLD CYCLIST

Mr Michael Murphy, a 22-year old draughtsman from Stevenage in Hertfordshire, set off in August 1975 to cycle around the world. During the next 2 years he was robbed by Yugoslavian peasants, stoned by tribesmen in the Khyber Pass and nearly froze to death in a blizzard. When he finally arrived back in England in April 1977, he had only to collect his bike at Heathrow Airport and cycle the last 40 miles home. After 25,000 miles he confidently expected to make it back to Stevenage. His hopes were crushed, as was his bicycle, by a conveyor belt joining the plane to the customs hall. He

had to hitch a lift home.

(Many thanks to Desama Claux for supplying this tidbit).

CUSTOMS



Rides Calendar

August/September 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!

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

A. WALTON'S RIDE

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

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

AUGUST 6

"WARM-UP, WARM-DOWN", 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.

AUGUST 15 200KM ACHIEVEMENT/CHALLENGE RIDE

Starts and finishes at Midland. See page 3 for details.

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

AUGUST 15

WHITEMAN PARK EXPLORER

40km, easy pace, flat terrain, 9:00am start. Meet at the Causeway carpark for a ride to Whiteman Park, to explore and enjoy a morning tea.

LEADER: John Sherwood PH: 447-8939 (H)

AUGUST 22

THE CIRCA 100

100km, moderate pace, hilly terrain, 8:00am start. Meet at 7:45am in the Raffles Hotel carpark for a prompt 8:00am start. Climb the Kalamunda Hill and visit Carmel, Karagullen and Araluen before returning to the Raffles.

LEADER: Colin Farmer PH: 330-4441 (H)

AUGUST 22

WET AND WILD ATB RIDE

3 hours of kms, 'as-long-as-it-takes' pace, ATB terrain, 8:00am start. Meet at the Gooralong Tearooms in Jarrahdale for a mystery ATB purists' ride for about 3 hours around Jarrahdale, Pipehead Dam and Serpentine. There will be plenty of water, mud, downhill,

uphills and controversial navigational techniques. Bring a small towel, food and a sense of adventure.

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

AUGUST 27

WAROONA WEEKEND

See page 4 for details

ORGANISER: Noel Eddington PH: 293-1305 (H)

AUGUST 29

5,000 IN 4

80km, moderate pace, hilly terrain, 8:30am start. Meet at the Gosnell Railway Station for a ride that should prepare you well for the 10,000 in 8.

LEADER: Maureen Murray PH: 398-7059 (H)

SEPTEMBER 1

THE LAST RIVER BY MOONLIGHT

35km, moderate pace, flat terrain, 7:00pm start. Meet at the Shenton Park Railway Station for the final 'around the river' moonlight ride (covers 3 bridges).

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

SEPTEMBER 3

D & M (DEEP AND MEANINGFUL) NIGHT

Friday night social evening at Ernest Johnson Oval Guide and Scout Centre, end of Pilgrim St, South Perth, 7.00pm. Tired from the crunch and grind of the working week? So are we! So let's share a pizza, a drink, any luscious desserts you would care to supply, work gripes, future aspirations, bike-talk, tour-talks, hot gossip, and any other diversion you would care to supply. A mystery diversion has been organised for those who manage to exhaust these topics!

SEPTEMBER 4

THE COALFIELDS RIDE AUDAX 300KM

Meet near the public toilets in the main street of Donnybrook at 4:30am for a 5:00am start. Course includes Ludlow-Ferguson-Burekup-Roelands-Worsley-Collie-MacAlinden-Mayanup-Boyup Brook-Hester-Greenbushes-Balingup-Brookhampton-Greenwood Siding-Donnybrook. Accommodation is available on Friday and Saturday nights.

ORGANISER: Colin Farmer PH: 330-4441

SEPTEMBER 5 (FATHER'S DAY) MUNDARING WEIRD

70km, moderate pace, flat/hilly terrain, 8:30am start. Meet at Midland Town Hall for a scenic ride to Mundaring Weir for morning tea, then returning to Midland via Mundaring.

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

SEPTEMBER 5

RIDE THE MARATHON

42.2km, easy pace, flat terrain, 2:00pm start. Meet at McCallum Park (at the end of Taylor St) for a ride along the Perth Marathon route down to Point Walter to enjoy an ice cream and maybe a dip

in the Swan before returning. Bring a friend and a smile.

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

SEPTEMBER 5

MOSMAN PARK ATB

ATB km, ATB pace, ATB terrain, 9:30am start. Meet at the Victoria Street Station in Cottesloe for an ATB ride around Mosman Park. Be sure to have thorn proof tyres!

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

SEPTEMBER 12

10,000 IN 8

ACHIEVEMENT/CHALLENGE RIDE

110km, 8 hour limit, hilly terrain, 8:00am for 8:30am SHARP start. Meet at the Kelmscott Railway Station for the club's hilliest ride, requiring you to climb 10,000 feet of hills in under 8 hours. Required for both the Achievement and Challenge Series.

Members only.

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

SEPTEMBER 12

THE SPEED DOMERS

50km, easy/moderate pace, flat terrain, 9:30am start. Meet at the Causeway Carpark, nowhere near Roleystone. Break a leg, be the highest, fastest, speediest rider at the Speed Dome.

LEADERS: Paul Bonetti PH: 326-6475 (W) and Desama Claux PH: 458-7519 (H)

SEPTEMBER 17-19

POINT PERON WEEKEND

See page 4 for details.

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

SEPTEMBER 19

INFORMAL RIDE

Meet at the Causeway carpark at 9:00am.

See page 2 for details.

SEPTEMBER 25

THE WINE FIELDS RUN AUDAX 200KM.

Meet 7:00am at Busselton for a beautiful circular ride which passes through Augusta.

ORGANISER: Don Briggs PH: 458-8175

SEPTEMBER 26

ON YOUR BIKE RIDE

Meet at social evening venue in South Perth at 9.30am. This is designed to introduce "On Your Bike" participants to their marshalls, each other, and to prepare them for the riding ahead. Steve will lead you on a ride to Rottnest and back, a flat ride of some 28km, with interesting terrain and scenery en route. We will stop at a wreck along the way where the team will demonstrate decompression techniques and how to pee surreptitiously in your wetsuit to stop the chill factor. There will be a chance for those interested to feed the marshalls to the sharks. Bring lunch and snorkel. (If the terrain turns out to be too wet a pleasant ride to a coffee stop will have to do).

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

SEPTEMBER 26

PLAN 21

70km, moderate pace, mostly flat terrain, 9:00am start. Plan 21: The State Government initiative to bring cycling into the realms of the serious commuter. Let Noel reveal to you routes that open the city to the serious cyclist. Meet at the Lake Monger carpark (in the Southeast corner).

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

OCTOBER 1

YORK WEEKEND

See page 4 for details

ORGANISER: Simon "kooky" Kock PH: 271-2959

OCTOBER 2 - 4

KING JARRAH MTB TOUR

200km of moderately paced, mixed terrain. Meet at Armadale Railway Station at 9:00am for a ride to Dwellingup via quiet back roads. The camping spot will be at Charlie's Flat in Lane Pool Reserve. This is a pilgrimage to pay homage to King Jarrah, deep within his ruined kingdom. You will require slicks for road work and knobbies for playing in the dirt on the 2nd day.

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

OCTOBER 3

INFORMAL RIDE

Meet at the Causeway carpark at 9:00am.

See page 2 for details.

OCTOBER 8

CYCLE TOURING INFO NIGHT

Friday night social evening at Ernest Johnson Oval Guide and Scout Centre, end of Pilgrim St, South Perth, 7.00pm start. Tonight there will be a display of touring gear, and a demonstration on packing your panniers, pitching your tent, and other touring tips. Mark Elliot will then show us some slides and talk about his trip across the USA by touring bike to whet our appetites for travel (preferably by bike!).

OCTOBER 10

CC'S SERIES 1 RIDE

10km, easy pace, flatish terrain, 9:00am start. Meet at Mason Gardens, Kathryn Cr, Dalkeith. Suburban views by bike. Approximately 2-3 hours. You can't say NO! Cyclists who want a longer ride can cycle to CC's Series 1 location, and/or go exploring after the organised ride with other informal riders.

LEADER: Carole Czermak PH: 382-1275 (H)

OCTOBER 10

ROCKINGHAM RAMBLE

100km, moderate pace, flat terrain, 9:00am start. Meet at the Carriage Coffee Shop in Fremantle for a heart starter before testing yourself on the backroads to Rockingham. The return route is Medina, Mandogalup, Coogee, Fremantle. Ideal warm up for the On Your Bike crew!

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



Typesetting: Steve Blackburn

Printing: Terrace Print

C.T.A. COMMITTEE - 1993

PRESIDENT: Steve Blackburn	339-3203 (H)	EDITOR: Jenny Knight	339-3196 (H)
VICE-PRESIDENT: Janet Lankester	272-5653 (H)	RIDES CO-ORDINATOR: Simon Kock	271-2959 (H)
SECRETARY: Sue Nilan	397-0804 (H)	ASST CO-ORDINATOR: Ross Cussons	317-2588 (H)
TREASURER: Paul Ellen	332-6902 (H)	SOCIAL SECRETARY: Mark Nilan	397-0804 (H)
ADMINISTRATION: Warwick Lang	337-2681 (H)	'WA BICYCLE REP': Maureen Murray	398-7086 (H)

CORRESPONDENCE TO P.O. Box 174 WEMBLEY 6014

FOR MEMBERSHIP DETAILS CONTACT THE TREASURER

**"FAVOURITE RECIPES I HAVEN'T MADE"
WITH MR PRESIDENT**

Apricot Bran Loaf

A moist, flavoursome cake that's so easy to make, yet its packed with fibre, very low in fat, and the apricots add vitamin A. It can be frozen for up to two months. Serves 12 (or 4 cyclists)

Ingredients

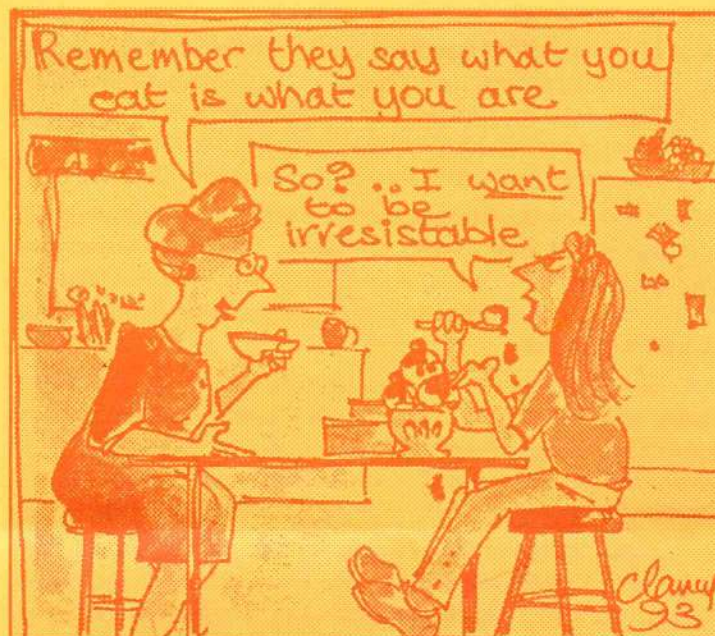
1 teaspoon cinnamon	1 cup sultanas
1 cup All-Bran	$\frac{1}{2}$ cup brown sugar, firmly packed
$1\frac{1}{2}$ cups skim milk	$1\frac{1}{2}$ cups wholemeal self-raising flour
1 cup chopped dried apricots	

Method

Soak apricots, sultanas, All-Bran and sugar in milk overnight or for a minimum of four hours. Add sifted flour and cinnamon, returning husks from sifter to bowl. Mix thoroughly. Pour into 20 x 10cm (8 x 4 inch) greased loaf tin. Bake in a moderate oven for 45 minutes to 1 hour or until cooked when tested. Cool before removing from tin.

NB For variety you can substitute the sultanas and apricots for 2 cups of any chopped dried fruit (eg dates, raisins peaches etc)

(From "Nutrition For Life" by Catherine Saxelby)



THE GREAT SOUTH AUSTRALIAN BIKE RIDE

The 14th of May saw Sue and I carefully packing our bikes in cardboard in readiness for our flight to Adelaide to join the inaugural Great South Australian Bike Ride.

Our bikes survived the trip unscathed and the following morning we boarded one of a fleet of 19 buses transporting the 1200 riders and 140 volunteers to Wilpena Pound.

We arrived at Wilpena in the late afternoon and awaited the five semi-trailers carrying our luggage and equipment and the five stock crates carrying our bikes.

We put our tent up, something that we would become used to doing over the next 9 days. Wilpena was cold. Wilpena was very cold. In fact Wilpena was freezing, another thing that we would get used to over the next nine days.

On our first night we caught up with the mighty Marian Mayes who had already completed some 500km on her own, having ridden to Wilpena rather than take the bus. We were also pleased to run into Butch Lannen who many members will remember from the 'Tour des Capes'. Butch sends his regards to the many friends he made last year and is looking forward to renewing old acquaintances on the 'Wandering Star' tour.

The first day of riding dawned crisp and clear. We set off with fellow West Australian, Tony Humphries. The wind was behind us all the way and it seemed that all of the hills went down. It was the start of what were to be excellent cycling conditions for the entire trip.

We soon ran into other West Australians (there were 12 in all), including Carmel Moran and her cronies. Although our crew stuck to the bitumen, the ride also catered for those who liked to get a bit dirtier. Mountain bikers had the option of travelling the Mawson Trail on most days, which proved very popular.

It wasn't too long before Sue discovered South Australia's famous Three Corner Jacks, a particularly nasty weed that manages to puncture even the toughest wheels. However, she has now become a tyre changing expert!

The Cyclists Morning Courier was the newspaper that was pub-

lished daily and provided some very interesting statistics, including the fact that catering would supply and cook more than 5km of pasta during the tour. Catering generally did a wonderful job, even if the queues were sometimes longer than the days ride.

Normally we rode about 70km a day and at night we had the option of watching a movie, going to the pub or having a few quiet drinks at the camps own "cafe de canvas", a restaurant/coffee shop/bar on wheels.

During the day we saw some amazing sights. Like the lady who carted around two young children on her bike, one at the front and one at the back of an old touring bike. Just imagine what she could do without the kids and on a lightweight racer! There were people towing babies in Cannondale trailers, there was an articulated thing called a hitch-biker that lets a young child ride or cruise.

Ages ranged from oldies (some in their 70's) to youngies (the youngest rider was a girl of 9 who completed the whole distance on her own).

One fine day quickly became another and just as we were beginning to take all that lovely weather for granted it began to rain. We awoke the morning of our rest day in Clare to pouring rain. However, we soon found a dry spot at the local hotel. Some more hardy souls ventured out to sample the area's famous wineries.

The weather conveniently cleared by the time we had to get back on our bikes. Our last night was spent at Nuriootpa in the Barossa Valley from where we began a magnificent descent into Adelaide along the Adelaide Reservoir Rd. However all too soon we were repacking our bikes, saying good-bye and getting on the plane to Perth.

Bike Vic know what they are doing. They are a very big organisation and have obviously had a lot of practice at running this sort of tour, from transport, to catering, to shower blocks and toilets. This tour was relatively small in comparison to their Great Victorian Bike Ride which attracts crowds of up to 6000 cyclists. Although this type of tour may not be for everyone it is certainly an experience and an eye-opener.

Mark and Sue Nilan

A BEGINNERS PANNIER TOUR

A 'beginners' pannier tour, ha! Sure it was a tour for cyclists without pannier experience but little did I realise one still had to be fit to keep up with the pace, and I wasn't! As usual, I was always last until day three!

Nine of us commenced from Murdoch Uni on the Saturday morning on Ian Crowe's pannier tour. "No hills", they promised! Well they kept their promise I guess, but the kilometres were long and exhausting. I began with a wrong turn leaving the Uni grounds and almost lost everyone within the first five minutes. Great Jo!

Kleber and John Meakin joined us for a while on their training ride and was I glad they weren't setting the pace! We zig-zagged through the suburbs and out into the scrub where we had 'smoko' on the roadside and watched a couple of tiger moths flying around. A well-earned rest.

Ian was extremely thoughtful and kept an "easy pace" but I found it hard going even then. Toni (Ian's lady) and I were the only two pannier beginners and were we glad our men carried the bulk of our gear! Toni had a blow-out a few kilometres from Serpentine but was soon pedalling again.

Serpentine caravan park was a sight for sore eyes (or should I say sore butts). Here we pitched our tents before cycling to the Falls - except there weren't really any to speak of. Dinner was cooked by most of us with two or three sampling the caravan park's cuisine.

In the evening we walked to the Serpentine pub for a few softies and lots of laughs! The tent and sleeping bag were a welcome sight for this weary body on our return, but my sleeping bag and I fought all night resulting in one tired vegemite for day two. We had cycled around 60km on day one.

Breaky was porridge, for those who so desired, made by the inimitable Ron Bowyer (an expert?). We then headed west to Pinjarra for lunch, fighting the wind all the way, with Ian saying "not much further". Sure Ian, that's what they all say! Noel and Simon were helpful and shielded me from the wind but a few kilometres out of Pinjarra my body gave up from exhaustion and refused to cooperate and I was left behind-yet again! Good ol' Simon was back there though, to see I didn't fall off (or get off voluntarily- boy was I tempted!) I thought this was supposed to be fun, not murder, so I went at my own pace and enjoyed the scenery for a change.

Another 50km ride that day and our camp spot was the Aqua caravan park at Pinjarra. In order to eat that night we had to cycle another 13km to the Pizza Hutt (Not that bloody bike again!). We all 'pigged out' on pizza and if Simon went to the dessert bar once he must have gone a thousand times for a giant chocolate pig-out!

Day 3 was to be the 'biggie'. Porridge for breaky and we were off! Strangely enough this was my best day. I got a second wind - a great tail wind! I wasn't last all the time - for a change. We skirted around Mandurah and through the scrub and suburbs again back to Murdoch Uni where the car awaited. We had cycled 90km.

All in all I enjoyed the weekend, great company and lotsa laughs but I was surprised by the distances travelled. You can tell I'm not an experienced tourer (or cyclist really), not as dedicated as the rest of you but I'm working on it - soon, I promise Simon! It really was a great weekend but a warning to all would-be beginners-be fitter than I was, its really no picnic if you aren't!

Jo Trindall

EASTER AT THE STIRLINGS

Friday 9th April 1993- Getting There

I arrived late Friday (its a long drive to the Stirling Ranges). Carole Czermak and Ann Wilson were there but everyone else had departed for an adventure climbing Mt Toolbrunup. Night came, the hikers/climbers/walkers returned and we made ready for a barbeque. The barbeque was started then ran out of gas! Running around by Kleber and the camp supervisor soon had things back in business and Stan came to the rescue with his portable fluorescent light. Everyone then returned to their cabins to eat/scoff their dinner. A couple of planning parties agreed that a ride to Mt Barker for Saturday was in order.

Saturday 10th April 1993 - The Long Ride

We divided into a number of groups, one to ride to Mt Barker the full 150km, one to ride from Kamballup, 80km, one to ride Kamballup to Porongorup and yet another to go to Albany (by car!).

After Chris finished eating his bacon and made ready, the 8.30am contingent departed; Kleber, Stan, Jenny B, David, Chris, Ann and me. The ride to Kamballup was 35km, slightly downhill, with a light headwind. We arrived there shortly after 10.30am for a short break, then joined the others on a journey to Mt Barker on Woogenillup Rd. Quite a pleasant ride this, with undulating terrain, views of the Stirlings on one side (although they did appear a long way away!) and the Porongorups the other

About halfway there we stopped to have a look at an abandoned stone cottage, which looked a little forlorn and very neglected. A short wait later for Chris and Jenny K to catch up and then to Mt Barker Country Kitchen for a welcome fuel stop-lunch..

There was a slight bingle on departure (bikes not fists) which did nothing to spoil a brisk and pleasant ride to Porongorup. Another stop to fuel up and then on to Kamballup and the Stirling Ranges Caravan Park, and a TAILWIND on Chester pass Rd. Zoom at 40km/hr on a flat road!

Back at camp a very welcome hot shower awaited, then off we all went to the Borden Pub for tea. They were expecting us but had been inundated with other tourists as well. A late feed later we returned to camp to play cards, read etc. I crashed about 10.30pm.

Sunday 11th April-The Big Climb

Bluff Knoll-we climbed it because it was there!(or something like that). With hot cross buns to furnish some energy for the climb, we headed off. It was relatively clear when we started but got progressively cloudier towards the summit-and cold too! We had a sit down lunch at the top, with various members of the group experimenting with banana skins on the up-drafts. We waited about an hour for the view to clear before the decision was made to return. The main group had just left when - bingo! The cloud lifted and we had a wonderful view of the plains and surrounds.

It was hard on the muscles walking down, but we broke the journey watching some rockclimbers negotiate the cliffs (intrepid, those rockclimbers!)

Sunday 11th April 1993-The Evening Games

A game of pictionary became quite heated that evening. After dinner we played "How to Host a Murder". There were some wonderful french accents floating around, and an especially chic one from Carole, much to Stan's delight! (shades of 'A Fish Called Wanda' with some role reversals)

Monday 12th April 1993-Homeward Bound

Time to pack (slightly sadly). A small group rode to Gnowangerup, the rest tidied up and made ready to go. Some went in other directions, but the main group headed to Gnowangerup to meet the cyclists before we made our way back to the big smoke.

Thanks to Paul Bonetti for his tireless effort and enthusiasm in organising a wonderful weekend.

Mark Elliot

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		\$
Knickers (8-panel) with Italian synthetic chamois		\$49.00		\$
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		\$

Knickers
XS
S
M
L
XL
XXL

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

Add handling fee \$5.00

Exceed Sports Nutrition products

- Fluid & Energy Replacement 600g tin @ \$12.75 \$.....
- Fluid & Energy Replacement 1.5kg pack @ \$26.75 \$.....
- High Carbohydrate Source 512g @ \$10.75 \$.....
- Sports Nutrition Supplement 237mL @ \$ 2.75 \$.....
- Sports Bar (chocolate) 82.8g @ \$ 3.00 \$.....

TOTAL \$

Name:
Address:
Post Code:
to: **Paul Ellen (CTA Treasurer)**
40 Sellars Way
Bullcreek WA 6149

please enclose payment with order

Cycle Touring Association of WA (Inc)
The cyclists association fostering cycle touring and protecting the interests of cyclists.

Correspondence: PO Box 174, Wembley WA 6014

CTA

Cyclists - Are you interested in Sunday morning rides to indulge in cappuccino and pastries... Day rides through the Darling Then the CTA is for YOU!

Membership Application/Renewal

Given Names Surname

Number and Street

Suburb State Post Code

Phone: [Home] [Work] [Fax]

☐ Student (\$15) \$..... ☐ Pensioner (\$15) \$..... ☐ Adult (\$25) \$.....

☐ Family (\$30) \$..... ☐ Club (\$40) \$.....

Family Members: (given names)

1 4
2 5
3 6

I enclose a cheque money order for \$.....
I/We wish to become members of the Cycle Touring Association of WA (Inc) and agree to abide by all the rules and by-laws of the Association.

Signed: Date:
Signed: Date:

Forward to: The Treasurer, CTA, PO Box 174, Wembley WA 6014

for further information contact:
Steve Blackburn 339-3203 [H]
or see the Sports Column in Saturday's West

Ranges..... Weekend tours through our scenic State..... Interstate and international tours Achievement

Socialising with cyclists road bikes, mountain bikes, recumbents or just the joys of the sport of cycling.....

Challenge ride badges for 50km up to 300km rides..... Finding out more about your bike

This flyer is an insert of the newsletter of the Cycle Touring Association of Western Australia (Inc)

If you require further information about membership please contact the Treasurer on 332-6902.

Rides Calendar August/September

For any cyclist coming on a ride for the first time, it would be wise to be wise to 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!

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
A. 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
"WARM-UP, WARM-DOWN", PHYSIOTHERAPY AND MASSAGE EVENING.
Friday night social evening at the Ernest Johnson Oval Guide and Scout Centre, end of 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.

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

AUGUST 8
INFORMAL RIDE
Meet at the causeway carpark at 9:00am. See page 2 for details.

AUGUST 15
200KM ACHIEVEMENT/CHALLENGE RIDE
Starts and finishes at Midland. See page 3 for details.

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

AUGUST 15
WHITEMAN PARK EXPLORER
40km, easy pace, flat terrain, 9:00am start. Meet at the Causeway carpark for a ride to Whiteman Park, to explore and enjoy a morning tea.

LEADER: John Sherwood PH: 447-8939 (H)

AUGUST 22
THE CIRCA 100
100km, moderate pace, hilly terrain, 8:00am start. Meet at 7:45am in the Raffles Hotel carpark for a prompt 8:00am start. Climb the Kalamunda Hill and visit Carmel, Karagullen and Araluen before returning to the Raffles.

LEADER: Colin Farmer PH: 330-4441 (H)

AUGUST 22
WET AND WILD ATB RIDE
3 hours of kms, 'as-long-as-it-takes' pace, ATB terrain, 8:00am start. Meet at the Gooling Taroons in Jarrahdale for a mystery ATB purists' ride for about 3 hours around Jarrahdale, Pipehead Dam and Serpentine. There will be plenty of water, mud, downhill,

Ride information may be obtained by contacting the number listed for each Ride Leader or any Committee member

Members should pass this flyer on to a potential new member if they do not require any of the information contained in this insert.

uphills and controversial navigational techniques. Bring a small towel, food and a sense of adventure.

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

AUGUST 27
WAROONA WEEKEND
See page 4 for details

ORGANISER: Noel Eddington PH: 293-1305 (H)

AUGUST 29
5,000 IN 4
80km, moderate pace, hilly terrain, 8:30am start. Meet at the Gosnell Railway Station for a ride that should prepare you well for the 10,000 in 8.

LEADER: Maureen Murray PH: 398-7059 (H)

SEPTEMBER 1
THE LAST RIVER BY MOONLIGHT
35km, moderate pace, flat terrain, 7:00pm start. Meet at the Shenton Park Railway Station for the final 'around the river' moonlight ride (covers 3 bridges).

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

SEPTEMBER 3
D & M (DEEP AND MEANINGFUL) NIGHT
Friday night social evening at Ernest Johnson Oval Guide and Scout Centre, end of Pilgrim St, South Perth, 7:00pm. Tired from the crunch and grind of the working week? So are we! So let's share a pizza, a drink, any luscious desserts you would care to supply, work grips, future aspirations, bike-talk, tour-talk, hot gossip, and any other diversion you would care to supply. A mystery diversion has been organised for those who manage to exhaust these topics!

SEPTEMBER 4
THE COALFIELDS RIDE
AUDAX 300KM
Meet near the public toilets in the main street of Donnybrook at 4:30am for a 5:00am start. Course includes Ludlow-Ferguson-Burek-Roelands-Worsley-Colle-MacAlinden-Mayanup-Boyup Brook-Hester-Greenbushes-Balingup-Brookhampton-Greenwood Siding-Donnybrook. Accommodation is available on Friday and Saturday nights.

ORGANISER: Colin Farmer PH: 330-4441

SEPTEMBER 5
(FATHER'S DAY) MUNDARING WEIRD
70km, moderate pace, flat/hilly terrain, 8:30am start. Meet at Midland Town Hall for a scenic ride to Mundaring Weir for morning tea, then returning to Midland via Mundaring.

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

SEPTEMBER 5
RIDE THE MARATHON
42.2km, easy pace, flat terrain, 2:00pm start. Meet at McCallum Park (at the end of Taylor St) for a ride along the Perth Marathon route down to Point Walter to enjoy an ice cream and maybe a dip

in the Swan before returning. Bring a friend and a smile.

LEADER: Richard Harris PH: 57-6102 (H)

SEPTEMBER 5
MOSMAN PARK ATB
ATB, ATB pace, ATB terrain, 9:30am start. Meet at the Victoria Street Station in Cottesloe for an ATB ride around Mosman Park. Be sure to have thorn proof tyres!

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

SEPTEMBER 12
ACHIEVEMENT/CHALLENGE RIDE
110km, 8 hour limit, hilly terrain, 8:00am for 8:30am SHARP start. Meet at the Kelmscott Railway Station for the club's hilliest ride, requiring you to climb 10,000 feet of hills in under 8 hours. Required for both the Achievement and Challenge Series. Members only.

SEPTEMBER 12
THE SPEED DOMERS
50km, easy/moderate pace, flat terrain, 9:30am start. Meet at the Causeway Carpark, nowhere near Roleystone. Break a leg, be the highest, fastest, speediest rider at the Speed Dome.

LEADERS: Paul Bonetti PH: 326-6475 (W) and Desma Claux PH: 458-7519 (H)

SEPTEMBER 17-19
POINT PERON WEEKEND
See page 4 for details.

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

SEPTEMBER 19
INFORMAL RIDE
Meet at the Causeway carpark at 9:00am.

SEPTEMBER 25
THE WINE FIELDS RUN
AUDAX 200KM.
Meet 7:00am at Busselton for a beautiful circular ride which passes through Augusta.

ORGANISER: Don Briggs PH: 458-8175

SEPTEMBER 26
ON YOUR BIKE RIDE
Meet at social evening venue in South Perth at 9:30am. This is designed to introduce 'On Your Bike' participants to their marshalls, each other, and to prepare them for the riding ahead. Steve will lead you on a ride to Rottnest and back, a flat ride of some 28km, with interesting terrain and scenery en route. We will stop at a wreck along the way where the team will demonstrate decompression techniques and how to proceed surreptitiously in your wetsuit to stop the chill factor. There will be a chance for those interested to feed the marshalls to the sharks. Bring lunch and snookel. (If the terrain turns out to be too wet a pleasant ride to a coffee stop will have to do).

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

SEPTEMBER 26
ROCKINGHAM RAMBLE
100km, moderate pace, flat terrain, 9:00am start. Meet at the Carriage Coffee Shop in Fremantle for a heart starter before testing yourself on the backroads to Rockingham. The return route is Medina, Mandogalup, Coogee, Fremantle. Ideal warm up for the On Your Bike crew!

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

SEPTEMBER 26
70km, moderate pace, mostly flat terrain, 9:00am start. Plan 21: The State Government initiative to bring cycling into the realms of the serious commuter. Let Noel reveal to you routes that open the city to the serious cyclist. Meet at the Lake Monger carpark (in the Southeast corner).

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

OCTOBER 1
See page 4 for details

ORGANISER: Simon "kooky" Koek PH: 271-2959

OCTOBER 2-4
KING JARRAH MTB TOUR
200km of moderately paced, mixed terrain. Meet at Armadale Railway Station at 9:00am for a ride to Dwellingup via quiet back roads. The camping spot will be at Charlie's Flat in Lane Pool Reserve. This is a pilgrimage to pay homage to King Jarrah, deep within his mined kingdom. You will require slicks for road work and knobblies for playing in the dirt on the 2nd day.

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

OCTOBER 3
INFORMAL RIDE
Meet at the Causeway carpark at 9:00am.

SEPTEMBER 8
CYCLE TOURING INFO NIGHT
Friday night social evening at Ernest Johnson Oval Guide and Scout Centre, end of Pilgrim St, South Perth, 7:00pm start. Tonight there will be a display of touring gear, and a demonstration on packing your panniers, pitching your tent, and other touring tips. Mark Elliot will then show us some slides and talk about his trip across the USA by touring bike to whet our appetites for travel (preferably by bike!).

OCTOBER 10
CC'S SERIES 1 RIDE
10km, easy pace, flatish terrain, 9:00am start. Meet at Macon Gardens, Kathryn Cr, Dalkeith. Suburban views by bike. Approximately 2-3 hours. You can't say NO! Cyclists who want a longer ride can cycle to CC's Series 1 location, and/or go exploring after the organised ride with other informal riders.

LEADER: Carole Czerniak PH: 382-1275 (H)

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

Typesetting: Steve Blackbourn

Printing: Terrace Print

C.T.A. COMMITTEE - 1993

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