

How to cope  
with the tyranny  
of distance and weather  
on Achievement Rides...  
with panniers too!



cta



JLK

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

Volume 124

July/August, 1995

EDITOR: Steve Blackbourn

### PRESIDENT ON PAGE ONE

Welcome again! I hope this newsletter finds you well - surviving the cold weather, and hopefully making a few forays into the brisk, winter air on your bike.

Despite the appalling weather on the Thursday night and Good Friday morning, the Easter weekend at Donnelley River was a tremendous success. Friday afternoon, Saturday and Sunday were all fine (if slightly "cool" in the morning), and great rides, both on and off the road, were had by all. The Easter Bunny made a special appearance, and distributed eggs to everyone, except Stan Wiechecki, who had mysteriously disappeared! Even with meals arriving 3 hours late and the cook (well, person in the kitchen) exclaiming, "Oh, you wanted it cooked as well.....?", everyone enjoyed themselves thoroughly, and if they didn't, I was certainly having a good enough time not to notice. Congratulations must go to Mark Elliot (our Secretary) on a great weekend.

As reported in the last newsletter, the 50km Achievement Ride was a very successful and popular event. This may have spurred some people on to do the 100km, as that was also very well attended, despite the threatening conditions. It was quite a remarkable ride, as the sunny climb up Bedforddale Hill was washed away in the torrents of rain near Jarrahdale. Fortunately, the rain stopped and later the sun shone from Serpentine Dam all the way back to Armadale (we were the lucky few who got under cover at the Armadale Station literally seconds before a deluge struck!).

Another very successful ride was the Century Challenge. David Uren (our Rides Co-ordinator) should be thanked for providing a very pleasant ride, very much in line with touring. The route was 160km from The York and back. The weather on that day (18th June) was superb, with a tailwind blowing us back from York to The Lakes. Big "thank you"s to Neil Stooke and Maria Antonas for their marvellous support. On a sad note, both Maria and Neil were involved in a car accident returning from The Lakes (driving in a car, after the ride had finished and the other driver was completely at fault!), with both of them suffering significant injuries. An important reminder for everyone to take care on the roads (even when driving). I wish them both a speedy recovery to complete health.

Despite my best intentions, I didn't manage to even partially participate in the pannier tour over the Foundation Day Long Weekend (3rd - 5th May). However, all reports indicate that the tour was great, with Graham Blackwell providing copious amounts of chocolate, and two wonderfully fine days of cycling weather (although I don't know how much credit Graham can take for the weather!) Although the last day was a little wet, wild and windy, everyone had a good time, and Janet Deverill certainly had ample opportunity to test her brandspanking new CANNONDALE touring bike. Thanks to Peter Lundy for organising the weekend, and saving the tourists from tent fees on the last night.

A few sunny autumn Sundays have made great rides better, and hopefully this trend will continue over the next few months. Christmas in July at Toodyay is an upcoming event, with a write up hopefully in the next newsletter, if anyone who attends can remember the weekend!

Other upcoming rides include the 200km Achievement/Challenge Ride on SATURDAY, 29th July, the Waroona MTB (Mud, Turps and Blood) weekend on 5th and 6th August and the Blinkbonny Cottage Tour on 9th and 10th September. Apart from the 200km Achievement/Challenge Ride (although maybe not for some?), all these events promise to be great fun, and a chance to escape the city rat race and find out why people are alive! (Phew -- I've got to stop using this brand of correction fluid!!)

In an effort increase the chance of catching better weather, and to give members the opportunity to sleep in on Sunday mornings (or whatever else they propose to do), the club has started organising a few rides on Saturday. These will be trialled probably to the end of the year. Their success will obviously depend on the support you give them (i.e. whether or not you show up), so if you think they are a good idea, please participate. Regardless of how much you agree with the idea, and members say they can't make the Sunday rides and would like alternative rides on Saturday, and the committee think it's a good idea, the proof of the pudding is in the eating (and I know all about that!).

On the social scene, the Paddy Pallin's evening on Friday, 14th July promises to be very interesting; just the time to catch up with the

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## 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.

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. If you are lucky enough to move to a bright sparkling new place of abode, please share your good news with us - it makes it so much easier to ensure you are kept up to date with the important things in life!

## 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.

Joe Markey      Ross Laurent      Ian Greenham  
Tim Fry

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

The second of the Challenge/Achiever rides was held on the 22nd May in wet riding conditions and sometimes not so gentle breezes. Those riders who successfully beat the clock were:

Craig Abernethy	Jose Arregui	Dennis Braddon
Don Caplin	Bob Clapp	Janet Deverill
Mark Elliott	Bob Hetherington	Tony Humphreys
Simon Koek	Glenys Maddison	John Maddison
Birgit Modrow	Neil Porteous	Max Talbot
Mike Waters	Lance Whiteford	Mark Wilcox
Anne Wilson	Neil Winter	

The third of the Challenge rides (the 100 mile or Century) was held on 18th June at The Lakes. The weather was cool but people seem to be able to tolerate the 160km route and conditions because all 14 riders completed the challenge. Congratulations to:

Jose Arregui	Graham Blackwell	Janet Deverill
Tim Fry	Anthony Humphreys	Simon Koek
Ross Laurent	Glenys Maddison	John Maddison
Bridgit Modrow	Brian Sawyer	Roy Sonnemann
Michael Waters	Neale Winter	

## 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.

*The current booklist is listed elsewhere in this newsletter, so enjoy!*

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 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: Touring bike - Shogun Alpine GT.**

This bike is in excellent condition, 19" frame, lighting set attached,



mudguards, down-tube gear change. This is a very popular style touring bike which is very hard to find in most cycling shops. Price is \$650 or nearest offer.

Call Maxine Drake on 470-3740[H] or 221-3422[W].

★ **FOR SALE: Mountain bike** Diamond Back

Near new, Shimano top range gears and , clipless pedals, gel saddle. \$500 or nearest offer. Phone Jenny Knight on 339-3196 (H).

## TOURS AND RIDES UPDATE

### TASMANIAN TOUR UPDATE (3 FEB-17MAR)

Just a reminder that the \$300 deposit for the Tasmanian Tour is required by 31st July. Final costs are still to be determined, but are expected to be in the range of \$1100 - \$1200 for airfare and accommodation. All other costs will be borne by participants on an 'as you ride' basis. Participants may choose to do only part of the tour, if they wish.

We have also arranged a monthly ride specifically to allow tourists to train for the hills (train for pain?). The first ride is on 19th August (see below and Rides Calendar). Bring heavy panniers if you wish. Once a month will not get you fit - which means you may need to prepare yourself with other rides (or at least practice for the other important touring activities such as visiting pubs, assessing coffee shops, burning good food on trannies, etc).

If you have not seen (or have lost!) the flyer, contact Peter Lundy. Any other queries should be addressed to a member of the touring sub-committee:

Tony Humphries (447-9014); Stan Wiechecki (448-2335); Jenny Knight (339-3196); Peter Lundy (247-1625).



Just what is this creature? Could it be genetic mutant from the sewers of Donnelly? Possibly a result of 1080 on some poor little cotton-tail? For the answer to this puzzle of species identification, turn to Carlene's article on what really happened at Easter!!

continued from page 1

latest developments in outdoor equipment, and spend a little money buying that widgey you never heard before, but now can't do without on your next trip. And.....oh yes, I don't get commission on the sales made that night! And for August's social evening on 18th, Glenn Cardwell is back to give us the good oil (I believe it's poly-unsaturated?), so don't miss out on that.

As the year slips from Winter into Spring, I hope you find the opportunity to get out on your bike, and join in a few of the CTA events. Take care, cycle safely, and I'll hopefully see you on your bike!

Simon Koek

### SATURDAY 19 AUGUST TASSIE TOUR TRAINING RIDE

60km, touring pace, hilly terrain. Meet at the Kelmscott Railway Station car park at 9.00am for a pleasantly(?) vertical ride to the Waterwheel Tea Rooms and return. This is a special ride for all those aspiring to ride Tassie '96 but will be an excellent ride for the hill lovers and other mental deficients. Perhaps these people with rocks in their heads can try putting them into their panniers?

Leader: Peter Lundy Ph: 247-1625

## FLEET CYCLES

Special offer to all Members of the Cycle Touring Association to,  
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## Easter at Donnelly

Simon asked me to write this article about the weekend at Donnelly with the CTA. Being a total novice at this it presents somewhat of a challenge and it will be a new experience - I hope a satisfying one. Because I am aware that there are more males in the CTA than 'sisters' I'll try and make it short (the story that is, my name's not Bobbit).

One of the women I work with, and who became a good friend, noticed that I cycle to work (apparently some of the general hospital staff know me because of my cycling ie the fashion ensemble that I choose to wear, and the accidents that I choose not to have). She cycles also and told me about you, the readers, and also the name of your organisation. So that's how I got committed!

On the Easter weekend there were 21 of us (which to me is great because I've never cycled with anyone before, bearing in mind that all women cycle) that eventually descended on Donnelly - and I don't know if Donnelly will ever get over it! For me it was the perfect chance to get to know, and have fun with, other cycling fanatics (of which I think I'm pretty much the 'worst').

Ida and I arrived mid-afternoon on Friday but we weren't the first; Desama, Terry and some others had arrived beforehand and to fill in the time Des and Terry decided to have some fun on the obstacle course that was set up in the inner tree area and playground. I've seen a picture of Des 'hanging' around in mid-air. During the afternoon, whilst 'settling' into our cabin, investigating all the nooks and crannies, and pre-empting the forthcoming evening we decided to stoke the fire. Well, you don't think that little action didn't have our riveted ear-splitting attention. Unbeknownst to us the smoke-detector was on and very quickly activated. One of the neighbours came running to our aid and we literally had to disconnect it (the fire alarm, not the neighbour). Basically that was the beginning of the party. The first night certainly started the weekend off on a very high, fun note - at least what I can remember of it!

On Saturday morning I got on m'bike and went for a little spin (that's what happens when wheels rotate) to see if my somewhat damaged leg could cope. Figured what the hell, can't keep a good woman down, and decided to once again sallie forth. Not having ridden en masse I wasn't sure what my ability to keep up with everyone would be. Turns out I need not have worried as I was more than capable of holding my own (I didn't hold anyone else's!). There were six riders in our group and we'd all start off together to ride through the designated area, head for our destination, then have a long leisurely lunch and head back to camp.

On my first foray Des, Terry, Simon, Janet, Paul and I set off for Nannup. We'd only got about 15 minutes out of camp when we noticed that Janet wasn't with us. Terry did a u-turn to go in search and we waited, waited..... finally Terry returned and informed us that Janet had a major sad situation with her tyre as a result of a hot exhaust on the car during the trip down, and she and Paul had packed the car up and gone to Manjimup in an attempt to fix it. We found out much later, when they caught up with us over lunch in Nannup that they could get no help in Manjimup and had to do a trip to Bridgetown before it could get fixed.

After a days riding we spent the two evenings partying hardy. On Saturday evening along with other who were at the camp, we went to the main Hall where there was a piano accompanied sing-along, some merriment followed and Simon and Kleber was in his absolute element - pity about the food arrangement.

It wasn't too late at night and the next morning, as per my wont, I got up before everyone else (and the Sun) and went for a wander around outside, mixing it with nature. Because the day was literally

just beginning I wasn't quite sure if my eyes were deceiving me when I saw about 6 cotton-tails scampering about but it brought a smile to m'dial all the same. Got back to my cabin and was in the process of boiling the kettle for a cuppa when my eyes went on the blink once again - a cotton-tail, complete with ears, whiskers and eggs came in, proceeded to 'hop' around, getting in and out of bed with various members. It was a bit hard to tell but I think it was Stan - way to go Stan.

That day I set off early in the morning to Manjimup to attend the church service. It was only after I was happily ensconced that I became aware of two followers from camp in the form of Ida and Mark. Just as we were leaving after tea Janet, Terry and Simon caught up with us and we went and partook of some morning tea delights at the Tourist Office.

It was while we were on such a journey that two of the less dedicated (Des and Paul) took it upon themselves to support the local industry - they went and got pissed!!! Not wanting to leave the memories behind they were able to take some of the bottled product with them to relive the experience (I think they were helped in the latter the night of the BBQ and dance party). Then there were those, who whilst not boozing, were managing to stack it, ie. Andrew, without any semblance of elegance come off their bike, ie. Noel.

Speaking of BBQ that was how our last night started at our cabin and after we had all progressed inside, the evening started to fire! (It was contained though). Des had brought down her Donnelly/Ghetto Blaster and between us we provided the music which certainly ensured slow/rapid and frenetic movement. Personally I thought the highlight of the evening music wise was the soundtrack to Priscilla..... I caught some of this evening on film, in particular a shot of Paul, Des, Sue and Graham doing interesting movements to 'Go West', and one of Des on Simon's back galloping around the room. We all got down and danced our hearts out until about 2am... anyone wanting to see me about the negative should approach me privately.

There were three of us, in bunks, and only two women. Because I was always awake a couple of hours before the others I tried not to make too much noise. I'm not sure however what the general reaction to be woken to Beethoven's 'Pastoral' symphony was. I know of two people who didn't mind it at all due to the fact that with the accompanying music they were treated to breakfast in bed (how many people do you know who slept together at Donnelly?).

It was only after we had left Donnelly and were heading home that, in Bridgetown, I was introduced to one of the **MUSTS** of being a member of the CTA - none other than DT's (coming from a medical work environment I initially had worries about having/getting the DT's). I must say though that the experience left me licking my lips.

All in all, the whole weekend was an absolute blast. I had a wonderful time and want to thank you all for welcoming me to the CTA and for being part of a great, memorial time.....

Carlene





## BIG WHEELS

Looking forward to perks with your promotion? Forget company cars - they're just so '80s. The next trend in the corporate world may well be the bicycle bonus. Not only environmentally friendly, pedal powered perks are much cheaper than the petrol driven variety. Greenpeace is pioneering the trend - its head honcho's bike allowance is just \$2,000 annually.

## IF YOU DARE!

Read this article if you dare! It's probably the most unusual and ironic letter the editor has received!!

I've been a member of the CTA for some years now, with varying amounts of enthusiasm during this time. Starting with the hard slog, trying to balance on a bike again; progressing to long rides in wind and rain and even an Achievement Ride. However, as my enthusiasm declined and my partner's increased (almost at an inversely proportional rate) my skill in avoiding a ride became a fine art.

- (1) The easiest way to avoid riding, whatever the reason, is to offer to drive peoples luggage - anywhere! - it always works.
- (2) The most drastic (and least desirable) plot involves taking a large, preferably sharp, and clean knife; and slicing your thumb (be sure not to do irreparable damage). Make sure you do this at work so as to take advantage of Worker's Compensation, and obtain a 5 week break (try for the Christmas period).
- (3) You can fool all of the people some of the time! I fooled people into thinking that I was going to lead a ride. A beautiful summer's day ride to the beach (sounds great?), but a faked heat stroke a quarter of the way along the route gets you out of that near impossible situation. Grab a friend, get a coffee, then get in your car and meet the cyclists down the beach for a swim.
- (4) A tricky one; a good friend is leading a ride and wants you to go. You have NO choice - I got engaged! Threw a great BBQ and no-one cycled.
- (5) Mother Nature can sometimes help. A chocolate ride of only 20km; no excuses! This is where peer group pressure is extremely tough. Wait in bed and the rain storm will give you a valid excuse. A bout of influenza always goes down well too.
- (6) If all else fails and your partner insists on going for a ride, try a little persuasion - "Isn't there something you'd rather be doing?" Keep the distraction up until it's too late to go out for a ride.

There are always more plans in this devious mind - but I'm not giving away all my secrets! Unfortunately, the lure of Summer, friends, new experiences, sing-a-longs and Dts are too great - and I have to admit I like cycling.

See you soon. Anon

## CTA Booklist

Bicycle Digest	Mark Thiffault, 1973
Bicycle Touring	Editors, Bicycling Magazine, 1985
Complete Guide to Upgrading Your Bike	Frank J. Berto, 1988
Cycling to Fitness	Tricia Liggett, 1988
Food For Sport	Karen Inge & Peter Brukner, 1986
International Bicycle Touring	Bike World Magazine, 1970
Know the Game - Cycling	1975
Physical Conditioning for Sport	Jess Jarver, 1965
Richard's Mountain Bike Book	Richard Ballantine, 1988
Richard's Bicycle Book	Richard Ballantine, 1975
Richard's Ultimate Bicycle Book	Richard Ballantine, 1992
Ride Like a Pro	Editors, Bicycling Magazine, 1988
The Complete Book of Performance Cycling	Phil Liggett, 1992

There are also several books available if you should be considering a tour to New Zealand. These books cover possible routes, places to stay, sight-seeing etc. Maps of New Zealand, Austria, South-West of Western Australia and the Perth metropolitan area are also available.

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*Pasey Paein*

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## Editors Chit

Hopefully, this edition of the Newsletter was produced and delivered to you at a more relaxed pace than the previous nightmare! The computer has undergone surgery and the software downgraded to the previous versions, so all is well again - except the #@!\$%&\*\* scanner is still acting like a very large box of Laxettes®. I want to get the beast up and running so that I can finish off the 'Meet Your Committee' series before they are up for re-election! I suppose this is the price we must pay for technology - although many humans seem to be just as frail as our electronic counterparts... Just as the computer won't work without someone feeding it a steady source of electricity, so our front page cartoon will not be produced without someone feeding the artist a steady, and copious, source of rich and wholesome food! Why do some cyclists have unbelievable food intakes but retain svelte figures whilst the rest of us can cycle just as far whilst existing on the smell of a very low calorie pasta sauce and resemble the inverted bottle of chianti sitting on the next table? Speaking for myself, I sincerely hope that the Spring return to 'serious' cycling will see the excess avoirdupois being deposited on the road as puddles of honest sweat - I may then be able to enjoy the occasional DT without guiltily looking around to see if a certain cycling CTA artist is recording my lapse from the straight and narrow.

The new toy has been active with its first ride of Jenny as pillion for a trip to meet the tourists for lunch at Dwellingup on the Sunday of the Foundation Day long weekend. After a blatt around this forested area and a visit to the Nilan's new workshop/boy's hangout, we returned to Mandurah to stay overnight at the Lundy Summer cottage *Place del la Plage*. As the only tourist capable of fitting a slab in my pannier, I was elected to act as reconnaissance and logistics officer for the attack on the local cough syrup factory. On my return the team were quick to partake of the various cough prevention cures that they had requested. Hunger eventually made us walk to the local ethic all-you-can-eat for an attempt to bankrupt the owner, but, looking around at the other tables, we failed miserably! Much refreshed in the non-smoky outside air we returned to the cottage to admire the night sky and wave-sounds before hitting the sack. That night, the noise that we thought was due to Janet *et al* in the next room was actually thunder, lightning and a massive downpour that decided to finally arrive in the early hours. The Logistics Officer was again sent out in this hostile environment to get bread, milk and decent coffee etc for a breakfast in dry conditions. (Possibly the last chance to be dry for quite a few hours?). The new toy was finally allowed to force its way home through gale force winds and hail storms - green is such an interesting colour for a pillion's face! Maybe next time I will do the

trip on a leg-powered bike (I did say *maybe!*).

You will have heard by now that Maria and Neil were involved in a car accident on the way home from supporting the 100 mile Century Challenge. We wish them both a speedy recovery and also thank John Sherwood for standing in as a Rambling Rose on very short notice - thanks mate!

On a different note, I have been attending the Perth Jazz Orchestra evenings at the Wardle Room (Perth Concert Hall) on Sundays. For those who enjoy Jazz, this is an evening not to be missed! Mark Nilan couldn't get over the fact that approximately 80% of the audience were young, unattached females. Combine this with the fact that the bar is open and the cafe available for delicious snacks, cakes and coffee, we could not work out why we didn't see Noel, Stan, Paul, Mark Elliott, Graham, etc. etc. Maybe we will after they receive this newsletter? Something must take effect on these evenings however, since I have started to learn music after all these years. When I rang up the music store about instruments the girl (being told my age) thought I wanted a sex phone! I am actually learning the *saxophone*. I will keep you informed if I become a threat to Charlie Parker!

The days are now getting longer as Spring and Summer approach the excuses are no longer remaining valid to be a non-cycling CTA member (however, see the letter from Anon Claux). Even yours truly is about to bite the bullet and hop back in the saddle for slightly longer than a coffee shop ride. Hope to see you soon as we try to regain our lost fitness (if not our youth).

Cheers

Steve Blackburn



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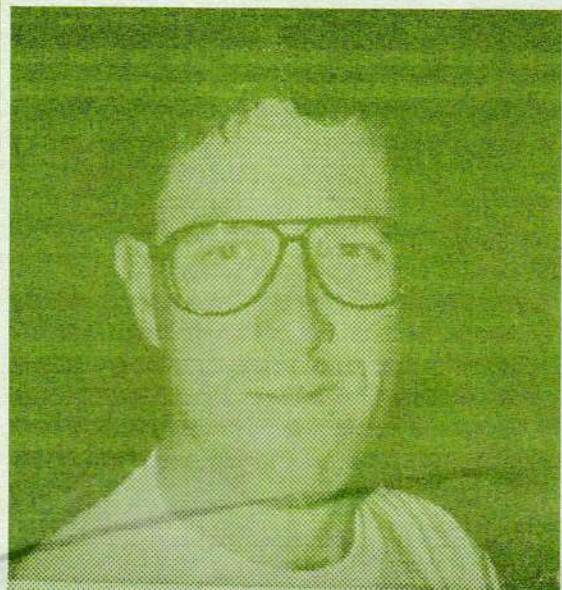
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Keep up with the latest breaking news on all cycle related matters - whether your interest is in MTBs, Touring, Time Trials, Road Racing, or gizmos and gear. Listen to the experts (and occasional CTA dumbos) as they bring you what is happening in WA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



**David Uren - Rides Coordinator**

Make his life hell for the following tortures and painful experiences

## Rides Calendar — July/August 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!

*Please note that some rides have been changed from the last newsletter. Check this calendar before turning up for a ride!*

### 1-2 JULY

### CHRISTMAS IN JULY

See newsletter for further details or ring the organiser.

Organiser: Simon Koek Ph: 271-2959

### FRIDAY 7 JULY

### 400/600KM AUDAX

Start 10pm at Gosnells. Unsupported ride

Organiser: Don Briggs Ph: 458-8175

### SUNDAY 9 JULY SUSS OUT SERPENTINE SORTIE

15km hilly terrain, moderate pace, 9.00 am start. Meet at Armadale Railway Station for a ride to the Serpentine pipehead dam taking in Byford, Jarradale and Mundijong with a lunch stop to catch your breath along the way

Leader: Lance Whiteford Ph: 249-1971

### SUNDAY 9 JULY BREAKFAST FIT FOR A QUEEN

10km, flat terrain, fast pace, 9.00 am start. Meet at Lake Monger Powis Street Carpark for a quick ride to Queen's Hotel for breakfast. Rumour has it that Amanda is attempting to improve on the Audax control point times so be ready for some fast eating.

Leader: Amanda Annells Ph: 349-8656

### FRIDAY 14 JULY

### SOCIAL EVENING

Meet at Paddy Palin's outdoor shop at 915 Hay Street, Perth at 7.00pm, where the latest in outdoor gear relevant to cycling will be demonstrated by Paddy's staff. Tea and coffee will be provided. For further details contact Sally Stobie on 275-4417.

### SATURDAY 15 JULY WINTER WOODBRIDGE WANDER

40km, mostly wickedly easy terrain, woosey pace. 2.00pm start. Meet at the Causeway carpark for a wander to Woodbridge to walk around this wonderful house and to wolf down a wildly decadent Devonshire tea.

Leader: Simon Koek Ph: 271-2959

### SUNDAY 16 JULY

### SWAN VALLEY SOJOURN

80-90km, medium terrain, moderate pace. 8.30am start. Meet at Yokine Reserve in Dianella for a ride through the foot hills and the Swan Valley, stopping only for essential coffee and cake.

Leader: David Stobie Ph: 275-4417

### SUNDAY 16 JULY

### CHOCKS AWAY WITH STAN

40km, flat terrain, easy pace. 9.00am start. Meet at the Raffles Hotel carpark for a ride to the RAAF museum in Bullcreek. There will be a coffee and a chat afterwards. Bring your aviator sunglasses and your flying jacket. A longer ride with Steve will be available for those that want to continue past the museum to return at a later time.

Leader: Stan Wiechecki Ph: 448-2335

### SUNDAY 23 JULY

### DEFINITELY NOT THE CROATION ISLANDS RIDE

40km, flat terrain, easy pace. 9.00am start. Meet at the Causeway carpark for a rediscovery ride round the river bikepath stopping for refreshments at Fast Eddies (be very wary of any Croation Islands in the vicinity of Fast Eddies. This area has been very bad karma for CTA members).

Leader: Ron Bowyer Ph: 381-8548

### SUNDAY 23 JULY

### THE HILLY KKPM PEDAL

90 km, hilly terrain, moderate pace, 9.00am start. Meet at the Kelmscott Railway Station carpark for a ride to Mundaring for lunch, via Pickering Brook and Kalamunda.

Leader: David Uren Ph: 368-1993

### SATURDAY 29 JULY

### 200KM ACHIEVEMENT RIDE

Meet at Midland Town Hall at 6.30am for a 7.00am start. Faster Riders can front at 8.30am for a 9.00am start.

Organiser: Mark Nilan Ph: 397-0804

### SUNDAY 30 JULY

### INFORMAL RIDE

Meet at the Causeway carpark at 9.30am to decide the route. See page 2 of the newsletter for further details.



**SUNDAY 6 AUGUST****KING'S, CRAWLEY, COFFEE AND CREAM RIDE**

25 km, moderate terrain, moderate pace, 9.00am start. Meet at the King's Park Log carpark for an ever so leisurely ride through King's Park, Crawley (morning tea and cakes), Nedlands, Dalkeith and return.

Leader: Neil Porteous Ph: 457-7146

**AUGUST 5-6****WAROONA MUD TURPS AND BLOOD WEEKEND**

A chance to ride in the bush and trash bikes, or is it the other way around? Test the ability of your hangover to bunny hop the steps outside the amenities block. This was one of the most successful CTA weekends last year and promises to be again.

Organiser: Stan Wiechecki Ph: 448-2335

**SATURDAY 12 AUGUST****TOM'S DAWDLE**

25km, mostly flat terrain, easy pace. 11.00am start. Meet at the Fremantle Railway Station for a leisurely ride around the river with maybe a lunch stop in Fremantle.

Leader: Tom Wall Ph: 319-2010

**SUNDAY 13 AUGUST****DOWN BY THE RIVERSIDE**

50 km, moderate terrain, easy pace, 9.00am start. Meet at the Raffles carpark for a river and Southern suburbs ride. There will be sojourns in the sun, coffee and cream cakes, and there will not be a Croatian Island in sight, well perhaps a small one but definitely no vegetarian omelettes with bacon. So bring a friend, bring two.

Leader: Jenny Knight Ph: 339-3196

**SUNDAY 13 AUGUST****50/100/200 KM AUDAX**

Unsupported ride. Pickering Brook, Toodyay, Pickering Brook

Organiser: Tom Freeman Ph: 298-8226

**FRIDAY 18 AUGUST****SOCIAL EVENING**

Meet at the Ernest Johnson Guide and Scout Hall off Pilgrim St in South Perth at 7.00pm. Tonight we have Glenn Cardwell of the National Heart Foundation and advisor to the Eagles (I think they play football?) and the Wildcats (I know they play with big balls). Those who were present at Glenn's last talk on dehydration and cycling nutrition will know not to miss this one.

Phone Sally Stobie on 275-4417 for further details.

**SATURDAY 19 AUGUST TASSIE TOUR TRAINING RIDE**

60km, touring pace, hilly terrain. Meet at the Kelmscott Railway Station car park at 9.00am for a pleasantly(?) vertical ride to the Waterwheel Tea Rooms and return. This is a special ride for all those aspiring to ride Tassie '96 but will be an excellent ride for the hill lovers and other mental deficients. Perhaps these people with rocks in their heads can try putting them into their panniers?

Leader: Peter Lundy Ph: 247-1625

**SUNDAY 20 AUGUST****AN AUGUST RIDE**

40 km, mixed terrain, easy pace, 10.00am start. Meet at the Raffles Hotel carpark for a ride round the river stopping only for the

absolute minimum Devonshire Teas and lunch at Fremantle. The Fremantle Doctor will provide a leisurely ride back to the carpark by wind assistance(JLK?).

Leader: Simon Koek Ph: 271-2959

**SATURDAY 26 AUGUST****GET SWITCHED ON WITH S(A)TAN**

40km, flat terrain, devilish pace, 11.30am start. Meet at the Carriage Coffee Shop in Fremantle for a bite of Devil's Food cake and sulphur before heading off to the living hell of Kwinana Power Station. The ride will depart at 12.45pm hell or high water, as a two hour tour of the station has been organised for 2.00pm. Afternoon tea of cinders and ash has been arranged so you are assured of a hell of a good time! Please ring the Black Prince on the number below to reserve a place, as numbers are limited.

Organiser: S(a)tan Wiechecki Ph:448-2335 (ask for the Demon of Darkness!)

**SUNDAY 27 AUGUST****300KM ACHIEVEMENT RIDE**

Meet at 4.30am for a 5.00am start at the home of the organiser, 114 Astley st Gosnells.

Organiser: Lin Hambleton Ph: 398-3326

**SUNDAY 27 AUGUST****RAMBLING ROS**

40 km, flat terrain, easy pace, 9.30am start. Meet at Lake Monger Powis St carpark for mystery tour with Maria.

Leader: Maria Antonas Ph:444-3951

**SATURDAY 2 SEPTEMBER****50/100/200 KM AUDAX-DONNELLY RIVER**

8.00am start. Unsupported.

Organiser: Brian Hawes Ph:398-4724

**SUNDAY 3 SEPTEMBER SEASIDE SAUSAGE SIZZLE**

60 km, moderate terrain, easy pace, 9.00am start. Meet at the Hillary's Marina for a ride through the Northern Suburbs finishing with a sausage sizzle at the home of John and Glennys Maddison. To help with catering please let John know if you will be on the ride, alternatively something to go on the BBQ would be appreciated I'm sure.

Leader: John Maddison Ph:307-3538

**SEPTEMBER 2-3 BLINKBONNY COTTAGE FARM STAY FULL PANNIER TOUR**

80 km (one way), touring pace, hilly terrain. Meet at Midland T Hall at 8.00am for an 8.30am start. Camping will be on the Blinkbonny Cottage Farm in Beautiful hillside setting. Limited shower and toilet facilities are available as well as a restaurant which can provide dinner and breakfast at an approximate cost of \$15 and \$10. There will be no charge for camping. There will be the usual (riotous) port parties and singalongs. Tents and trangias (stoves for the uninitiated) required. Booking ahead essential.

Leader: Stan Wiechecki Ph:448-2335

Typesetting: Steve Blackbourn

Printing: Terrace Print

**C.T.A. COMMITTEE – 1995**

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**CORRESPONDENCE To P.O. Box 174 WEMBLEY 6014**

**FOR MEMBERSHIP DETAILS CONTACT THE TREASURER**



# HIGHLIGHTS OF TOURING SOUTH AUSTRALIAN STYLE

'Twas yet another stinking, 'bloody hot' Perth day in March when ten of us headed for Adelaide to join Carole Czermak, Laura Adair, and her Victorian friend Debbie Grosse, on a South Australian bike tour of CTA design. Adelaide was freezing but we were bussed to the doorstep of our accommodation and warmly welcomed at the Adelaide Backpackers Inn where we had a dorm to ourselves. My touring companions also included Paul Bonetti, Bob Clapp, Diane De Jong, Brian Gale, Bob Hetherington, Simon Koek, Peter Lundy, Tom Wall, and Stan Wiechecki. That night we quickly established who the snorers were, made mental notes who not to pitch our tents next to (big Bob), and we were ready to go!

Our tour headed us initially into the Clare Valley region, via Gawler, with beautiful stone cottages (cheap and begging renovation). On the way, Claree, 24km north of Gawler, heralded our first Devonshire tea at the Green Door-the most amazing little antique shop in the middle of nowhere, where you had to ring the doorbell to enter the locked door and ring to leave the premises.

The road to Clare itself was paved with vineyards (fancy!). We spent our first rest day here, travelling to Mintaro where we supped the wine, visited Martindale Hall (a beautiful two storey manor-style home maintained magnificently in rich nineteenth century splendour) and then back to the Magpie and Stump hotel for a pub lunch. In complete contrast to Clare was our next stop, Burra. Burra was an old copper mining town and its heritage is still preserved for all to see. We even slept in two of the old miners cottages. These were typical of many dwellings in Burra and consisted of rows of semi-detached white-washed homes sat right on the pavement. The Burra township at the height of the copper boom had the largest population outside of Adelaide and accommodation was so hard to come by that people carved homes out of the banks of the Burra river to live. Examples of these dugouts are still able to be seen.

We then headed down into the Barossa! So many wineries, so much art and craft, such great cakes-something for everyone and thank god for parcel packs!

On our way from Lyndoch to Hahndorf the next day, we were joined by Linda and John Emery. We had first made their acquaintance at the Gawler Caravan Park, where they lived. They were caretaking several of the YHAs in the Barossa area and were also members of SATCA (the South Australian version of the CTA). Deviating from our chosen route, under their guidance, we toured through some of the State forests, visited the Rockinghorse Toy Museum at Gumeracha, and made all of our President's dreams come true by touring a chocolate factory at Woodside- and just one week before Easter too! (such adult pursuits). John and Linda left us with only ten kilometres to go to Hahndorf. They were a goldmine of information, both cycling and non-cycling, great company, and I hope to be able to reciprocate their hospitality some time.

Hahndorf was expensive, arty, full of beautiful people, full of beer and good German food-and I loved it. I loved particularly having the top floor of an Italian restaurant to ourselves so that we could be raucous and merry in wine and song and provide free entertainment to the patrons below.

Next day saw us head to the coast. The first half of the trip from Hahndorf to Strathalbyn was cycling magic! After an initial long, uphill battle (during which we were passed by about 100 cyclists from SATCA on their equivalent of our 100km achievement ride), we cruised from one beautiful valley to the next along the hilltops seeming to be endlessly rolling

downhill, but always remaining near the summit. There followed a speedy, curvaceous descent into Strathalbyn where Simon and Laura jammed with a German antique store owner playing a guitar from his shop, to well known tunes. They even attracted a paying crowd to their impromptu performance. But the magic of the day ended there and we had no protection from a screaming headwind in some treeless morose looking countryside for the rest of the 30km into Port Elliott where we had a rest day.

And so here we were at the seaside. What better thing to do on a rest day than go to the beach for a swim and a relax. Peter Lundy, Paul Bonetti, myself, and Tom Wall, our Scandinavian import, took our little chamois towels down to the sand, and three of us strode down and into the water. Well glory me, if I didn't see Mr Bonetti (having the least body fat of the three of us) walk on water to get out as soon as he could, whilst Peter and I became suffused by a burning numbness and contemplated how long it would take for our various protruberances to drop off. It was glacially cold in the water. And where was our expert on cold and ice and snow, our Swedish ex-pat (the man with a burning ambition to be a harbour master in the land-locked town of Nooroopta, Barossa???), but tanning himself on the beach where all sensible people should have been.

And on the next day the rain began.

It was a pretty but oh so cold and damp ride up out of Victor Harbour to Normanville, on the west coast of the Fleurieu Peninsula. Bob Clapp and myself had solved the world's problems and were just beginning to realise how cold and wet we were when we happened upon the Glacier House. The restaurant looked closed but it would offer us shelter for a while so we parked our bikes. The chef was sitting in the dining area reading the newspaper, but assured us he was open and dragged two chairs in front of a roaring fire for us. He then proceeded to brew us fresh coffee, serve us milk and sugar and even stir the cup! He then asked us hesitantly if we might like some jam and cream scones, freshly baked that day. He'd obviously never met a cycle tourist!

The tour continued through the McLaren Vale district to our penultimate night in Clarendon. Here we again met with the most amazing hospitality from the new owner of the Clarendon Hotel and his family, who put on a three course, inexpensive, but tasty meal and gave us tastings of the local wines to make a selection to go with our meals.

South Australia certainly had a lot to offer the cycle tourist, and all within cooee of Adelaide itself, unlike Perth. Its just a shame time didn't allow us to explore further afield. Maybe next time.

Jenny Knight



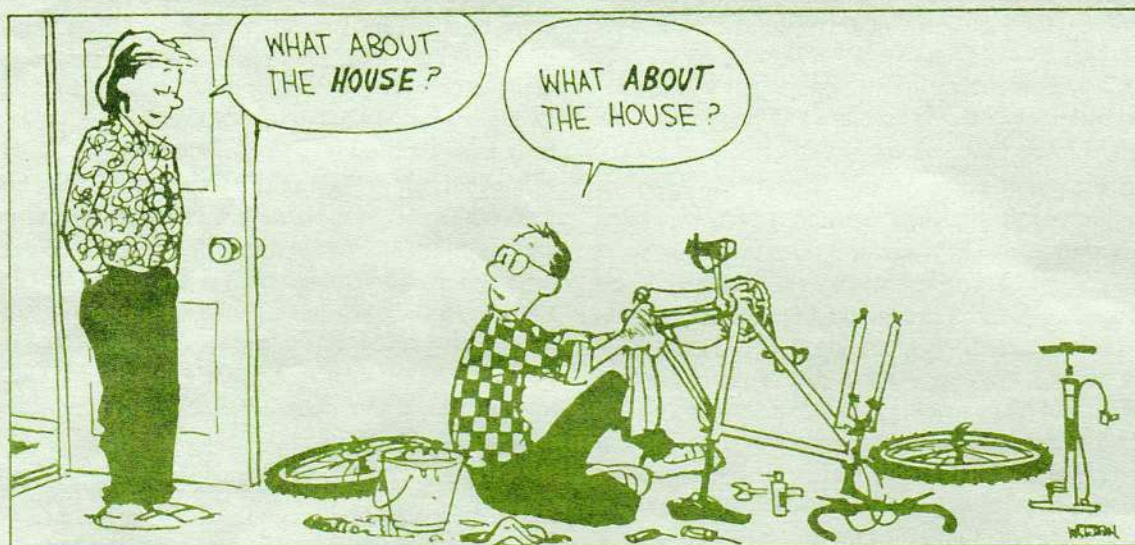


### TRIVIAL DRIVEL

Inside this newsletter you will find a pamphlet on *Bicycle and Motorcycle Detection at Traffic Signals* which was provided by Main Roads Western Australia. Please read and carry out their recommendations. Better educated than frustrated!

### TEMPERATURES RISING ON CONTESTED ROADS

This was the intriguing title of an article in the Earth2000 section of the West Australian on June 12. "Cyclist bashing has flared in recent weeks. Is the battle for a healthy environment being run off the road in Perth by aggressive motorists – and by cyclist's own flouting of the law?" Dennis Lingane did indeed step into the fray with his very balanced views on car vs bike. Although the head of the police bicycle section Sgt Evan Leeuwangh said cyclists were classified as vehicles under the Road Traffic Act and had every right to use the road – in fact they were not allowed to ride on footpaths. But they had to obey road rules. For every horror car/motorist story there is an equally bad bicycle/cyclist story! The article is worth reading if you can still find it. If not I can provide a copy if necessary.



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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

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

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*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	
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