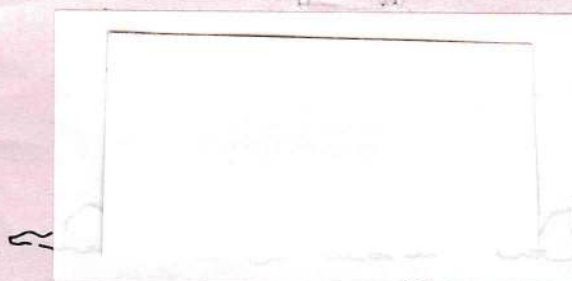


If undelivered please return to
P.O. Box 174 Wembley 6014
Western Australia



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

Volume 136

August/September 1997

EDITOR: Terry Bailey

PRESIDENT ON PAGE ONE

Life sure has been busy since I last wrote; bicycle politics in the Town of Vincent, a cycle tour in Sulawesi, and an important relationship development. Fortunately I now have my feet back on the ground (or should I say back in the pedals) so let's see what we can achieve from here.

In this calendar there are rides on every weekend, but usually only one per week. Wouldn't it be great to see an easy ride and a hard ride each weekend and starting in the October / November calendar the return of the midweek night rides? This will only happen if you, the members, come forward and volunteer rides and help our busy rides coordinator Janet. For those people who've never lead a ride before, contact one of the committee members with your great ideas and volunteer. If it helps you we can easily find someone with experience to co-lead your first few rides with you. Come on, let's see how full and action packed we can make the next calendar! (Deadline for the October/November issue is about September 15.)

There's still lots of great riding coming up before the hot weather gets here and we have to slow down - but only just a little. There are interesting rides every weekend in August with a couple of Audax rides for those hardys who are heading for their Achievement/Challenge awards for 1997.

Then come September and it all starts to happen. Right at the start is the 10 000 in 8. A hard ride, yes. But if you have the fitness a great ride too.

Then starting in the middle of September this year is the "Spring On Your Bike Tour '97". A nine day fully supported, fully fed, fully satisfying tour from Midland to Midland, but going through some of the best touring country we have close to Perth. What better way to see WA's world famous wild flowers? You'll now have to get your entries in fast as it's getting on to cut off time, so please don't miss out (contact details are included later in the newsletter).

As the On Your Bike Tour starts and finishes in Perth there will be

a ride to see the tourists off (on the first weekend of the tour) for those diligent workers who can't get away for the tour. So come along and ride with us as far as you can before heading sadly back to town. At the other end of the tour is a weekend away with the On Your Bikers, camping at the last campsite and joining in on the final night feast and concert. So get your acts together and see the rides calendar for more details.

Then later, at the very beginning of November, we'll be holding the annual CTA (Bush) Formal Dinner. This year we'll be returning to far off Kalamunda Scrub for more good food and good fun. There'll be both mountain bike and road bike rides to get there, so get your dinner suits and party frocks drycleaned now and ready for action.

This year the World Track Cycling championships are being held in Perth at the Midvale Velodrome in late August. This is a great opportunity to gaze at some of the most expensive and most exotic bike gear you're ever likely to see. These bikes are so expensive that they can't afford to put gears or even brakes on them! The event will be held over 5 days from August 27 to August 31. I'll be leading a ride to the championships on the last day, Sunday, so either come along then or take advantage of this rare opportunity.

Finally, the other thing that has been keeping me busy is bugs... Sorry, BUGs (Bicycle User Groups). In conjunction with the Town of Vincent, a number of cyclists have been attending their excellent workshop sessions heading towards formulating a bike plan for the Town. The cyclists present decided to form a new Vincent BUG with the inaugural meeting being on Tuesday, August 19 at the Hotel Northbridge on the corner of Brisbane and Lake Streets starting at 7:00pm. All interested people are welcome to come along. Also there are existing and active BUGs in South Perth, the "Western Suburbs", the CBD and soon to be a new one in Melville with new ones slated for Fremantle, Belmont/Vic Park, Bassendean/Bayswater and Mundaring/Kalamunda. If you would like any information about these please contact me on 9444 5098.

Graham Blackwell

MEMBERSHIP FEES

Just a reminder that at the last Annual General Meeting held on December 1 1996, fees were set for membership as follows:

- | | |
|----------------------------------|------------|
| 1. Individual membership | \$35.00 |
| 2. New members | \$30.00 |
| 3. Full-time Students/Pensioners | \$18.00 |
| 4. Dependants under 18 | no charge. |

Existing members should note that there is a \$5 discount on fees (resulting in a \$30 fee) if they pay before the end of January 1997.

Note that this does not apply to the student/pensioner membership fees.

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 since the last Newsletter.

Irene Underhay	Annelies Vogels
Gisela Stroppe	Thomas Cray
Jenny Bruce	

Hope to see you "on your bike" on one of the rides!

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 only be borrowed for 4 weeks by contacting a committee member 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 be critiqued in the Newsletter.

POLICE BICYCLE REPORTS

The Police Bicycle Section would like to hear your reports of harassment, abuse or other serious incidents involving motor vehicles.

In order for the police to investigate an incident, you must be able to provide the registration number of the vehicle involved and the time and place of the incident. A description of the motor vehicle and the age and sex of the driver are also useful. You should always carry a pen and paper on your bike to record important details should you become involved in an incident. If the offense is serious, you should try to obtain the names of other witnesses who can verify your account. You can contact Sergeant Leewangh at the Police Bicycle Section on 9222 1923 during working hours.

FOR SALE/WANTED

Members can place advertisements under this heading free of charge and may include anything cycling related.

For Sale

- 🚲 Nishiki Touring Bike, 23" (58cm). Maroon Double butted CR/MO frame, with Shimano 18 speed gears, Randonneur handle bars, mud guards, heavy duty expedition rims with 14 gauge spokes, 32mm tyres, revision mirror and triple water bottle holder. Excellent condition.
\$550.00

For more information contact Lorraine Price on 9271 1540.

Stolen Bike - Can you help?

- 🚲 Kenevans Racing Bike, 14 speed, metal frame, 700C wheels, light blue and white paint with blue and white handlebar tape and black hoods. Singles tyres on dark brown Mavic rims. "K" on top of front forks. Stolen from front door of Maylands Library at about 3:30-4:00pm on Wednesday, July 9 1997.
\$50.00 Reward

Ring Monty on 9371 5219 or contact the Maylands Police Library staff.

A CLOSE SHAVE

by Don Bruce

It's always been the cyclists lament
That while we preserve the environment
The bleedin' motorist doesn't care
But proceeds to give us scare after scare

Morning, afternoon or night
You don't know how you'll get a fright
When a motorist bent on getting through
Comes so bleeding close to you
That he nearly takes your right glove too
Every time it happens to me
It shortens my life by a year or three
I curse all those unthinking types
Who use our clothes as duco wipes



May the government give us elite the grants
To separate us from such deviants
And let us travel safe and free
On our own exclusive cycleway!!



Bikewest

Encouraging Cycling, Promoting Safety

Phone: 9430 7550

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 Saturday nights

6.00 - 6.15pm

Put a smile on your dial and tune to 927KHz

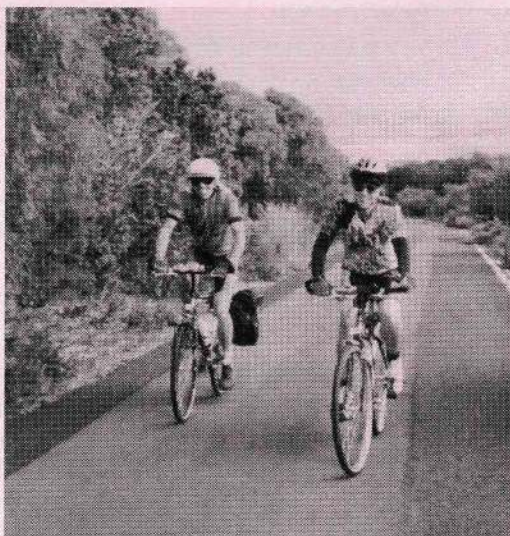
MARGARET RIVER WEEKEND FOUNDATION DAY 1997

The CTA went to Margaret River for the long weekend in June (Foundation day). There were 6 of us (Janet, Tony, Lance, Patricia, Steve and me) and we stayed in a house outside Margaret River, literally next door to Cape Mentelle vineyard. The place is one of those which is advertised by word of mouth - it was found by Janet who has a friend who knew about it. The cost was good value for the area and the house can sleep up to 8 people. The weather could have been VERY wet, but was in fact pretty reasonable. We didn't do lots of cycling, but we managed to do plenty of eating - we ate in on Saturday and Sunday nights. Originally we were going to go to the pub on Sunday, but we had so much left on Saturday we voted to eat in again!

We agreed that instead of a lengthy ride report, we would just make up a checklist of those things that people may or may not have liked about the weekend.

These included:

- Sleeping-in in the mornings (What, no Alarm Clock?)
- Relaxed pace in getting started (Better hurry up, its almost lunch time...)
- Morning Tea at Margaret River (Too many coffee shops to choose from....)
- Berry Farm lunches (This pie is really yummy. You wanna try some?)
- Dodging the showers (Lucky we're not in a hurry. Its nice and dry here.)
- Five course dinners 'back at the house'. (I can't eat any more. There's heaps still left. Let's eat in tomorrow instead of going to the pub!)
- Chilli Sambal with the dinner (Steve's secret recipe - this stuff is HOT!)
- Sitting around the log fire late in the evening (This is soooooo cosy!)
- Visiting the Art and Craft shops in and around Margaret River (What exactly is a Smashed Jaffa?)
- Visiting a Red Gate, halfway down (or up) a hill (Any old port in a storm!)
- Munching on a very late lunch at Prevelly Park, with magnificent views over the ocean (That has to be one of the biggest hamburgers I've EVER seen!)



Lance and Patricia on the Prevelly Park Cycleway

- Making some Mentelle notes about the neighbours! (Hmmmm, its a bit further than I thought...)
- 'Leftovers' dinner on Sunday night (Are you sure we're going to be able to eat all this?)
- Mushroom soup at Rivendell Gardens on the way home (This is what we came here for, wasn't it?)
- The relaxing weekend with good company!

Hon Secretary



SHIMANO SAFETY RECALL

Shimano is recalling the following bicycle cranks due to a potential safety problem, where the crank could break causing loss of control of the bicycle. These cranks bear the model number:

FC-CT90, FC-M290, OR FC-MC12

Breakage may occur which could result in serious personal injury to the rider.

It has been found that certain bicycle cranks manufactured by Shimano may develop cracks and possibly break under certain circumstances. The breakage of these bicycle cranks could result in accident or injury, and therefore, **should not be used and must be replaced.**

To determine if your bicycle's crank assembly is involved in this recall, check the inner side of the right crank arm. Recalled cranksets are found in the Altus, Acera and Alivio component groups.

If your crankset bears one of the numbers listed, **DO NOT USE IT!** Take your bike to your local dealer for free crank replacement.

For more information, call Shimano toll free on ☎ 1800 269 958.

RIDERS WANTED FOR WORLD SOLAR CYCLE CHALLENGE

I am entering a team in the World Solar Cycle Challenge which is being run from Adelaide to Alice Springs and back from September 27 to October 6. We are looking for another 2 riders for our team.

The race is an international event for solar assisted human powered vehicles. Our bike is a modified 2 wheel recumbent. No rider is permitted to ride for more than 2 hours at a time, and the longest day's racing is 300km. Most legs are between 200-250km. More information about the race can be obtained from:

<http://www.wsc.org.au/map.htm>

Team members will need to contribute to the cost of fuel and food, and pay for their own accommodation. I'm currently looking for sponsorship/help with the support vehicle, fuel and radio, so if I'm successful, our fuel cost could be very low. Also, each team member will need to pay a percentage of the entry fee (the entry fee is \$500, so if we have 4 riders, each rider will need to pay \$125). There is also Personal Accident insurance available at \$15 per rider.

If anyone is interested in taking part, or knows of someone who might be interested in joining our team, please contact me:

Annette Booth ☎ 9328 1338 (H) or ☎ 9431 2853 (W)

email: Annette@iinet.net.au

EASTER IN THE SOUTHERN HIGHLANDS

Cambelltown to Thirlmere, 45km

Friday morning was supposed to be a quick pack but, well, it was not a work day, so a late rise. In fact it was about noon when we finally left. I carried the tent, the cooking gear, food, my clothing, plates, the candlelight, my bike lights, maps, a paperback and so on. Sue had the sleeping bags, the silk inner liners, the mattresses and her clothing. Her panniers still weighed over 13 kilos. My panniers including the handlebar pannier would have been over eighteen. Detailing the packing may not appear to be such a big deal, it was for us. Up every hill! And there were many. A loaded bike feels completely different and is much, much harder work. Still, it is what Sue's bike, a proper tourer, is designed for.

We caught the train to Campbelltown as it made sense to use the city rail network to get to the city edge to avoid the city traffic. This took us over two hours, it was mid afternoon before we even started riding. The rolling hills were not too bad at first, but got very steep just before Picton. Easter Friday and only the pub was open so we broke out the Trangia for a cuppa.

We decided to try for Thirlmere Lakes to camp. Of course, out of town meant up. We passed the town of Thirlmere and its massive railway museum. This was where New South Welsh trains go to die. A sandy track to the Lakes was a little further on. Down the road a way was another track, barred to motor traffic, half a kilometre down we found our camping site. Nearly seven o'clock and very happy to stop. Thirlmere Lakes National Park is a tiny piece of bushland surrounding some very beautiful lakes.

Thirlmere Lakes to Mittagong, 32km

It had been a tough first day and Sue had overdone it. She rose very late, very tired and quite sick. I went for a swim in the lakes alone, as I said, very beautiful country. Leaving eventually around noon, we slowly made our way towards Mittagong. Rising, rolling hills peaked at 'Hill Top' where we stopped for lunch. I had been riding ahead and had invested in some chips.

A lovely long down hill had us crossing the main motorway south of Sydney, the Hume Highway. It was possible to get to Mittagong without using that road but I did not realise it at the time. The steep entry and the smooth surface gave us high speeds and made the emergency lane bearable. It was better than the turn off to Mittagong, three lanes and soft edges. We arrived at the tourist information board about four. Opposite us was the caravan park: tent assembly then chemist (Sue's stomach) and coffee shop. The scones at the Old Bank Café are so big they only give you one! An interesting place, so very inconsistent. A beautiful restoration of a nice solid building, nice (yet to be polished) floorboards, yet the plastic tables, chairs and tablecloths seemed out place. After showering and changing, we returned to town for pizza, not bad. It

was packed and gave an interesting view of Australian life (not particularly country). Back at the caravan, the brush tail possums were into some serious territorial discussion, I knew I had brought my 10 watt bike light for a reason. They were not fazed and fought on regardless.

Mittagong to Fitzroy Falls, 36km

Drying washing was our excuse for getting away late on Sunday morning. We loaded up and moved on out., Sue feeling much better. Mittagong and Bowral are so close, the suburbs run into each other. Once into farmland and off the main tourist road (Route 14), we started down more than up. Not, however, before a stop at a berry farm. Sue has a weakness for raspberries and so had a punnet while I had the loganberry ice-cream, exquisite. Muffins and blueberry pie, too.

Fitzroy Falls now has a very large tourist information centre and cafeteria run by the Wildlife and National Parks. It has a fantastic stuffed wedge tail eagle, wings spread out atop a feral rabbit on top of the counter. The view from beside the falls was as spectacular as ever. They drop over 81 metres into a cliff lined valley into Morton National Park. It is very similar to the Blue Mountains and one of my favourite views anywhere. No houses, no roads, no power lines just wilderness as far as the eye can see.

Camp was across the road and across the stream, very close to one of the cliff edge walks. After dark, we went spotlighting down that walk. We saw two small brush tail possums (we think!) very high up in a tree, twice, their eyes shining a very bright gold. Like blue light emitting diodes, were numerous glowworms in the cracks between the rocks, really quite exciting. We caught a ring tail possum up close, in our lights, so close to camp, too. Very exciting but it was only a 'common' ring tail possum.

Fitzroy Falls to Berry, 35km

Being so close, we were able to go for a walk on the other side to the furthest walk, each viewpoint showing more falls, before breakfast. This was a hot breakfast at the cafe, the weather threatening. It had rained only at night up to this point. Still, the weather held and even cleared. A late start, again, before a very large downhill. There were so many tight corners, that on this piece of country road, no car came close to me. It is hard to appreciate the fantastic views of Kangaroo Valley when you are going so fast on such a windy road. Sue came down on her brakes very slow, the gap in our skills was very apparent. Once past the incredible Hampden suspension bridge (built 1898, it drops a very visible 20cm under the trucks as they drive over), we stopped for a cuppa, it should have been power bars!

On our way, a few K's before turning off the main road, packed with traffic going the other way. An innocent sign saying buses, coaches and caravans go left was another stop. That other way included

MOUNT CYCLES

OPEN 7 DAYS A WEEK

New and
Secondhand Bikes
Guaranteed
quality service
and repairs

**379 OXFORD ST,
MT HAWTHORN**
9444 2892

ROCKINGHAM CYCLE CITY

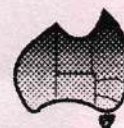
Proprietors: Keith & Beth Drayton
8 Livingstone Street, Rockingham

Tel: **9527 4456**

5% off bikes
10% off parts

- Repairs to all makes and models
- Full range of gents, ladies, childrens cycles
- Triathlon and lightweight cycles
- Triathlon and cycling clothing
- Extensive range of parts & accessories

**Big
Country**
Camping & Tramping
(Formerly Paddy Pollin)



884 Hay St
Perth
W.A. 6000

Daryl K. Duxbury

Tel: 9321 2666
Fax: 9321 1990

4 km of gravel, Sue with narrow tyres, said no. We started climbing. And climbing and climbing. It just kept going. So many times I thought we were nearly at the top. I am not convinced it was worth the views. Near the top, waiting for Sue (I had been carrying her sleeping bag to help her since Fitzroy Falls), I saw a very large, very healthy, very confident fox. He eventually got bored and ran off.

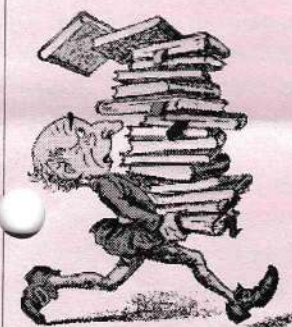
The downhill when it came was magic. Apart from two tight corners, it was brakes off and very, very fast. I do not have a speedo on the mountain bike but I am sure it was seventy plus. We rolled straight into Berry where the local kids on their BMX bikes escorted us to the station. It was a very long train ride home, we were very tired. We changed trains twice before the short trip from St Leonard's got us to the front door by seven pm.

Andrew Woodroffe

BOOK REVIEW

Cycling Northern Australia by Bob Crane

Bob cycled from Port Macquarie (Northern NSW) to Perth through the winter of 1996. His book provides valuable information for anyone contemplating this ride either in whole or in part. Some sections, such as the 650 km from Mt Isa to Tennant Creek and the 670 km from Broome to Port



Headland, are very tough and Bob suggests that these might best be taken by bus. Others, northern Queensland and Katherine to the Kimberley, he is extremely enthusiastic about.

Bob confirms that the prevailing winds blow strongly south to north from Perth to around Broome making this section quite arduous coming from the north. However, the wind was mostly from behind up to this point. He concludes that overall the best direction is anticlockwise.

Bob details food and water availability, distances between towns and other important points, along with suggestions on campsites, both free and commercial as well as hostels and hotels. There are sections with Information and Handy Hints and some stories along the way - such as the time he met 'Gods Garbage', the bikie gang from Bunbury - although I think he could have included many more of these stories than he did.

Bob has an interesting approach to equipment - he carried virtually none. No cooking gear and only minimal clothing and sleeping gear. But then he timed his trip to always stay in warm weather.

Bob also has a unique approach to water and one that I would advise cyclists against. He rations his water severely, limiting himself to 2 litres a day. He compensates by eating fruit and resting in the heat

of the day. I do feel that cyclists in the hotter parts of Australia should always carry lots of water and drink lots too.

Bob's book is available either from the CTA through me 9444 5098 or through Bob's son Monty 9371 5219 for the special CTA price of just \$8.00 (RRP \$15.00).

Graham Blackwell

EDITORS CHIT

Well, good news! There were no major dramas putting the newsletter together this time. There are a good range of very interesting articles and a full rides calendar in the lead up to this year's On Your Bike Tour.

The really good news is that since the nightmare I had doing the last newsletter, I have a new set of dual halogen lights for my bike - and boy do they make it easier to see! It's just as well too because the days were getting shorter and shorter and I found myself riding home in the dark on most days.

And how about that cold snap we had? The temperature just kept getting lower and lower until it finally reached 0.0°C. Every morning I was wearing my full range of cold weather riding gear that I had for Tasmania last year. We finally seem to have passed the worst of winter with the days getting longer, but there hasn't been a lot of rain yet. Hopefully we will get some good rain during August so it can fine up again for the On Your Bike Tour.

On a serious note, there is a world wide safety recall on Shimano cranks which may develop cracks and break. Please read the article on page 3 to see if your cranks are affected. I checked mine and guess what, they're one of the faulty ones. But it isn't that bad because I've done over 15 000km in the 22 months since I bought my bike and now I can get a new set of cranks for free.

Terry Bailey

GALAHS

By Don Bruce

They're colourful and noisy as they move around
You'll see them grouping around most towns
Gregarious, mobile, inclined to squawk
You'll hear them chatter and talk
Clad in the most garish colours
You can pick them out without any bother
They're communal, brash, cheeky, and bright
Most visible to others when they take flight
BUT - We'd be happy if the observer desists
From comparing them to cyclists



Olivers Cycleland East Fremantle

- A wide range of lightweight bikes including Shogun, Wheeler and Diamond Back - also parts
 - Expert Repairs and Wheel building
- Member Discounts (card must be shown)

Tel: 9339 1415

166 Canning Highway
(cnr Staton Road)

The Bicycle Entrepreneur

COMPLETE RANGE OF
GENTS, LADIES &
RACING BIKES

Open 7 Days Per Week
8:30 am - 5:30pm

157A Great Eastern Hwy
BELMONT
Phone: 9277 9181

97 Stirling Hwy
NEDLANDS
Phone: 9386 4621

Safety Bay Bikes

Kim & Carolyn Polmear
64 Penguin Road, Safety Bay
Phone: 9527 4846



- ★ Triathlon/lightweight cycles
- ★ Clothing and accessories
- ★ Adult and children's cycles
- ★ Parts & repairs

The One Stop Bike Shop

ACHIEVEMENT/CHALLENGE SERIES 1997

All rides for both series must be completed in the set time limit which is notified for every ride. Please note that you can only nominate for **one** of the series awards, not both - but you do not have to nominate which one you are applying for until closer to the AGM. To explain it all in words of one syllable:

Super Achiever - must complete 50km, 100km, 200km, 300km (CTA or Audax rides), and the 10 000 in 8 to be eligible for the award.

Challenge Award - must complete 50km, 100km, 100miles (160km), 200km, and the 10 000 in 8 to be eligible for the award.

You can use either a CTA or an Audax event for all rides, or a brevet card, except the 10 000 in 8 which must be done as a CTA ride on the designated day.

If you are still confused, contact Steve Blackburn for further details.



COMBINED CLUBS RIDE

Ever wondered what the other cycle clubs are doing? Here's an opportunity to meet fellow cyclists in other clubs, as well as enjoy a good day out. The venue is at Lake Leschenaultia, which is a wonderful fresh water lake, created as a water reservoir for the many steam trains that plied their way from Perth to the outback. Now it's a recreational park with swimming facilities, toilets, barbecues (wood and gas, gas costing 20 cents per 15 minutes) and a cafe for those who don't want to make or bring their own lunch.

On the day we're expecting the many different clubs to offer different rides to the venue, all arriving there around 12:00 noon. The CTA is offering two rides: one ride from Midland, which will be a challenging ride up the scarp along quiet roads, meeting an easier ride in Mundaring for the final foray to Lake Leschenaultia.

So please mark Sunday, October 19 as a day to make a special effort to come along. In order to get some idea of numbers, I would appreciate a call by October 12. If you could also give me an idea of what you will do for lunch, I can use this information to warn the cafe to be well prepared, and/or try to ensure that the barbecues are not too overloaded. For indications of intent and enquires, please contact me (Simon) on 9271 2959 (H).

GLEN PARKER BICYCLES



- Safety flags & Vests
- Variety of Helmets
- Karamor Panniers
- Cycle Clothing
- Cycling Shoes
- Accessories & repairs

Call in for friendly, professional service and advice.
12½% Discount on all accessories on presentation of this ad.

124 Stirling Highway, Nedlands

9386 6408

Facsimile 9389 8506



Supporting Cycling for over 60 years

Road & Track Racing
Mountain Bikes - Triathlon - Family
Touring Cycles - Tandems

Tel: 9430 5414

Fax: 9430 4062

66 Adelaide St, Fremantle

INFORMAL RIDES

For those who do not wish to join the organised ride of the day but would still like some company, a time and place will sometimes be given for informal rides. This is generally the Causeway car park (number 4, near the bike hire shed). It is up to those who turn up on the day to decide what type of ride. This may mean that several different rides may be available, as people want different rides. 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 a patch or 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. Very generous personal injury and income protection cover are 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 Don Briggs on 9458 8175 (H) or checking the Rides Calendar.

CTA CLOTHING

The long awaited new CTA clothing is now available. The design of the new clothing is similar to the old CTA design, but is available in two colour schemes - yellow with red stripes, or turquoise with green stripes. The design is available in short and long sleeved Coolmax tops, and black lycra knicks with a coloured side panel. Orders should be sent to Lance Whiteford, or given to one of the committee members.

The clothing is available in a range of sizes from XS, S, M, L, XL and XXL and costs \$55 for knicks, \$65 for short sleeve tops and \$75 for long sleeve tops.

Please enclose a cheque with your order made payable to CTA, together with your name and address, and send to Lance Whiteford, 6 Hakea Close, Ballajura 6066.

SOCIAL EVENINGS

These are usually (but not always) held on the second 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 Desama on 9474 2068 (H).



ALDO CONTARINO

753 MASTER FRAME BUILDER

- Frame Repairs
- Modifications
- Resprays
- Full servicing on all bicycles

64 Farmer Street, North Perth

Phone: 9443 3407 Fax: 9443 8687

Rides Calendar — August/September 1997

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!

RIDE GRADINGS

Easy - anyone

Medium - fit with geared bikes

Medium Hard - fit and experienced. Distances < 100km

Hard - fit, experienced and strong. Distances > 100km over hard terrain

FRIDAY AUGUST 8

SOCIAL NIGHT INDONESIAN SLIDE NIGHT

Meet at the Ernest Johnson Guide and Scout Hall (off Pilgrim St) in South Perth at 7:00pm. Come and see slides of exotic Indonesia as viewed through the eyes of our romantic tourers, Graham and Bridget. Tea, coffee and Milo will be available and there is the possibility of cakes and biscuits being offered to munch on.

Organisers: Graham and Bridget ☎ 9444 5098 (H)

SUNDAY AUGUST 10

MINDARIE ADVENTURE

75km Medium. Meet at 9:00am at the Lake Monger carpark near Northwood Street to ride to Mindarie Keys. Grab a bite to eat somewhere along the way.

Leader: Lance Whiteford ☎ 041 2905 995 (Mobile)

SATURDAY AUGUST 16

AUDAX 300KM

300km Hard. Meet at 4:30am at Midland for a 5:00am sharp departure. Please register with the organiser prior to August 9 if possible.

Organiser: Amanda Annells ☎ 9349 8656 (H)

SUNDAY AUGUST 17 GRAHAM'S SURPRISE MTB RIDE

60km Medium Hard. Meet at 9:00am at Midland Railway Station for a mountain bike ride along a mystery trail.

Leader: Graham ☎ 9444 5098 (H)

SUNDAY AUGUST 24 100 IN 8 (100KM IN A VERY ODD SHAPED FIGURE 8)

100km Medium/Hard. Meet at 8:30am at Deep Water Point (DWP) for a ride to Fremantle via Kings Park, return to DWP, continue on to Naval Base and again return to DWP.

Leader: Steve Blackburn ☎ 9313 2814 (H)

SATURDAY AUGUST 30

AUDAX 200KM

200km Hard. Meet at 7:00am for a very hilly ride. Please register with the organiser prior to August 23 if possible.

Organiser: Brian Hawes ☎ 9398 4724 (H)

SUNDAY AUGUST 31 NEARLY SPRING ON YOUR BIKE

50km Medium. Meet at 9:00am at the Raffles Hotel for a leisurely ride around the river and quiet suburbs to a relaxed morning tea. All prospective Spring On Your Bike riders are encouraged to join in and meet fellow tourers in readiness for the big event.

Leader: Kleber Claux ☎ 9458 7519 (H)

SUNDAY AUGUST 31

CTA GOES TO THE WORLD CHAMPIONSHIPS

30km (one way) Medium. Meet at 11:15am for an 11:30am start at the Causeway Carpark and ride to Guildford for lunch. Alternatively, meet us at the Rose & Crown in Guildford at 1:15pm to ride with the CTA to the final day of the World Track Cycling Championships being held in Perth at the Midvale Speed Dome. Events start at 2:00pm and conclude at 5:00pm so bring lights to ride home or catch a train. Tickets cost \$10 - phone Graham by August 23 for CTA block booking.

Leader: Graham ☎ 9444 5098 (H)

SATURDAY SEPTEMBER 6

10 000 IN 8 ACHIEVEMENT/CHALLENGE RIDE

110km Hard. 8:30am sharp start from Kelmscott Railway Station carpark (near Denny Avenue). Drag yourself out of bed for this one (it's a beauty) and pedal up 10 000 feet in altitude (it sounds good anyway). There is a time limit of 8 hours. The route takes riders past a couple of Delis and a petrol station where you can buy refreshments. The super men and women going for their Super Achiever or Challenge Award need to complete this event to qualify.

Organiser: Janet ☎ 9339 0147 (H)

P.S. If you're not too sure if you will make the distance or not, keep in mind that the average speed required to complete the course in 8 hours is 13.8 km/h and we won't tell anyone if you walk up the hills, so come and give this ride a try.

SUNDAY SEPTEMBER 7

FATHER'S DAY INFORMAL RIDE

Meet at the Causeway Carpark at 9:30am and ride to where those who turn up decide to go.

FRIDAY SEPTEMBER 12

BIKE MAINTENANCE SOCIAL NIGHT

Dust the cobwebs off the bike(s) if necessary and bring it/them to the Ernest Johnson Guide and Scout Hall (off Pilgrim St) in South Perth at 7:00pm. Let the experts (our more knowledgeable members) show you some basics (such as the correct seat height and how to fix punctures). We can't work any miracles but we should be able to help you get your bike ready for riding this Spring. There will also be updates on forthcoming cycling events, a chance to socialise and refreshments.

Organiser: Mark ☎ 9382 1961 (H)

SUNDAY SEPTEMBER 14 TOUR GUIDES RECCE RIDE

95km Medium Hard. Meet at 9:30am at the Midland Town Hall. This ride is to show prospective last day Spring On Your Bike Tour '97 guides the route from Wundowie to Midland. The first half of the ride will go via Gidgegannup and Noble Falls to Wundowie. All other riders are most welcome.

Leader: Kleber Claux ☎ 9458 7519 (H)

REMINDER REMINDER REMINDER

Please send articles for the next newsletter to the editor by September 19.

SATURDAY SEPTEMBER 20**FAREWELL THE
ON YOUR BIKE TOURISTS**

Up to 147km Medium Hard to Hard. Meet at 9:00am at the Westrail carpark, Railway Parade, east of Midland Railway Station. Come and join in the first day of the Spring On Your Bike Tour '97 and ride as far as Bullsbrook or Bindoon via the beautiful Chittering Valley. Of course, you have to ride back to Midland.

Leader: Janet ☎ 9339 0147 (H)

SEPTEMBER 20-28 SPRING ON YOUR BIKE TOUR '97

This years 9 day On Your Bike Tour starts at Midland and takes in Bindoon, Bolgart, Wongan Hills, Northam via Goomalling, York via Grass Valley and Wundowie, before returning to Midland. Places are filling fast, so send your entry form in now to avoid missing out.

Enquiries: ☎ (08) 9271 9409 or ☎ (08) 9458 7519

Email: homie@opera.iinet.net.au

SAT-SUN SEPTEMBER 27-28**WELCOME THE
TOURISTS AT WUNDOWIE PANNIER TOUR**

50km (both days) Medium Hard. Meet at 9:00am at Midland Town Hall to ride to Wundowie via Gidgegannup, Noble Falls and Bailup Road to Wundowie. You will be joined by the Spring On Your Bike tourists for a yummy 3 course meal and be entertained by the now famous On Your Bike concert. If you are not able to ride up to Wundowie in the morning, drive up instead and join in the festivities. On Sunday, after breakfast is provided, you will join the Spring On Your Bike Tour '97 and ride back to Midland via Chidlow, Mundaring and Darlington. You will be camping on the Wundowie Sports Grounds so you will need all your camping gear plus plates, mug, cutlery, etc. How about getting together and organising an act for the concert on Saturday night? The cost of \$20.00 covers the evening meal, breakfast and camping/ablution facilities. Bookings no later than Wednesday September 17 with full payment of \$20.00 ESSENTIAL.

Tour Organiser: Janet ☎ 9339 0147 (H)

SUNDAY SEPTEMBER 28**INFORMAL RIDE**

Meet at the Causeway Carpark at 9:30am to see who turns up and decide as a group where to ride to. If you are enterprising and energetic, you might like to ride out to Midland and part of the way to Wundowie to meet the returning OYB tourists. If you ride from Midland to Chidlow, Mundaring and Darlington you might meet the OYB tourists. Good luck!

SUNDAY OCTOBER 5**MYSTERY RIDE TO FREO**

80km Medium. Meet at the carpark at the north end of Lake Monger (Dodd Street) at 8:30am. Come and join us for a scenic coastal ride to Freo and then a mystery route home.

Leader: Ann ☎ 9444 5160 (H)

FRIDAY OCTOBER 10**SOCIAL NIGHT IN
A BIG COUNTRY**

Meet at Big Country Camping and Tramping (884 Hay Street, Perth) at 7:00pm. Come into the gracious environs of the Big Country Camping and tramping store, who have kindly offered to be our hosts for this evening. They will present a showcase of all the essentials required by the modern cycle tourist not around town. In addition, the usual evening tea break facilities will be available.

Organiser: Simon ☎ 9271 2959 (H)

FRI-SUN OCTOBER 10-12**A WEEKEND AT
WELLINGTON MILLS DAM**

The famous CTA mountain bike weekend is to be based at Wellington Mills Dam, which is 30km south east of Bunbury. This is about a 2½ hour drive from Perth (or a very long cycle ride). The bush should be lovely and green at this time of year, which should make mountain bike riding and bush walking very enjoyable. If you don't have a mountain bike then you can turn up on your road bike and ride to Kirup (home of the famous Kirup meat pie and Kirup Syrup) and the Ferguson Valley, which will give riders some great hill training. Accommodation is in cabins and costs \$10/night. People can stay down and stay for either Friday and Saturday night or just Saturday night. Participants need to bring their own food, bike, bed linen/sleeping bag, towel, etc. Confirmation and full payment to either Tony or Janet by September 12.

Organiser: Tony ☎ 08 9725 5631 (W)

or contact: Janet ☎ 9339 0147 (H)

SATURDAY OCTOBER 11**THE ONE YOU MISSED
ACHIEVEMENT/CHALLENGE RIDE**

50/100/160/200km Medium to Hard. 7:00am start. This ride is intended for all those who have missed a ride required for the CTA Achievement or Challenge series. All riders must register with Janet prior to the event, indicating the ride they wish to do. They will then be notified of the start time (if doing the 50km or 100km) and the time limit. The course is one or more 50km laps around the Chittering Valley and although not supported you can return to your car after each lap to get supplies (of Exceed, sticky buns, chocolate, rocket fuel, etc.).

Organiser: Janet ☎ 9339 0147

SUNDAY OCTOBER 19**COMBINED CLUBS RIDE**

Option 1: 60km Medium. Meet at Midland Town Hall at 8:45am for a 9:00am sharp departure. This will be a challenging ride along quiet roads up the Darling Scarp to rendezvous with:

Option 2: 25km Easy. Meet at the park along Jacoby Street (at the end of Nichol Street) in Maundaring for a relaxed ride to Lake Leschenaultia, to enjoy lunch there with members from other cycle clubs. See inside this newsletter for more details.

Leader: Simon ☎ 9271 2959 (H)

C.T.A. COMMITTEE – 1997

PRESIDENT: Graham	9444 5098 (W)	EDITOR: Terry Bailey	9474 2068 (H)
VICE-PRESIDENT: Simon	9271 2959 (H)	RIDES CO-ORDINATOR: Janet	9339 0147 (H)
SECRETARY: Mark	9382 1961 (H)	TOUR CO-ORDINATOR: Tony Humphreys	9447 6179 (H)
TREASURER: Ann	9444 5160 (H)	AUDAX REP: Steve Blackburn	9313 2814 (H)
COMMITTEE: Bridget	9444 5098 (H)	COMMITTEE: Desama	9474 2068 (H)

CORRESPONDENCE To P.O. Box 174 WEMBLEY 6014

FOR MEMBERSHIP DETAILS CONTACT THE TREASURER