



CTA  
Nightmares

## Newsletter of the CYCLE TOURING ASSOCIATION OF W.A. (Inc.)

Volume 114

October/November, 1993

EDITOR: Jenny Knight

### ANNUAL GENERAL MEETING

On Sunday, December 12, at Ernest Johnson Oval Guide and Scout Centre (just off Pilgrim Street in South Perth).

Morning Tea 10.00am, meeting 10.30am

#### AGENDA

- \* Minutes of 1992 AGM
- \* Reports from President, Treasurer, Rides Coordinator, Social Secretary, Administrator, Newsletter editor, Wandering Star Tour 1993 Sub-committee.
- \* Superchiever/Challenge Award recipients
- \* Cycle tourist of the year award
- \* Ride of the year
- \* Newsletter article of the year
- \* Election of Office bearers for 1994
- \* General business

### CYCLE TOURIST OF THE YEAR AWARD

Nominations are called for the Cycle Tourist of the Year 1993. The award is made by the club to the member who, in the opinion of the membership, has contributed most to cycling and the CTA throughout the year, whilst setting the highest standards in terms of ability and attitude towards fellow cyclists. Past recipients cannot be renominated. Record your vote at the AGM, or by mailing the name of your nominee to us if you are unlikely to attend (Address: CTA of WA Inc. po Box 174 Wembley, 6014).

Previous recipients of the award are:

1978 Nicole Harrison	1985 Bob Stockman
1979 Wayne Lally	1986 Ron Bowyer
1980 Neil Porteus	1987 John Sherwood
1981 Mark Bettell	1988 Martin Bunny
1982 Dale Neill	1989 Kleber Claux
1983 John Martin	1990 Arie Lemson
1984 Ian Hore	1991 Brett Rutherford
	1992 Simon Koek

### RIDE OF THE YEAR

This is an opportunity to nominate your favourite ride, or weekend away to ensure its included in next year's calendar. It not only helps us to ensure you get what you want from the CTA, it also gives us the chance to show our appreciation to the ride leader.

### ELECTION OF COMMITTEE MEMBERS FOR 1994

Nominations for Honorary President, Honorary Vice President, Honorary Secretary, Honorary Treasurer, and four committee members can be received by the Honorary Secretary up to and including the day of the Annual General Meeting. All nominations shall have a proposer and a seconder, and shall be announced at the Annual General Meeting. Nominees, proposers, and seconders shall be voting members of the Association.

### PRESIDENT ON PAGE ONE



For an explanation on what Desama is doing on Santa's knee and why Santa will not be giving anyone a computer for Christmas this year turn to page 7



## 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.

## NEW MEMBERS

Welcome to our latest new members! 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...Sandra Swain  
Graeme Campbell-Thomas  
Ann Darling  
Nelly Yugovich  
Ryan Tuke

Mario Blasius  
Susan Campbell-Thomas  
Robert Murnane  
Joanne Labruyere  
Robert Neilson

## INFORMAL RIDES

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

## AUDAX AUSTRALIA

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

## SOCIAL EVENINGS

Bit of a change of pace for the last social evening, more in fact like an after work happy hour. People seemed very interested in just chatting, eating pizza, devouring the array of cakes/desserts provided by club members (a hearty thanks!) and almost failed to notice the gleaming machines standing coolly against the wall. I said almost, as it soon became apparent they were a bit too clean and too new to belong to the gathered members. Brian Flynn, of Bicycle Entrepreneur had loaned us some TREK touring and tandem bikes and some touring gear to test drive - go and have a look at his range sometime if you're on the look out for a tourer!

Our venue for our October touring night is again at the Ernest Johnson Oval Guide and Scout Centre, in South Perth. The building can be accessed by turning right off South Terrace into Fortune St and then right into Pilgrim St. Ample parking is available. See you there!

## 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!

## 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. Its a great advertisement for the club!

## EXCEED SPORTS NUTRITION PRODUCTS

The following products are available to club members at reduced cost and can be ordered by contacting Steve Blackbourn PH:339-3203 (H). Payment prior to ordering of the goods is required.

- |  |                   |
|--|-------------------|
| * Fluid & Energy Replacement, 600g tin   | \$13 (plus del.)  |
| * Fluid & Energy Replacement, 1.5kg pack | \$27 (plus del.)  |
| * High Carbohydrate Source, 512g         | \$11 (plus del.)  |
| * Sports Nutrition Supplement, 237mL     | \$ 3 (plus del.)  |
| * Sports Bar (chocolate), 82.8g          | \$ .3 (plus del.) |

## CONGRATULATIONS



No sooner engaged than tying the knot!

To Sally Gardner and David Stobie from everyone in the CTA, the best of hope and happiness for your life together and best wishes for your wedding day.

Stay tuned for the next chapter?



## FOR SALE

Viking hand-built 24 inch alloy frame. Mavic wheels, Shimano 105 gear and brakes, triathlon tyres. Only ridden twice. Widow trying to sell. \$300 ono. Phone 527-4120 (H).

## FOR SALE

Light-weight tent, 7x4x5ft, half cylinder shape, poles in situ, 1821. Will fit one person comfortably. \$65 only. Phone Mary Kitchen on 535-3556 (H).

## WANTED

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

No, seriously folks, if you have time up your sleeve, and would like a leisurely ride in this beautiful weather, contact Maria Antonas Phone 444-3956.

## 600KM AUDAX/300KM ACHIEVEMENT

Just to acquaint club members with some of the stranger past times of our colleagues, it gives me great pleasure to sign forms 3,4,and5 for Roger Stevenson and Mark Nilan, ensuring them a police escort and all expenses paid accommodation at Graylands...well no, not strictly true. It gives me great consternation to congratulate Roger and Mark on completing the 600km Audax over two days or 36hrs, in trying conditions. A supreme effort, this now sees Mark the proud owner of his Super Randonneur (200, 300, 400, and 600km Audax rides completed in a 12 month period), and Roger, the proud bearer of a 300km Achievement Award. Huge effort guys! There must be some method in this Audax madness!



## THE 200KM ACHIEVEMENT/CHALLENGE

It was yet another difficult 200km achievement ride fraught with bad weather and misfortune for some of the participants. In all, 22 riders made it across the finish line in the allocated 12 hours, even Carmel Moran, who took a magnificent nose dive on the Chittering Valley Rd, abraded and bruised (and that was just the bike!), still trundled her way home.

Not so lucky were Greg Clements and Nathan Offer, who both came a cropper on that notorious railway crossing 12km from Midland. Both, fortunately, avoided serious injury but bike and body were too sore to finish. Word has it that Bikewest are laying the heavy word on the Railways to clean up the crossing - here's hoping!

So a particularly hearty congratulations to: Jenny Bailey, Colin Farmer, Tom Freeman, Phil Giddins, Graeme Hill, Jenny Knight, Warwick Lang, Janet Lankester, Arie Lemson, Peter Lundy, Debbie McArthur, Carmel Moran, Mark Nilan, Sue Nilan, Chris O'Brien, Brett Rutherford, Roger Stevenson, David Uren, Cyril Veleff, Sharon Veleff, Alan Williamson, and Andrew Woodroffe.

## THE 10,000 IN 8

This year's 10 000 in 8 was suprisingly popular, with 26 starters. The route changed slightly this year, as Turner Rd has been closed (do I hear a collective sigh? And if I did, was it in sorrow or joy?), and so participants had to face Mills Rd TWICE.

Apart from a little rain around the start of ride, the weather was mostly fine, and most participants enjoyed the ride - well, that's what they said AFTER they had finished!

Congratulations to:

Craig Abernethie, Andrew Candy, Paul Ellen, Colin Farmer, Stephen Ferguson, Brian Hassell, Graeme Hill, Jenny Knight, Warwick Lang, Janet Lankester, Peter Lundy, Marian Mayes, Debbie McArthur, Carmel Moran, Mark Nilan, Sue Nilan, Chris O'Brien, Brett Rutherford, Roger Stevenson, Cyril Veleff, Sharon Veleff, and Alan Williamson.



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# Tour and Rides Update

## THE "ONE YOU MISSED" CYCLE CHALLENGE

OCTOBER 17

This event is for those members who have missed one of the qualifying events for the Challenge Series. You can catch up on any single ride, bar the 10,000 in 8, on this day, to gain that missing badge. Listed below are the number of circuits required and the time limits for each distance.

Badge	Circuits	Time Limit
50km	1	2.5 hours
100km	2	5.0 hours
160km/200km	4	12.0 hours

Participants must notify the organiser a week beforehand of their intended ride, unless coming along to support a fellow member. For further information contact Simon Koek on 271-2959 (H), or the organiser, Paul Ellen on 332-6902 (H). Badges awarded on this ride are eligible for the Cycle Challenge Series only.

Even if you're not completing your Challenge badge, come along for the day and enjoy the scenery of the Chittering Valley and the devonshire teas, and offer some encouragement to the aspiring Cycle Challengers!

## "LOOSE BOX" DINNER

NOVEMBER 6

A night for full A la Carte dining in style and elegance at the Loose Box restaurant on Gt Eastern Hwy, Mundaring. You can drive up for the evening, or meet at the Midland Town Hall on Saturday November 6th at 12.00pm for a 1.30pm start, for a ride to Mundaring. We will have a quick lunch before departing to allow a vehicle to transport your fine clothes and jewels to Mundaring and return to join us. Distance, via a circuitous route to Mundaring, will be 20km.

If you wish to overnight in Mundaring, you will have to organise your own accommodation. There are places available at:

\* The Traveller's Rest Motel PH: 295-2950

1.5km from the restaurant, approx. \$33/head. All rooms sleep three and are self-contained. Breakfast is included.

\* Olde Mahogany Inne

PH: 295-1118

500m from restaurant, approx. \$50/head share twin. Hot breakfast included.

Organiser for this gala is Mark Nilan. You will need to give Mark a \$20 deposit to guarantee a seat at the restaurant. This will be refunded to you on the night. PH: 397-0804 (H) or 421-8647 (W).

## ANNUAL ARMADALE TO PINJARRA RIDE

NOVEMBER 14

This is a combined club's ride with the Over 55 Cycling Club, Cycling 4 Pleasure, Action Outdoors, and the CTA. There is a choice of three rides which will all finish at the Premier Hotel, corner of Williams Rd and Southwest Hwy, Pinjarra, by the banks of the Murray River. You will be able to relax and socialise with a BBQ lunch on the grassed picnic area in the grounds of the hotel. Get all your non-cycling friends and relatives to drive down to meet us! Transport will be available to carry the BBQ goodies to Pinjarra.

**RIDE 1:** 70km, moderate pace, flat terrain, 8.00am start. Meet at Armadale railway station for a quiet ride along country roads to Pinjarra. The Martin's bus and trailer will be available to take up to 15 persons and bikes back to Armadale. Cost of bus and bike transport \$10.00. Bookings close November 7.

**RIDE 2:** 75km, easy pace, flat terrain, 10.00am start. Meet outside the Tavern at Serpentine and join up with the riders from Armadale on their way to Pinjarra, returning after lunch.

**RIDE 3:** 130km, fast pace, flat terrain, 8.30am start. Meet at Armadale railway station for a long ride via quiet country roads to Pinjarra and return after the BBQ via Southwest Hwy.

ORGANISER: Steve Blackburn PH: 339-3203.

## DONNELLY RIVER WEEKEND

NOVEMBER 26-28

This is an invitation to come and sample the delights of our southwest karri forests.

Established in the late 1940's, the timber mill at Donnelly River was



closed in 1978. The old mill is the last example of a steam driven timber mill in WA, and is to be restored as a static display of timber processing.

The area around Donnelly has an abundance of scenic and historic attractions; the Cascades, the Four Aces, One Tree Bridge, Beedelup Falls, the Bibulmun Track, museums at Bridgetown, Manjimup, and Pemberton...and this is just the tip of the iceberg. The mill cottages have open fires, a fully-equipped kitchen and sleep eight people. You will need to bring your own linen and sleeping bag.

There are opportunities to participate in day tours, MTB rides, and a challenging 200km Audax ride, or perhaps just a stroll in the forest. There is also a restaurant which will be open on Saturday evening. Transport is by private transport or car pooling.

All this can be yours for just \$20.

ORGANISER: Brett Rutherford PH:339-7059

### PROGRESSIVE DINNER II - THE NORTHERN BINGE SATURDAY, DECEMBER 11

Meet at 6.00pm at Simon Koek's place in Inglewood. The route will travel from Inglewood (soup), and return via Mt Lawley and surrounds for dessert. Food will again be provided by Heather's Hutch and Jenny Bailey (chef extra-ordinaire). Cost will be approx. \$20-\$25/head. Beer, wine and cool drink will be included.

Enquiries PH: Mark Nilan PH: 397-0804 (H), or 421-8647 (W).

### THE ULTIMATE TOUR

#### CTA 20TH ANNIVERSARY FULL PANNIER TOUR ALBANY TO PERTH

APRIL 9-24

Are you in for one hell of a good time! Tour leaders Kleber Klaux and Stan Wiechecki have just completed a reconnaissance of the intended route through Albany/Denmark/Walpole/Shannon River/Pemberton/Nannup/Augusta/Hamelin Bay/Boranup Forest/Margaret River/Dunsborough/Busselton/Bunbury/Lake Clifton/Mandurah/Fremantle and Perth, providing 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 in 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 both 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).

### JINXED GERALDTON FOR DOUBLE GEE WEEKEND


Realising I already had a flat bike tyre, Paul, Terry, and myself set off for Geraldton at 12.30pm on Friday, June 4. We arrived in Geraldton that evening to meet Carole and a smiling Simon, with a fire already burning and rooms prepared. After unpacking, a quick decision was made to go Chinese, then we made a brief hunt for the lunar eclipse, and then back to the hostel for a port.

With sunshine and the promise of a bright, sunny day, I arose at 9.30am. Everyone else was in the garden. Alan Walton arrived just in time to set out with us. Our first destination - THE BAKERY! This was a tortuous 200m slog. Thanks to Paul for carting the copious amounts of food back in his car.

After filling our stomachs with food we set off again. Soon we encountered a nice, gradual climb up to Mills Point Lookout, not that you'd have guessed it by the amount of complaining I did in Simon's ear. The only distinguishing feature here was the smell of rotting roo, which threatened to permeate the lunch we were carrying. On the way down the lookout path Alan's chain broke. I was very grateful to Paul and his car. Little did we realise that this sentiment would be repeated oft in the days to come.

Next stop was a lovely downhill to a river where we decided (big mistake) to go to an old house for lunch. PUNCTURE CITY - double-gee ground! Call it what you will, it resulted in four punctures.

A short stop off in a pottery shop allowed us to catch up with Stan



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and Mark, who had arrived after lunch and gone for a ride around town. We all then went back to the fire for a night of food, port, and games. And what a meal! A quick trip to the shops provided a smorgasbord of soup, pasta and banana fritters.

Sunday morning started like any other Sunday morning. Up late, breakfast, and bike repairs! One hour later and off to the bakery again. Carole (by divine intervention, or was it psychic powers?) managed another flat tyre, the fourth in her front tyre that morning and cycled back to find Paul (in a most comprising situation in a spa - or was it just the shower?).



With one rule to follow - no riding on the grass (double-gee ground!), our destination was Walkaway. All the forces of the wind were belting down on us, pushing double gees onto the road so the rule was quickly nullified. Terry did the best job of collecting the double gees. How he managed this was miraculous. Despite cyclists front and back of him, how did he collect them in both tyres? Thanks anyway Terry! After yet another routine of puncture fixing and photo session, we set off determined to reach our destination in one stretch. A mere 100 metres down the road, voices raised in song, filled with hope, an "Oh, no!" comes from Simon dashing all remaining aspirations. So on to Bootenal Tavern and morning tea. Here a unanimous decision was made to car pool and so we loaded the bikes up and on to Greenough. After a tour around the townsite and a lot of comments to the effect that certain people should be censored in the gaol or handcuffed, it was a late lunch/early dinner at 10.30pm.

The ride was quickly turning into a pub crawl with our next destination the Hampton Arms. The 'kids' came out here with everyone swinging on maypoles and getting molested in the stocks. A round of drinks later and we looked over the flood of '88 and the early crimes and punishments in the area. Simon's 'staring' competition quickly ended when his overriding need to talk burst through his concentration.

Back home we went to a lighted fire and much appreciated hot showers. We had appetizers of pikelets and the greasiest chips ever, which disgusted Stan so much that he went for a walk - a long walk. Three hours later after nightclubbing he wandered back to bed.

We rose at 9.00am to a lovely cooked breakfast (scrambled eggs) courtesy of Carole. We toured Xavier Cathedral and the local Museum featuring the Batavia wreck/saga. A lunch stop at Dongara at the Coffee Tree ended a fun but different cycling weekend.

Desama Claux

## LEEWANA PARK WEEKEND

Twenty intrepid tourers departed on John Martin's bus (with bikes loaded on behind and gear stowed in the rear) on Friday evening 6 August 1993 to travel down to Leewana Park. Unfortunately the weather forecast was not great and some fears were held as to what cycling pleasures were in store.

After a pleasant trip down in the course of which Simon Koek and his fellow troubadours entertained us with lyrics and jollity, we arrived at approximately 10.30pm at our destination.

We were greeted by Jerry and his wife Bernadette (weekend participants from Albany), a very welcoming glow from a slow combustion stove, and a pot of steaming country-style soup - very welcome and greatly appreciated! The 'youngsters', 10 in all were to be housed in one hut, whereas the 'oldies' sojourned in the other at this ex-logging camp complex.

The following morning dawned bright and sunny and great hopes were held for a good riding weekend. Over breakfast, much time was spent feeding the friendly magpies on the front lawn and after gearing up, our mentor and guide, Warwick Lang shepherded us on a leisurely ride through to Nannup, stopping every 5 kilometres or so for the stragglers.

On the outskirts of Nannup, Simon Koek in his inimitable fashion, required a complete line up of riders for a group photograph and then we rode into the township for a pleasant morning tea at a local cafe.

Some of the riders (3 in all) decided to take a longer route home to stretch their legs and so Brian Gale, with Peter Lundy and myself in tow, took off on a 70 kilometre route back to Leewana Park. This was very pleasant as Brian regaled us (pun!) with his intimate knowledge of the bush land as well as several of the poems from his recently published "Bush Ballads" book. And so with intermittent sunny periods and only the occasional light shower, the undulating and scenic route back to Leewana Park made very pleasant riding.

We arrived back there at approximately 5.30pm to be met by Jerry, John and company ensconced around the table, quietly sipping port

*Passey Pallen*

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and reminiscing about previous rides. The rest of the evening was spent swapping yarns. I spent a fascinating time catching up with Aileen Martin and her experiences of the Audax 1500 ride from Paris to Brest and return, which she and her husband, John, undertook a couple of years ago.

The following morning saw Brian Gale, Peter Lundy and I take off on a slightly longer route than the others to Balingup, preparatory to loading the bikes back on the bus and returning to Perth. Brian in his unique manner described the morning's ride as a 'breeze' - perhaps he was referring to the huffing and puffing required to get up some of the very steep bush tracks before coasting down the hill into Balingup to meet the others. The exhilaration of racing down the hill, more than made up for the physical effort in getting there.

On the return home we stopped at Pinjarra for personal 'refuelling', and a vote of thanks was proposed by John Martin to Warwick Lang. Everyone thoroughly agreed that this was an excellent weekend and very well planned and conducted. I think I speak for everyone in saying that we would all wish to return for a repeat some time next year.

Roger Stevenson.

### IMPRESSIONS OF A NOVICE RIDER ON THE 600KM AUDAX COAST AND HILLS RIDE

I have Mark Nilan to thank for "inveigling" me into joining this ride. Initially my intention was purely to attempt the 400km to establish a 300km Achievement ride badge. Mark, however, was so enthusiastic about the 600 that I decided it would be foolish of me not to join him - little did I know what was in store!

Mark, a friend Marcus Seabrook, and I, joined some 20 other intrepid riders at Armadale station at 4.30am for a 5.00am start on the Saturday. Heavy showers greeted us and I really wondered how crazy we all were to attempt such a task in these weather conditions.

The weather improved somewhat on the ride through to Kwinana and by dawn the weather had fined up quite well so that the ride through to Mandurah was really pleasant. I attempted to keep up with one of the faster groups riding at an average of 25 to 30 kilometres/hr but unfortunately had to drop off after a couple of kilometres.

The initial control point stop at Mandurah was spent swapping experiences and then we were on the bikes again for the ride via Pinjarra and down the highway to Bunbury. By this stage the weather had fined up beautifully but a headwind caused everyone to slow down. The riding was in a close packed group ('pelaton') led by Colin Farmer, who shepherded us all at a moderate pace to conserve energy. Colin's wife, Barbara, was making a really good fist of the trip and my sincere admiration goes to her for tackling this ride.

After the next control point at Bunbury, a large loop was ridden in almost perfect weather conditions and the only drawback was that the support vehicle was not at Australind. Mark had no cold weather gear and was really concerned about having to ride back to Armadale in freezing conditions. Fortunately, the bus did turn up and Mark, Marcus and I were off again toward to Mandurah at about 7.00pm.

The Saturday evening was moonlit and really cold but in riding as a group, and in moonlight, I really felt this was an exhilarating experience. Certainly I had never done anything like this before and quite "warmed" to the task.

Taking off again from Mandurah after the final control point stop, I began to realise that the 300km or so we had covered had started to take its toll. The legs were in "automatic" mode and the cold was starting to bite as if a knife had been stuck in my ribs. On the road

again, however, and warming up with continuous riding, our little group arrived back at Pinjarra and then the long haul back to Armadale was tackled. The only real problem with this leg, as well as the previous leg from Bunbury through to Mandurah, was opposing traffic and motorists inconsiderately refusing to dip their lights - not realising of course that road riders would be dazzled. This was quite a problem.

There was no more welcome a sight than the carpark at Armadale on our arrival back. We had taken off well prior to the major group of riders at Australind because Mark and I had 200km to ride on Sunday and in the final event we arrived back at about 4.00am.

Back to Mark and Sue Nilan's place for 2 1/2 hours sleep and then on our arrival back at Armadale station for an 8.00am start it was discovered that Mark and I were to be the only 600 kilometre riders to attempt to complete the course. Fortunately, Brian Dawes and Brett Rutherford were there and indicated they would come on the ride with us for support. This was greatly appreciated because I, personally, as well as Mark, felt that we needed all the encouragement we could get to start off again after the previous day.

On the road again, the sun warming the chill air rekindled enthusiasm and overall for the rest of the day, the ride through the Serpentine district, in the foothills, back to Mandurah and return to Armadale via the Kwinana Freeway and Serpentine, was a pleasant one. It was really only the last hour and a half or so of riding through pleasant, pastoral countryside, that fatigue really set in and Mark and I were really grateful for each other's company to provide mutual encouragement.

Back at the Armadale car park finally at 5.00pm, the congratulations of Brett and Brian were really appreciated and I personally cannot thank them enough for their encouragement and assistance on the Sunday 200km ride.

Overall this was an experience I would not have missed. Despite friends feeling that I was absolutely crazy, this was a personal challenge which I am very pleased that I tackled and succeeded in, as I had never known what my capacities were or what I could achieve. In fact I would not mind joining other members of the "crazy bunch" on other Audax rides in the near future.

Roger Stevenson.

### EDITOR'S CHIT

Hello again! I'm sitting here hanging out in a major way for holidays, punching the keyboard, brain always one step ahead of manual dexterity, and its sunny outside. I've almost forgotten what sun is as my lily-white legs will attest. Soon they will be exposed again to the elements on the CTA "On Your Bike" Tour No. 5. Can't wait! You have got to try one of these tours if you get the chance. Such freedom! Such friends! Such fun! A chance to cast off all those daily responsibilities and become spontaneous again. A time when even the cheapest port tastes great! Be there!

There are still a few places left on this year's "Wandering Star" tour (October 23-31). Contact any committee member for details.

Also had the pleasure of watching Kathy Watt make mince-meat of the opposition in the South Perth Cycling Classic recently. She spent most of the event a good 500m ahead of the next group of five, who tried unsuccessfully to close the gap by riding in a pelaton. What a powerhouse and what a tiny lady! Maybe I'd go faster if I cut my hair and went platinum blonde.

Take care and see you cycling,

Ed.



**THAI CURRY A LA TRANGIA**

**Ingredients:** 1 tblspn red or green curry paste (buy a tin from a Asian supermarket and transfer 1 tblspn into a small air-tight container) 1/2 block 200gm pack coconut cream  
1 tblspn butter, margarine, or oil  
any meat or fresh vegies

**Method:** Break the coconut block into pieces and partially dissolve in about 1 1/2 cups of boiling water. Heat oil and fry curry paste for a few minutes then add the coconut milk. Simmer for 5 minutes. Add your meat and vegetables, cover and cook to your taste. Stir occasionally and add water if getting too dry. The mixture should be quite sloppy. Serve with steamed rice.

**STEAMED RICE**

Put 1/2 cup of white rice per person in the Trangia bowl (more if you have cycled a long way!). Wash the rice in cold water by filling the bowl with water and stirring. Drain off the excess water to a depth of 2cm above the top of the rice. Cover and bring to the boil. When the rice has come to the boil, remove the lid and stir the rice. Let the rice continue to boil without the lid until the water level is below the surface of the rice and the rice starts to make a popping noise. Remove from heat, cover, and let sit until curry is ready.

Jenny Bailey

*P.S. Jenny also asks what the experienced Audax riders do on long rides for food; while riding and at control points-perhaps one of you could write a few tips for we budding novices! (Ed.)*

**PRESIDENT ON PAGE ONE**

Hello eventually from myself and everyone else in Newsletter land! I must apologise to all those people hanging out for a copy of the Rides Calendar, but hope that you all managed to find a ride of some kind to keep up your fitness. The Santa outfit on the front cover was my disguise for the Christmas in July weekend which was enjoyed by all those hardy souls prepared to force down a roast dinner and sing Xmas carols after the meal. I thoroughly enjoyed the ride up to Toodyay because the weather was probably one of the best Saturdays we have had this year. I hope that we can continue to keep up this tradition - it sure was a lot of fun! Even though I promised all the young ladies who sat on my lap after the Xmas meal any presents wanted on December 25th, I am sure that Desama only wanted the free lollies that were being handed out.

One thing that I will not promise to anyone at the moment is a computer... especially after my current beastly crashed and took with it the newsletter, On Your Bike Tour information, membership database, and many work related files. Some was on the spare backup hard disc but the main backup was also destroyed! I am currently redoing this newsletter on a borrowed hard disc, so cross your fingers. It will still be a couple of weeks before I get my machine back in one piece so please have patience if you find a few delays in the system.

Another CTA tour that proved to be extremely successful was the York Long Weekend that was held at the same time as the York Jazz Festival. Those of us that cycled up towards York on the Saturday could not understand what Ann, Kleber and Stan were complaining about. Evidently it was a bit wet and windy on the Friday - or so they tell me! Perhaps we will get to see the photos of Ann encased in plastic bread bags in a future issue.

Please think about the AGM and what you want from your club, but for me at the moment... I'm heading off under a Wandering Star.

I hope to see you all on future rides.

Cheers! Steve Blackburn

**AUCTION EVENING**

The November Social Evening will be the CTA Auction Night for all members and friends who want to either sell their pre-loved treasures or buy that irresistible bargain! Some of the goodies that will be available on the evening are listed below - but you can still bring more items for sale on the night.

Trangia No 25 stove	Helmet Pro-Lite
Asic Cycling Shoes	Insulated cycling gloves
22 inch 531 touring frame	Thermal cycling gloves
23 and 25 inch World Randoneur frames	New IRC tyres
22 1/2 inch Tange frame	Pedals Shimano 105
Crank Shimano 105	Deraillleur Shimano 105 (front & rear)
Deraillleur Suntour (front)	Gear levers Shimano 105
Head stem 70mm	Scott drop-in bars
Cinelli neck	Seat post, light weight
Cluster 13-21 Suntour Winner	Cluster 14-28 Shimano SIS
Cluster 13-24 Shimano SIS	Helmet softshell
Chainrings 42, 48, 26, 52, 38 Shimano 105	27inch alloy rims
Pump quick-shot, double-acting	Cycle tool - all in one
Rear wheel 27 inch with touring cluster	Vetta gel seat
20 inch MTB frame Cro-Moly	24 inch 12 speed touring bike
20 1/2 inch bike, hand built frame, 21 speed, lights and racks	
Platinum blonde wig (only worn once for Olympic Games)	
Mr John Meakin has agreed to act as the auctioneer for this epic!	

# Rides Calendar

## October / November 1993

**OCTOBER 17** **THE "ONE YOU MISSED"**  
Cycle Challenge Ride. See page 3 for details.

LEADER: Paul Ellen PH: 332-6902 (H)

**OCTOBER 17** **INFORMAL RIDE**  
Meet at the Causeway carpark at 9:00am.

See page 2 for details.

**OCTOBER 23-31** **ON YOUR BIKE WA  
"WANDERING STAR" TOUR**

A wander through the badlands of the Wild West with our mobile chuckwagon and trusty metal steeds. This is a 9 day tour which is sure to see a few 'blazing saddles'. Only for those that have booked and paid for this tour. Keep your eyes open for next year's tour!

**OCTOBER 24** **THE WALYUNGA AND WED HILL  
WIDE**

80km, moderate pace, hilly terrain, 8:00am start. Meet at Midland Town Hall for a ride up Red Hill to Walyunga National Park, returning via Gidgegannup and Red Hill to Midland.

LEADER: Jenny Bailey PH: 368-1993 (H)

**OCTOBER 31** **AUDAX 200**  
Description of the ride and timing can be obtained from our Audax representative, Colin Farmer on phone 330-4441.



**OCTOBER 31****NORTHERN EXPOSURE**

25km, moderate pace, flat terrain, 9:00am start. Meet at Stirling Railway Station for a short ride up the coast for morning tea at Sorrento, finishing at Joondalup.

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

**NOVEMBER 5****SOCIAL EVENING - AUCTION**

See page 7 for details of some of the items available. The venue is the Ernest Johnson Oval Guide and Scout Centre in South Perth. Turn right off South Terrace into Fortune Street and then right into Pilgrim Street. Ample parking is available.

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

**NOVEMBER 6****CTA FORMAL DINNER**

See page 4 for details. Note: Saturday.

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

**NOVEMBER 7****THE LAKES RIDE**

40km, easy pace, flat terrain, 9.00am start. Meet at Kings Park Log for a tour of local lakes including Jackadder, Shenton Park, Herdsman, Monger and Perry Lakes.

LEADER: Ron Bowyer PH: 381-8548 (H)

**NOVEMBER 14****COMBINED CLUBS RIDE**

See page 4 for details. This is a combination of three rides which will cross paths to enjoy a lunch next to the river in Pinjarra before returning to Armadale or wherever you started. Transport will be available for the return trip at a cost of \$10 per person/bike combination.

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

**NOVEMBER 21****ON YOUR BIKE BREAKFAST**

10km plus, easy pace, flat terrain for those returned from the Wandering Star Tour. Breakfast will be at the Perth Zoological Gardens and then people can either stay for a wander around the other animals, or work off the meal with a leisurely bike ride around the river forshore. Details will be provided to the tour participants - but if you want to join us, be at the Zoo entrance at 8.30am.

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

**NOVEMBER 21****INFORMAL RIDE**

Meet at the Causeway carpark at 8:00am.

See page 2 for details.

**NOVEMBER 26****DONNELLY RIVER WEEKEND**

(includes AUDAX 200)

See page 3 for details.

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

**NOVEMBER 28****THE MAN FROM SNOWY RIVER**

100km, moderate pace, hilly terrain, 8:00am start. Meet at Kelmscott Railway Station for a ride into the hills and experience the exhilaration of the Bickley Big Dipper. Enjoy the late wildflowers while passing through Pickering Brook, Mundaring, Stoneville, John

Forrest National Park, Darlington, before returning to Kelmscott.

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

**DECEMBER 4****PROGRESSIVE DINNER**

If interested in this CTA extravaganza which will cover the entire Northern suburbs and raise the price of shares in Heather's Hutch, please contact Mark Nilan for details on starting times and location.

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

**DECEMBER 5****LAKE LESCHENAULTIA LUNGE**

85km, touring pace, hilly terrain, 8:30am start. Meet at the Midland Railway Station (8:00am train ex-Perth). Ride to Gidgegannup and onto Lake Leschenaultia for morning tea, returning via Sawyers Valley and Gidgegannup.

LEADER: Peter Lundy PH: 247-1625 (H)

**DECEMBER 5****LAKE LESCHENAULTIA LAZE**

40km, touring pace, not too hilly terrain, 10:00am start. Meet at corner of Bunning Rd and Toodyay Rd at 10:00am (or however long it takes Peter to climb Red Hill) to meet and join the riders from Midland. For those who like to cycle in the hills, not up them.

LEADER: Peter Lundy PH: 247-1625 (H)

**DECEMBER 12****THE CTA AGM RIDE**

30km, easy pace, flat terrain, 8:30am start. Meet at the big log in King's Park (Fraser Ave) for an easy ride to the Annual General Meeting in South Perth. The AGM promises to be exciting with morning tea - that is a Devonshire tea, at '10ses'!

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

(oh yes, there may be some official CTA stuff there too, or something!)



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**FOR MEMBERSHIP DETAILS CONTACT THE TREASURER**