

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

Volume 122

March/April, 1995

EDITOR: Steve Blackburn

PRESIDENT ON PAGE ONE

Welcome everyone! I would like to welcome you all to 1995, and hope that this will be a great year for the Club as well as all of us. I would also like to take this opportunity to thank the outgoing Committee for the wonderful job they did last year. The Club's 20th year was certainly a tremendous year, with the Albany to Perth 20th Anniversary Tour, the extremely well patronised Wildflower Heritage Tour, and a ride to the Garden Island Naval Base to name but a few of the many great rides. My thanks must go to Steve, Jenny, Sue, Peter, Warwick, Roger, Mark and Andrew.

I would also like to welcome the new Committee. We have three 'hangovers' from last year's Committee (perhaps they had those at the AGM, and didn't have the presence of mind to extricate themselves), and six new fools idiots people. I would like to thank them for their commitment, and look forward to working with them for another great year for the Club.

Looking forward for the year I see a good number of really exciting events. The Labour Day long weekend (4th-6th March) is a very pleasant weekend (which I can only vouch for second hand but have heard glowing reports from last year's participants). I would like to go but in my haste for Mark (last years Rides Coordinator) to release me from a headlock, I 'volunteered' to lead a ride on 5th March. (If anyone out there is looking for a ride to lead...).

Another great tour coming up is the South Australian Tour. This promises to be a wonderful two weeks from 24th March to 9th April in South Australia, touring around the vineyards and valleys. I am really looking forward to a wonderful holiday, drinking in (literally!) the wonderful scenery. All bouquets must go to the Touring Sub-committee who have done an excellent job for this tour - and for the next years Tasmania Tour. For those people out there who wish to cycle through beautiful countryside, with stunning vistas, and being in touch with their surroundings, I suggest you start preparing for that tour now!

Bike Week (13th to 19th March) sees the CTA helping BikeWest promote cycling to the general public. An evening ride to Fremantle on Wednesday 15th March and a barbecue on Thursday 16th in

Kings Park will be on offer to everyone. I cannot stress enough that if you can help on either night please contact David Uren (our new Rides Coordinator). By raising the level of awareness of biking in the community we, as cyclists, get more respect from other road users and better facilities for cycling.

For those who miss out on South Australia (and even for those who don't - like me!) Easter at Donnelly River promises to be a wonderful break from the city (or wherever else you happen to be). Set in stunning forests, Donnelly is located between Bridgetown, Nannup, and Manjimup. The rides through the forests are peaceful and scenic, with many towns to enjoy craft shopping and/or gourmet eating. Even the restaurant at Donnelly is a pleasant surprise! For further information, see the article in this newsletter.

From an examination of the last Newsletter, there is no doubt that the club organises a lot of activities, and provides many services. However, the Club can only offer activities and events that members offer to undertake. Some things do take a lot of organisation, some do not. However, each contribution helps to make each task just that much easier for all concerned. If you have any ideas for rides, tours, social evenings etc., please tell a Committee member. If you would like to help out by writing an article for the Newsletter, or being a ride marshall, or ride leader etc., please contact a Committee member. Doing just one thing a year can't be that much to ask, and it will not only enrich the Club for all its members, but may help you to develop your personal skills.

Well, that's enough unpaid political announcements for one article. Enjoy the Newsletter, cycle safely and I'll hopefully see you on your bike!

Simon Koek



Stop Press

*Bikeweek Breakfast
Friday 10th March
Forrest Place
Perth City
Be there or go hungry!*

MEMBERSHIP FEES

Just a reminder that at the last Annual General Meeting held on 11 December 1994 fees (full year) were set for membership as follows:

1. Individual membership \$30.00
2. New members \$25.00
3. Full-time students/Pensioners \$15.00
4. Dependants under 18 no charge.

N.B. Existing memberships not paid until after January, will have to pay the full fee of \$30.00.

The CTA is a non-Government organisation relying on membership fees, donations and volunteer labour to achieve our aims and objectives. These monies help to provide each member with six Newsletters per year, a social evening venue and tea and coffee making facilities, weekend trips and tours "at cost", a library, an indemnity to cover property to name a few of the obvious benefits.

MEMBERSHIP PARTICULARS

All members are asked to confirm their current address and phone numbers with Committee members. Of recent months a number of members have advised that they did not get Newsletters. In the majority of cases it appears that current addresses have not been supplied and unfortunately the CTA Committee is not "psychic" in this area.

NEW MEMBERS

A hearty welcome is extended to the new members who have joined (or rejoined after a break of at least 12 months) since the production of the last Newsletter.

Tracey Allen	Helen Coombs	Carole Czermak
Lyall Furphy	Susan Furphy	Roslyn Happ
Erl Happ	Mignon Johnston	Sarah Kennedy
Glenys Maddison	John Ralph	Laraine Reason
Rachel Stafford	Dave Strestik	John Walker
Adrian Ward	Mark Wilcox	Bridget Woodroffe

Hope to see you "on your bike" on one of the announced rides in this calendar..

INFORMAL RIDES

For those who do not wish to join the organised ride of the day but would like still some company, a time and place will sometimes be given for informal rides. This is generally the Causeway car park (number 2, near the bike hire shed). It is up to those who turn up on the day to decide where and for how long to ride. This may mean that separate groups may decide on a short, easy or long, hard ride etc. Try it out if none of the rostered rides appeal to you - you may like 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 medallion. Rides range from 50km to 1500km in length and are open to all CTA members, though membership of Audax Australia Club is encouraged if you envisage participating regularly. Thereby you are able to gain the very generous personal injury and income protection cover afforded from such membership.

PLEASE NOTE - Notification of participation is required at least one week prior to the event and there is a cost to enter dependent on the distance to be travelled. Further information and a program of events is available by contacting Mr Don Briggs on 458-8175(H) or checking the Events Calendar.

SOCIAL EVENINGS

These are usually (but not always) held on the first Friday of each month and the current venue is the Ernest Johnson Oval Guide and Scout Hall. Turn right off South Terrace into Fortune Street, then right again into Pilgrim Street in South Perth. Ample parking is available. For further details contact the Social Secretary, Sally Stobie on 275-4417 (H).

ACHIEVEMENT/CHALLENGE SERIES

For those who are not "in the know" both "Series" are designed to push your cycle abilities and stamina forward in a graduated, supported and rewarded way. Both Series consist of set rides, with increasing levels of difficulty, spread over a five month period. As the cooler weather approaches we will outline the rides and also the events which must be completed in order to receive each award.

CTA LIBRARY

For new members and those of us who did not 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 may be only borrowed for 4 weeks by contacting your Social Secretary, Sally on the night.

Contributions to the library would be greatly appreciated so do not dispose of any cycling literature which you feel may be relevant. We also propose to expand the library from time to time from club funds, and new titles will critiqued in the Newsletter.

EXCEED SPORTS NUTRITION PRODUCTS

The following products are available to club members at reduced costs and can be ordered by contacting Neil Stooke PH: 222-8134[W]. Payment prior to ordering of the goods is required.

Fluid & Energy Replacement, 600g tin*

High Carbohydrate Source, 512g

* note that we are currently buying the 600g tins until we can get stocks of the 1.5kg bags (we are paying the same price per gram for the tins as for the bags!)

FOR SALE/WANTED

Members can place advertisements under this heading free of charge and may include anything cycling related including even "Arnold Schwarzenegger" male riders for feminine cyclists wishing companionship.

For Sale

★ Giant Kronos 21" 1993 model with kevlar tyres, computer, lights and rear pannier rack. As new condition, extremely low km's, spare set of tyres, tubes and spokes. Sale price \$500 - Contact Peter Lundy on 247-1625 [H]

★ Trek Multitrack Hybrid 52cm. True temper Chrome-moly frame, Ideal tourer. Suntour XCM gears, Scott AT4 bars, Matrix 700c rims, Scott AT-4 handlebars, Ergo saddle. Very good condition. Sale price \$700. Phone Sue Thomas 572-1784 [H] 479-2222 [W]

★ Tourer Ricardo Le Tour, 58cm Tange 900. Front and rear

Blackburn racks, Vetta gel saddle, halogen generator lights, Cateye computer and Weinmann 700c rims. Good condition, \$550. Phone Sue Thomas 572-1784 [H] 479-2222 [W]

★ Road/Tri Centurion Master 52cm Tange1. Shimano 600SIS, Profile bars, Cateye computer, Araya 700c rims, turbo saddle, clipless pedals. Recently serviced \$700. Phone Sue Thomas 572-1784 [H] 479-2222 [W]

★ Maps available. At last you can purchase the Ride and Discover map from the club member who drew it with cycle touring being the main target audience. Also available are the Perth Bike maps which show recommended road and path routes in the metropolitan area. All maps \$4. Phone Noel on 293-1305 [H].

TOURS AND RIDES UPDATE

BUNBURY YHA 4TH-6TH MARCH, 1995

The March long weekend will be a fun filled fiesta of sun, surf and sex (well 2 out of 3 ain't bad!). Staying in the hippie commune of the Bunbury YHA but riding to the beach or MTBing through the hills and valleys during each action packed day. Come along and join us.

Organiser: Steve Blackburn Ph:313-2814

TASMANIA 3RD FEB-3RD MARCH, 1996

The touring sub-committee is planning a 4 week cycle tour of Tasmania from the 3rd of February to the 3rd of March in 1996. We plan to start the tour in Launceston and follow a route through Devonport, Cradle Mountain, Strahm, Queenstown and Derwent Bridge to Hobart. The route is very hilly and so we are not intending to cover large distances daily.

This will be a fully self-contained pannier tour, sleeping in tents and Youth Hostels where possible. Some dearer accommodation will be required occasionally (e.g. Cradle Mountain due to weather unpredictability).

Depending on interest, there may be an optional two week extension to the tour to enable those interested (and with heaps of leave available) to cycle from Hobart to Launceston via the East coast.

If you want to know more or want to register your interest in this tour, please contact one of the touring sub-committee listed below.

Committee: Peter Lundy (247-1625), Stan Wiechecki (448-2335), Tony Humphreys (447-9014), Jenny Knight (330-3196).

EASTER AT DONNELLY RIVER

This Easter, the CTA is arranging an expedition to Karri country, staying at the Donnelly River Holiday Village located between Bridgetown and Manjimup.

The plan is to drive down on Thursday night (or alternatively Good Friday), and spend the Easter weekend exploring the area. The area is suitable for both road bikes and mountain biking. Aside from cycling, there is a range of activities available, including bushwalking, swimming, canoeing, stumbling and getting wet etc. Due to the distance from Perth, it is most likely that car pooling will be used to get there.

Accommodation is cottage style with cooking facilities. Two cottages will be available from Thursday afternoon 14th April to Monday morning 17th April. You will need to bring your own sheets, blankets and pillow slip (or sleeping bag) plus towel. There is a restaurant at the village, with BYO dining.

Cost for the weekend should be between \$45 and \$55, depending on the final number of people going. As places are limited, bookings are essential and can be made by contacting Mark or Noel prior to 24th March (1995!).

Organisers: Mark Elliott Ph: 382-1961(H)

Noel Eddington Ph: 293-1305(H)

ONE FOR THE COFFEE SHOP CROWD

It has become a growing trend in Perth for cafés to demand payment as one bill, despite the fact that many people like to pay their own portion of the bill. A check with the Minister of Fair Trading has revealed that, in legal terms, restaurants can demand payment in any form they choose. While the Ministry deplores the way restaurants are demanding payment there is nothing they can do except suggest that:

1. Patrons determine how the restaurant wants the bill to be paid before entering the premises. If it is not satisfactory, leave and let the management know the reason you are leaving.
2. Each person demand that their order is placed on separate bills (great fun if 10 people are sitting at one table).
3. Write to the newspapers and magazines, e.g. Sunday Times Restaurant Guide, West Australian Inside Cover etc. about the lack of customer service prevailing in Perth restaurants and cafés.

Amanda Annells

POSTCARDS FROM THE EDGE

I have received a postcard from Dave Phillips to say he is back in WA and currently at Stirling Submarine Base. Get in contact and say hello or organise a ride. Also received a letter from Brian Gale to let us know that he has won awards for his poetry and that a new book is to be released soon. He intends to cycle tour in Canada in June and would appreciate any help with advice etc. (Maybe Mark Elliott could help out here?)

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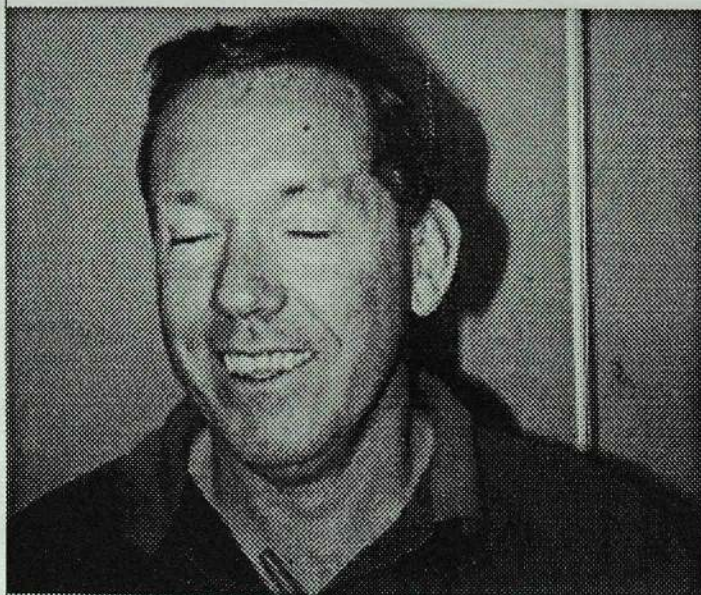
Meet Your Committee

This is the second opportunity to gradually introduce some of the CTA Committee to the membership in case you need a target on the next CTA ~~blunder~~ carefully organised event! You may think that I am using a bit of poetic licence with my descriptions of these worthy characters - not so!... all the information has been carefully researched and approved by a panel obtained from a cross-section of inebriated patrons of various watering holes.



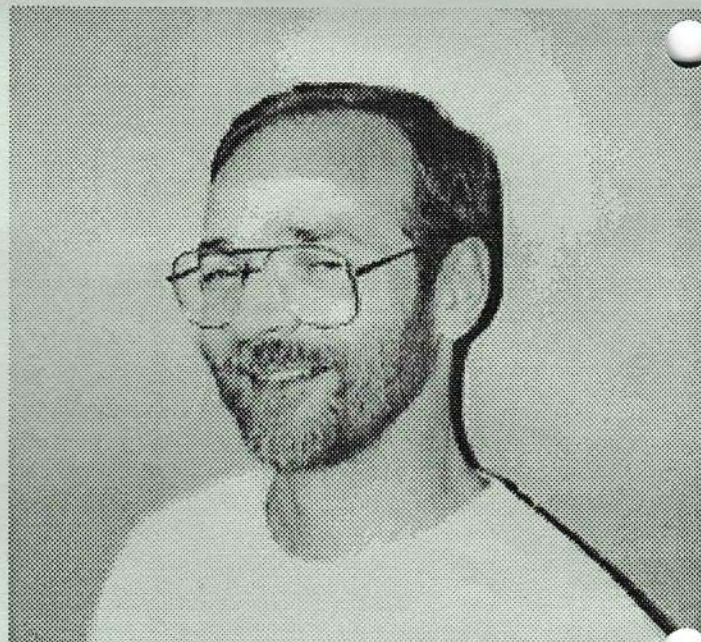
Vice President

The person in charge of vice type stuff is Maria Antonas. This lady is not to be confused with Madame Lash, who is into a completely different sort of aerobic conditioning. Maria is a teacher from Victoria who currently spends her days in the leisurely pursuit of Arnold Schwarzenegger type male cyclists around the streets of Mt Lawley. A very staunch supporter of easy paced, beginner-type rides, Maria is not the person to cycle next to on cycle paths - she has been known to force the ex-President off the path on a number of occasions to avoid being seen with him. Her explanation was that she didn't want potential riding partners to think that she knew anyone who could ride a bike, and they would therefore take pity on her and volunteer to take her out riding. It seems to work though! Maria is currently in Europe enjoying the cold, but should be back next month to keep BikeWest on their toes with questions as to why we don't do things like the Europeans.



Hon Treasurer

Peter Lundy is our super efficient Treasurer who turns water into wine and other miracles of commercial enterprise. Since Peter has been Treasurer the Club has gone from strength to strength in financial terms. All this and still he manages to exist on a diet of champagne and caviar. The proud owner of a 'reliable' touring bike, Peter has joined the Mid Life Crisis Club to supplement his transport requirements with a brand spanking new, white Mazda sports car. Even though one of our really tactfull female members described it as "just like driving in my mini!", Peter has been magnanimous enough to forgive her her trespasses. Peter works for Alcoa and has offered his services to this company as an unpaid Quality Control Officer to test the opening efficiency of aluminium beer cans. It is only right that he has to drink the contents whether he wants to or not! A keen tourer, Peter is also a member of the touring sub-committee, and all round nice guy. Speak to him at the next ride or social event (but make it early, otherwise the quality control side effects make it difficult to understand what he is saying). The photo does not do him justice but it was taken as he fell asleep at the last Committee meeting.



Hon Secretary

The CTA Hon Secretary for 1995 is Mark Elliott. After a certain amount of cajoling by members of the 'old' Committee, and the totally untrue suggestion that CTA Secretaries are seen to be academically inclined and above average intelligence, he agreed to accept the 'offer' of nomination for the Committee. Hon Sec has been around the CTA for a while, (does the expression 'old fart' ring any bells?) and is something of a die-hard cycle commuter. He has been known to cycle to work in all types of weather (warm and sunny, reasonably warm and sunny, and even cool and sunny!). He is also a reasonably committed cycle tourist (this means he has been committed reasonably often), having cycled in Canada and USA (please note that you can only do this trick on the border), and also having completed a number of CTA tours, such as last year's 20th Anniversary Tour. Like the person in Charge of Devonshire Teas, the Hon Sec plays computer games for a living, in some organisation roughly aligned with State Government Health (Computer Sports Corporation?). He is the one who can often be seen riding around with his bicycle pump sticking out of his rear(?) pannier or bike rack bag. Maybe it's a fashion statement - I don't know. Go and say hello to him some time.

STRANDED ON A CROATIAN ISLAND

Take a balmy summer's Saturday evening, twenty four cyclists, a ride to a Freo restaurant and stir liberally. What was it to be? Another perfectly organised CTA social event or a recipe for disaster. One thing was for sure as the number of people appearing in the Raffles Hotel carpark kept growing from the planned for 15 cyclists, until we had a grand total of 24, we were unlikely to be unnoticed slipping into Freo. Setting off from Raffles the group immediately formed the nice tight peloton formation which has become the norm for the evening rides and it soon became apparent that we would not make the restaurant in time for the 7.30 booking. It was decided that a couple of riders would ride ahead of the main group to alert the restaurant to the imminent arrival of the main group. Having recently acquired a "plastic fantastic" Cadex, (I say acquired because I did not actually pay for the bike [would I pay for a piece of plastic when there is lots of unused drain pipe lying about?]) I have to confess, it fell out of a Weeties packet. In fact, I would have missed it altogether, if it had not been for the purple pedals. I digress but be careful as I cannot remember what brand the Weeties were, check your cereal carefully before you pour in the milk). Jenny nominated Mark (Nilan) and myself to go ahead. A quick spin along Marmion Ave gave Mark just enough time to give me a run down on the complexities of STI and I practised my best grim face as we were passed by a couple of people out for a serious training ride. Arriving at the restaurant right on 7.30 we went in and informed the staff that the original booking which was for 15 has expanded slightly to 24. This was no blem and the staff soon had 8 chairs around tables designed for 4. Mark and I settled down to wait for the rest of the group with 3 empty tables, looks of expectation on our faces and a quiet glass ofum water. It soon became apparent that something was not quite normal about the staff of the restaurant. After a couple of waters we realised what it was. All the staff has moustaches. Even the women. As we were reflecting on the reasons for this the main group arrived and there was a general swivelling of moustaches towards the entrance as the CTA group resplendent in the latest lycra swept in. After about half an hour of settling in (more water – what sort of people are these) I made a quick sortie to confirm that someone would in fact come round to take our orders, I suggested that now might be a good time. A member of staff duly appeared and began to take orders, the only hiccup being the Nilans suggesting that a vegetarian dish would be one without meat and after some negotiation agreeing on an omlette. Time 8.30. By 9.00 pm 24 cyclists were beginning to look anxiously toward the kitchen. The staff informed us that the food was nearly ready and that we would have our garlic bread soon. By 9.30 pm 24 cyclists were looking in the opposite direction from the kitchen toward Fast Eddies, which at this stage was appearing as some sort of mirage on the horizon. Finally some garlic bread began to appear and one of the waitresses informed Sue Nilan that the soup which she had ordered at 8.30 was not available. Time 10.00 pm. By now several members of the group had begun to make representations to the proprietor that they came to the restaurant for dinner not for breakfast. We were again assured that the food would be ready in 10 minutes, and some food did on fact appear on one of the tables. Our table by this time was up to its second basket of garlic bread. As more food arrived at the same table our entrees began to arrive and the air of anticipation at the table grew. At 10.30 one of the other tables having finished their Croatian meal headed off to Fast Eddies for a more Australian one. Our friendly waitress informed us that our main meal would be ready in ten minutes. Having already experienced their version of 10 minutes we were not surprised when it was 11.00 before she approached the table carrying 2 bowls. With a flourish, in what must have been the highlight of the evening, she placed 2 empty bowls on the table. Way to go Maaaaaate! At this stage Jenny 'lost it' and had to be revived. The rest of the food did in fact appear along with an offer of complimentary coffee "for the inconvenience". I then attempted to tuck into my Vukovar Steak and found out that it was not a steak after all, rather a stew. No wonder the waitress gave me a funny look when I asked for it to be well done. The steak did in fact taste as if it had come from Vukovar (by UN convoy). After Mark had wrestled with the bacon in his veggie omelette (perhaps bacon is considered vegetarian in Croatia) we decided to decline the offer of coffee. Time 11.30 pm. Despite the meal it turned out to be a great evening, if not one most of the participants would like to repeat. The small group that was left by this time decided against joining the earlier breakaway group at Fast Eddies and decided to head back. With only a light breeze blowing it was a very pleasant ride back to the Raffles carpark. Perhaps we were wearing Serbia colours. Who knows, we won't be going back to find out.

David Uren

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Editors Chit

It seems as though it was only a couple of weeks ago that I sat down to write my first Editor's Chit. What's that you say? It was only a couple of weeks ago! My how time flies... etc. I trust that we still have a readership since only financial members will receive this issue - we are tough bastards aren't we? Unfortunately, we must keep our costs down to provide the maximum benefit to those members who have given over their hard earned shekels by the required time. For those of you who are financial, wear a smug, self-satisfied expression and revel in the illicit delights of this literature masterpiece. To all you forgetful ones out there - it's gonna cost you extra now! Don't you wish you had paid attention (as well as the subscription)?

I think this last month has seen the new toy get more road time than either the Klein or the touring bike. I had a long weekend courtesy of a hospital Low Activity Day (LAD) and decided to take off with tent, sleeping bag and Trangia down South. My first stop was at Myelup where I stayed with a friend in his beach 'shack'. I find it strange that a two storey house with water and electricity, carpets, shower, sit-down toilet, etc. can still be called a shack! However, the weather, although windy, was still great for fishing and we soon caught the evenings dinner of finny friends which required several bottles of Premium Brut as oral lubricant. Don't you just love roughing it? The tent didn't get unwrapped but the sleeping bag was certainly welcome with the cool breezes which came over the sand dunes. An early morning start saw me two wheeling through the shady roads before hitting the main road and then waving to all the people still asleep in Australind before a breakfast in Busselton. A quick blatt past the Cheese Factory and Protea farms saw me at the mouth of the Margaret River for a quiet cuppa brew-up before heading back to the township for Tourist Information type stuff. The decision was to stay at Cowaramup since I had booked tickets to see Vince Jones in concert at Bannama Wildlife Park that evening. Great singing, great food and great company - and that was only in the shower getting ready for the concert! It truly was a magnificent evening and I will always try and see this type of concert in Yallingup etc. rather than stay in Perth to see the same thing. After a relaxed breakfast of fresh fruit and coffee, it was off to Dunsborough where I performed my penance and actually walked past the Bakery without going in! The sacrifices that some of us make. My interests were more in the clothing line and I did manage to buy a casual top before heading for the main beach to share a fruit lunch and a read before heading back to town.

The trip back varied from 'cringe' as the side-wind gusts outside Bunbury saw me white knuckled as I attempted to stay on the road, to 'Cheshire cat grin' as I discovered the parallax error on my speedo on the road to Harvey (I never went over ~~160~~ 110km/hr, honest!).

My final stop was for another cuppa at Pinjarra before onwards to Armadale and then home. A very full and relaxing break and yes I will do it again at every opportunity. The next time will probably be a 'true' camping weekend, but I know I will enjoy it just as much. I am very jealous of the South Australian tourists but getting holidays on order is not that easy! I have already booked for this years On Your Bike WA tour, and also Tasmania '96 - so will need to continue practising some of my special recipes on the weekend tours.

I think the CTA as a club has discovered 'The Night Ride' as a means of attracting heaps of riders and potential members during these months of heat and sunstroke. The attendance at these functions has been mind blowing when compared to the standard Sunday turn out! While the heat is upon us we will try to organise many more rides of this type. The several rides during Bike Week also may attract some victims into our web. Join them and help us make CTA a very desirable club to belong to for 1995. Till next time, take care on your bike and I hope to see you on a ride.

Steve Blackburn

TOURING INSERT

Hi fellow members

Well finally this overdue drawing that I said I was going to do last year after the 20th Anniversary Tour has come to fruition! I had originally thought of the idea a few days into this tour as I was starting to remember where to pack everything. By the end of the tour I had it 'downpacked', so, not wanting to forget how to pack my bike the next time a heavyweight tour came along, I decided to write it all down and produce a rough drawing. This drawing was then the basis of a computer generated graphic which enabled me to utilise my drafting skills. Originally it was purely for my own benefit, but, after some discussion with Steve, Simon and a few others of the mad touring set, we decided that it could be of some benefit to other members of the club interested in finding out what a touring bike really does carry. So here it is in this issue!

It must be pointed out that there is no right way or wrong way to pack a touring bike. This is only a guide and if anyone has some good tips or a better way, I would be most interested to hear about it.

Being an avid and keen outdoors person all my life one of the things I did a lot of in my youth was fishing, in particular, estuaries and rivers. So, on the 20th Anniversary Tour I brought along a light weight rod, reel and tackle which I had managed to work out how to carry. My idea of cycle touring is to do other things - outdoor type things - so, for those that are uninitiated and maybe considering this form of holiday, remember that it does not have to be all hard work and riding from town to town. I also carry other items which some people might not consider necessary - but every tourer rides and

continued page 9

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Rides Calendar — March/April 1995

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!

FEBRUARY 19

LOOK OUT COTTESLOE, HERE COME THE CYCLISTS

30km easy pace, flat terrain, start 9.00am. Note: You must bring a bike lock on this ride or share with a friend. Meet at the Big Log carpark in Kings Park. Sail through the shady lanes of Kings Park before warming yourself up for a cool dip at Cottesloe and refreshments at a beach side Café. Bring your bathers.

Leader: Desama "bikini-girl" Claux Ph: 458-7519

FEBRUARY 26

FEED THE FISHES RIDE

30km easy pace, flat terrain, start 8.30am. Note: You must bring a bike lock on this ride or share with a friend. Meet at Raffles car park for a ride along the river to the East Fremantle Boardwalk where we board a 39 foot launch for a tootle around the waterways. Cost will be in the \$15-\$20 region with lunch and drinks included. Numbers are strictly limited and first in, best dressed!

Organiser: Janet Deverill Ph: 316-3864

FEBRUARY 26

INFORMAL RIDE

Meet at the Causeway carpark at 8.30am to decide the route. See page 2 of Newsletter for further details.

MARCH 5

THE RIDES OF MARCH

40km touring pace, flat terrain, start 8.30am. Meet at Warwick Train Station for a Northward ride to Mindarie Quay and a swim. Knives and bathers are optional, but eating and refreshments are mandatory.

Leader: Simon Koek Ph: 271-2959

MAR 11

AUDAX 300KM NIGHT RIDE

300km. Meet at the Midland Townhall at 4.30pm for a 5pm start. Note: Saturday Night start. Lights and Reflective Vests Essential. Supported route is Midland-Gingin-Bindoon-Calingari-Toodyay-Midland.

Organiser: Don Briggs Ph: 458-8175

MARCH 12

WINTER ON THE BEACH WANDER

30km easy pace, flat terrain, start 9.00am. Meet at the home of Neil Winter (and Carole Czermak) 18 Morgan Sreet Shenton Park. Ride Westward to a beautiful beach location for a swim and refreshment before returning for some revelry in the back yard. Bring your bathers and something to eat and drink for a backyard luncheon.

Leader: Neil Winter Ph: 382-1275

FRIDAY 10 MARCH

SOCIAL EVENING

Meet at the Ernest Johnson Guide and Scout Hall off Pilgrim Street in South Perth at 7.00pm for an evening in 'touring mode'. Join the tourists as they show how it's done and watch Stan as he attempts to convert an original Cresta into a real bike! Peter will show why he now drives an MX-5 and women wild.

SATURDAY 11 MARCH

AUDAX 300KM

Night ride to Hell. 5.00pm start at Midland Town Hall. Course is Midland-Gingin-Bindoon-Calingari-Toodyay-Midland.

Organiser: Mark Nilan Ph: 397-0804

SUNDAY 12 MARCH

RIDE FOR LEUKAEMIA

The opening event of Bike Week. Organiser: Wendy Erber

Contact: Simon Koek Ph: 271-2959

WEDNESDAY 15 MARCH

RIDE TO THE RACES

50 km, moderate pace, mostly flat terrain, start 6.30pm. Meet at the Raffles Hotel carpark for a scenic moonlight ride to Fremantle to have a light snack and see some fast, action packed Criterium Racing through the streets of Freo. Rumour has it that illustrious President and ride leader Simon Koek is a "dark horse" in one of the events. Note: Night ride, lights and reflective vests essential.

Leader: Simon Koek Ph: 271-2959

THURSDAY 16 MARCH

CLIMB EVERY MOUNT ST

20km, mostly flat terrain, easy pace, start 6.30 pm. Meet at the Causeway carpark for a gentle ride around the bridges and up into King's Park for a BBQ at a secret location. Note: Lights and reflective vests essential, BBQ courtesy Bikewest as part of Bikeweek.

Leader: David Uren Ph: 368-1993.

SUNDAY 19 MARCH

THE LAKE LESCHENAULTIA RENDEZVOUS PART 1

90-100 km, hilly terrain, moderate pace, start 8.00am. Meet at the Midland Town Hall for a ride via Walyunga and Gidgegannup to Lake Leschenaultia where we will meet the MTB riders for lunch and a swim depending on the weather.

Leader: David Uren Ph: 368-1993

SUNDAY 19 MARCH

THE LAKE LESCHENAULTIA RENDEZVOUS PART 2

40-50km, hilly terrain, moderate pace, start 8.00am. Meet at the Midland Town Hall for an MTB adventure ride with Tony through John Forrest National Park and various back routes to Lake Leschenaultia to meet the other riders. Note: MTB bicycles suitable for off road only, there is a tunnel involved and lights will be required.

Leader: Tony Humphreys Ph: 447-1074

SUNDAY 19 MARCH

BOOKSHOP GANDER

20km, flat terrain, easy pace, start 9.00am. Meet at the Causeway Carpark for a ride to see one of the newest bookshops in town. It has a subtle touch of the New Edition bookshop in Freo, with a gentle dab of Oriel's in Subiaco. Meander through the older streets and race around a lake but most of all take a deep breath and slowly enjoy the moments of a cappuccino with a good head.

Leader: Carole Czermak Ph: 382-1275

SUNDAY 26 MARCH

MUNDIJONG MUDDLE

120km, flat terrain, medium fast pace, start 8.00am. Meet at the Carriage Coffee Shop for a mind bending experience with Phil as he navigates his way unerringly through the back roads from Freo to Mundijong and return on just a pie and a can of coke.

Leader: Phil Giddins Ph: 384-6895

SUNDAY 26 MARCH

STEVE'S BIRTHDAY BASH

30-40 km, flat terrain, easy pace, start 8.30. Meet at the Raffles hotel carpark for a birthday jaunt with the Editor and past President. In keeping with old, established CTA tradition the birthday boy supplies cakes for everyone else, or is it the other way around. Party hats mandatory.

Leader: Steve Blackburn Ph: 313-2814

WEDNESDAY 29 MARCH LIKE A BONDI TRAM RIDE
30 km, flat terrain, moderate pace, start 6.00 pm. Meet at the Mend St jetty, South Perth for a trundle around some of Perth's most scenic tram routes before returning for meals on wheels at Ogden's South Perth. Watch out for tram tracks!

Leader: Jenny Bailey Ph: 368-1993

SATURDAY 1 APRIL ALBANY AUDAX 50/100/200

A foolish ride around the hills of Albany! 7.00am start in the main drag in Albany. Course is Albany-Denmark-Mt Barker-Kambalup-Albany.

Organiser: Brian Hawes Ph: 398-4724

SUNDAY 2 APRIL MUNCHIES AT MUNDARING

80-90km, hilly terrain, moderate pace, start 8.30am. Meet at the Kelmscott Railway Station for a ride into the hills. The ride will take in the beautiful suburbs of Roleystone, Pickering Brook, Bickley and onto Mundaring Weir Hotel for munchies. Return via Darlington and Helena Valley.

Leader: Kleber Claux Ph: 458-7519

FRIDAY 7 APRIL SOCIAL EVENING

Meet at the Ernest Johnson Guide and Scout Hall off Pilgrim Street in South Perth at 7.00pm for an evening of fun and mayhem.

SATURDAY 8 APRIL 400 KM AUDAX

5.00am start at Midland. Ride to Toodyay, Northam, Wongan, Piawaning, Gingin and return to Midland.

Organiser: Brian Hughes Ph: 451-9568

SUNDAY 9 APRIL THE APPLE TO ARM RIDE

70-80km, flat, moderate pace, start 9.00am. Meet at the Raffles Hotel carpark for a ride to Armadale through the Southern suburbs. There will be a refuelling stop before returning via an alternative route.

Leader: Noel Eddington Ph: 293-1305

SUNDAY 9 APRIL A QUICK ZIP, DIP AND BIT(E) RIDE

30-40 km, flat terrain, fast moderate pace, start 8.00am. Meet at the carpark opposite Fat Bellies in Leederville for a quick zip to the beach for a dip and return to Leederville for a bit(e) to eat at one of the Leederville eateries. Mosquito repellent optional.

Leader: David Uren Ph: 368-1993.

14-17 APRIL EASTER AT DONNELLY RIVER

See information inside newsletter.

Organiser: Mark Elliott Ph: 382-0234

SUNDAY 16 APRIL INFORMAL RIDE

Meet at the Causeway Carpark at 8.30am to decide the route.

THURSDAY 20 APRIL 50/100KM AUDAX

7.00am start at Wungong. Enjoy a scenic ride via North Dandalup and return.

Organiser: Ken Ward Ph: 364-3601

SUNDAY 23 APRIL APPEALATHON HOME RIDE

100 km, flat terrain, easy pace, start 10.30am. Meet at the Carriage Coffee Shop in Fremantle for a ride via Rockingham to Secret Harbour to view the Appealathon home which was drafted by Stan and will be auctioned with the proceeds going to charity. Note; those wishing to participate in a shorter ride may do so by meeting the main ride at Churchill park in Rockingham. Talk to Stan for details

Leader: Stan Wiechecki Ph: 448-2335

SUNDAY 23 APRIL

**A PICTURE SAYS
A THOUSAND WORDS**

20km, flat terrain, easy pace, start 9.00am. Meet at Lake Ave Shenton Park (Shenton Park Lake). Have pleasant ride with a break to find your stomach and your mind.

Leader: Carole Czermak Ph: 382-1275

SUNDAY 30 APRIL 50KM ACHIEVEMENT RIDE

Meet at Tennis Courts car park Bullsbrook (Chittering Valley Road just off Great Northern Highway) at 8.00am for an 8.30am start.

Organiser: Peter Lundy Ph: 247-1625

SATURDAY 6 MAY CRAIG'S TRAINING RIDE

150km, flat terrain, fast moderate pace, start 8.00am. Meet at Armadale Railway Station for a trip to Dwellingup and return.

Leader: Craig Abernethy Ph: 451-4663

SUNDAY 7 MAY SOME MOTHERS DO HAVE THEM!

30km, flat terrain, moderate pace, start 8.30am. Meet at the Causeway Carpark for a leisurely Mother's Day ride with Steve with plenty of time to stop and pick (oops buy) the flowers on the way. Finishing with a cappuccino guaranteed to put you on your best behaviour.

Leader: Steve Blackburn Ph: 313-2814

SUNDAY 7 MAY THERE'S DT IN THEM THAR HILLS

70-80 km, hilly terrain, moderate pace, start 8.00am. Meet at the Kelmscott Railway Station for a scenic ride into the hills. After stopping somewhere for leisurely devonshire tea or three there will be a faster roll back down the scarp just in time to visit mum.

Leader: Tony Humphreys Ph: 447-9014

SUNDAY 13 MAY 600 KM AUDAX

Start 5.00am Kelmscott Railway Station. Supported ride.

Organiser: Brett Rutherford Ph: 339-7059

SUNDAY 14 MAY FRISBEE RIDE

75 km, flat terrain, moderate pace, start 8.30am. Meet at the Shenton Park Railway Station for a nice autumn ride (hopefully we will have some rain by then) to Gngangara Lake, Jandabup Lake and then on to Mindarie or Hillary's for morning tea. Bring some munchies and your frisbee for the lake stops.

Leader: Stan Wiechecki Ph: 448-2335

SUNDAY 21 MAY 100KM ACHIEVEMENT RIDE

Meet at the Armadale Railway Station at 8.00am for an 8.30am sharp start.

Organiser: Steve Blackburn Ph: 313-2814

Typesetting: Steve Blackburn

Printing: Terrace Print

C.T.A. COMMITTEE – 1995

PRESIDENT: Simon Koek	271-2959 (H)	EDITOR: Steve Blackburn	313-2814 (H)
VICE-PRESIDENT: Maria Antonas	444-3951 (H)	RIDES CO-ORDINATOR: David Uren	368-1993 (H)
SECRETARY: Mark Elliott	382-1961 (H)	TOUR CO-ORDINATOR: Stan Wiechecki	448-2335 (H)
TREASURER: Peter Lundy	247-1625 (H)	SOCIAL SECRETARY: Sally Stobie	275-4417 (H)
ADMINISTRATION: Neil Stooke	222-8134 (W)	AUDAX REPRESENTATIVE: Mark Nilan	397-0804 (H)

CORRESPONDENCE To P.O. Box 174 WEMBLEY 6014

FOR MEMBERSHIP DETAILS CONTACT THE TREASURER



Bikewest

Encouraging Cycling, Promoting Safety

Keep up with the latest breaking news on all cycle related matters - whether your interest is in MTBs, Touring, Time Trials, Road Racing, or gizmos and gear. Listen to the experts (and occasional CTA dumbos) as they bring you what is happening in WA and the world.

Tune in to Radio 6NR on Thursday nights

6.45 - 7.00pm

Put a smile on your dial and tune to 927kHz

SURE! "CYCLISTS HAVE A RIGHT TO THE ROAD TOO, YOU NOISY, POLLUTING, INCONSIDERATE MANIACS! I HOPE GAS GOES UP TO EIGHT BUCKS A GALLON!"



THANKS, DAD. I'LL GO ASK MOM.

WHY? THAT'S A GREAT SLOGAN!



continued from page 6

carries to his or her abilities. What I will be producing for members at the next Social Evening are 'blanks'. These blanks will contain the diagram and headings only such that tourers (particularly new tourers) can set up their own bike before going on tour. I have drawn the diagram using Wilderness® panniers but will also draw up for Tika® panniers if any member wants them.

Any tourers out there that might have some touring type food tips, or other bright ideas, please let me know. Maybe we can start a column with this type of information (if we can twist the Editor's arm!).

Seeya later

Stan (I'm not a racist, I'm a tourist) Wiechecki

You Will Benefit From Our Strength

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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

Cyclists - Are you interested in

Then the CTA is for YOU!

Membership Application/Renewal

Given Names	Surname		
Number and Street			
Suburb	State	Post Code	
Phone: [Home]	[Work]	[Fax]	

- ☐ Student (\$15.00) \$..... ☐ Pensioner (\$15.00) \$..... ☐ Adult (\$30.00) \$.....
☐ New Members (\$25.00) \$..... ☐ Club (\$50) \$.....

Dependants (under 18): free (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:
Simon Koek 271-2959 [H] 326-4971 [W]
or see the Sports Column in Saturday's West

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

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

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

Sunday morning rides to indulge in cappuccino and pastries... Day rides through the Darling

Then the CTA is for YOU!

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MAR/APR 95

SETTING UP A TOURING BIKE FOR A 3 DAY OR MORE DURATION*

*USING "WILDERNESS" PANNIERS

UNDER SADDLE BAG

- Puncture repair kit
- Phone money
- Cloth tape (for blown tyre)
- Pencil chalk

Tent complete with built-in floor, fly, poles, pegs & ropes all in its own stuff sack & strapped to rear rack with 2 straps & buckles, not okey strap.

REAR RACK

- Vestibule sheet
- Ground sheet
- Gardening mat (on the road seat)

Battery powered flashing rear light

STRAPPED TO SIDE OF R/H REAR PANNIER

- Cup (yuppie set)
- "THERM A REST" (chair kit)

R/H REAR PANNIER POCKET

- 1 pair arm warmers
- 1 pair over shoes
- 1 pair thermal gloves
- 1 set reflective vest & anklets
- Night glasses (clear)

R/H REAR PANNIER

(All in waterproof stuff sack)

- Toiletry bag (including ear plugs)
- Camp shoes
- 2 pair knicks
- 2 pair riding shirts
- 2 pair riding socks
- 1 pair thermal socks
- 1 thermal top/singlet
- 1 pair cycling longis
- 1 wind cheater
- 1 pair light weight pants
- 1 pair light weight shorts
- 3 jocks
- 1 bathing cossie
- 2 hankies
- Spare film
- Camera flash unit
- Fishing reel in hard plastic container, containing lightweight tackle & small sharpening stone.
- 4 litre empty water bag

HANDLEBAR PANNIER

- Towel or "trackie top" (camera cushioning)
- Camera
- Munchies
- Snap lock bag-diary

- pencil/pen
- maps
- C.T.A. magazine

FRONT POCKET

- Lip balm
- Glucose tablets or barley sugar
- Small bell (bike alarm)
- Snap lock bag-spare light bulb
- tissues
- toilet paper
- spare riding laces

Main front light

Telescopic fishing rod strapped to side of rack

4 spare spokes for rear wheel strapped to front rack stay.

R/H FRONT PANNIER

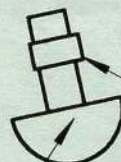
(All in waterproof stuff sack)

- Large snap lock bag containing-tea, coffee, milo
- sugar
- cooking oil
- food condiments in empty camera cannisters

- 1 small tent broom
- 1 set of plastic spoon, knife, fork
- 1 wooden spoon
- 1 cereal bowl
- 1 sponge
- 1 small cutting board
- "TRANGIA"-matches
- "T" towel
- scourer
- plastic "T" spoon



- Helmet
- Sunglasses
- 1 pair mitts
- Touring shoes



- Sun hat
- Sun tan lotion
- 1 hankie
- Wallet with phone card

Pocket knife in sheath

R/H FRONT PANNIER MESH POCKET

- 1 small plastic shovel
- 1 bot of fly/mosquito repellent

R/H FRONT PANNIER SIDE POCKET

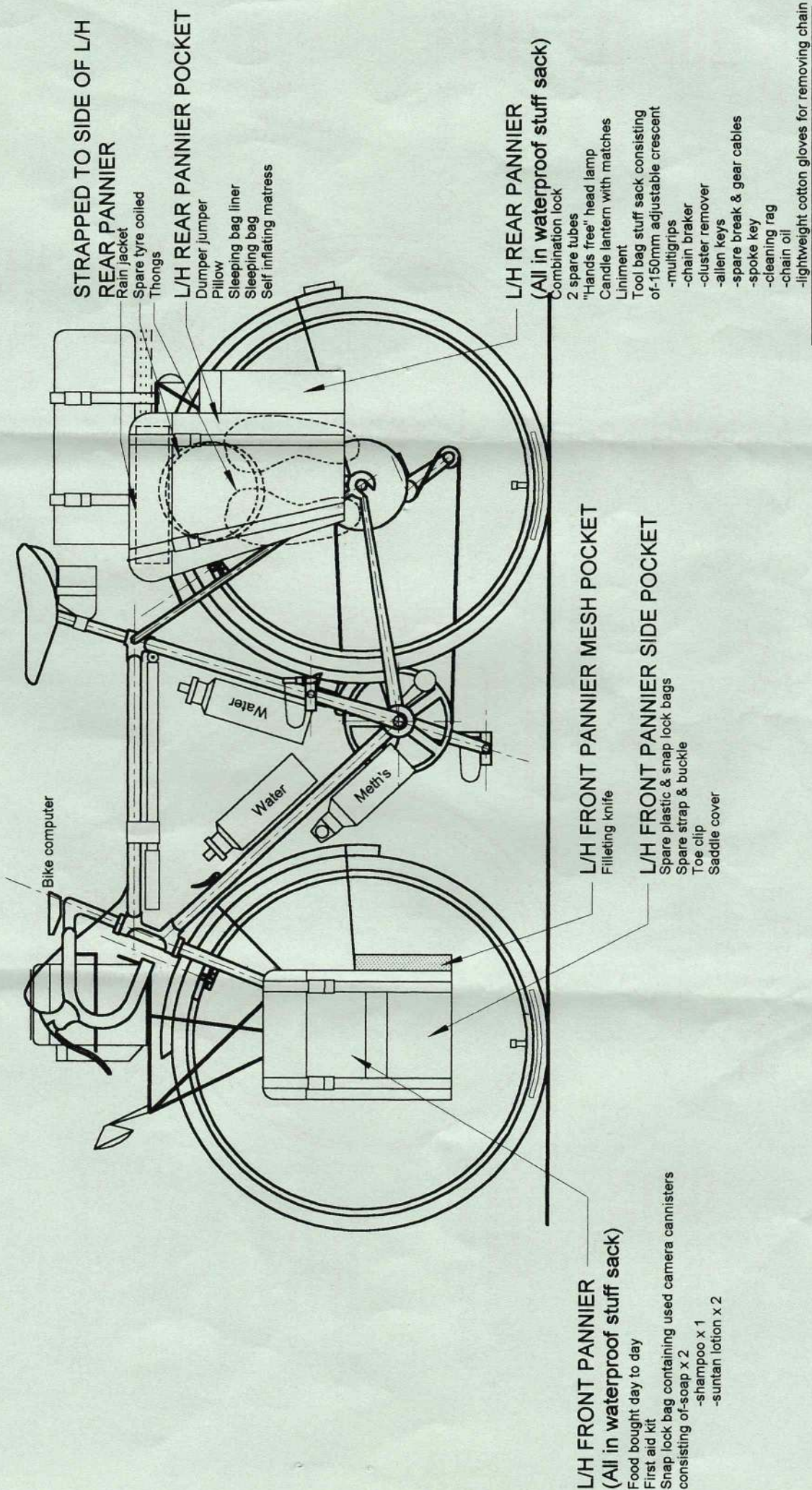
- 1 bottle laundry liquid
- 1 bottle dish washing liquid
- 1 pegless clothes line

BUM BAG

- Sun hat
- Sun tan lotion
- 1 hankie
- Wallet with phone card

Pocket knife in sheath

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S.A. Wilschicki



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