

# THE CHAIN LETTER

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

March/April 1999

Issue 145

## A Special Day For Tyres!

Sunday, January 17, was a very special day for any bicycle tyre! It was a chance for any pumped up tyre to put rubber to road, but not just any ordinary road! The smooth silky effects are rarely experienced by the common commuter tyre, which has to put up with rough jagged road edges, pot holes, cracked paths, glass, etc. Yes, this was an experience not to be missed.

This day paved the way for peddle powered tyres to actually use a 5 km section of the Kwinana Freeway. There was quite a bit of interest and a great turnout for the ride. Tyres of all shapes (basically round), and sizes (ranging from tiny-tot to Penny-Farthing), were seen en-masse enjoying the slick road surface. The media was there and prizes were given, music played and groups formed for the 'Freeway Cycle Day Ride'. The ride was a fund raiser for the National Heart Foundation and will hopefully be an annual event.

Naturally, for any tyre to travel it requires the rider to peddle. So riders wheeled themselves into the starting pen and waited for the signal. Ann, Terry and Tony had the honour of being in the second group out, and they were keen to complete the course and meet up with their fellow CTA friends on the second lap. This noble gesture soon changed!

They headed down the freeway amongst their group, but were breaking away on the

return journey, tailing a male cyclist. Soon it turned into a race, so with flashing smiles, spinning wheels and a gleam in their eyes, it was a three man, one women race, as they headed up the freeway. As they disappeared into the distance, the bets were on.

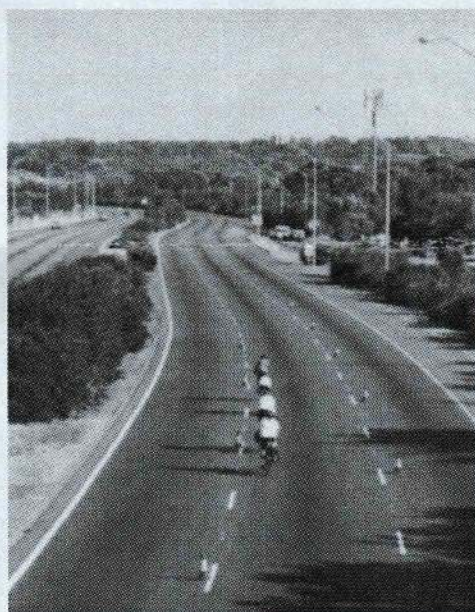
Who could it be?...The lead cyclist had vanished and three were heading back for the last leg...Two are in front with one trailing...Definitely Ann, (who could mistake that little frame?) and is there a pannier on the side of that bike!...It's Terry. Ann and Terry were streaking ahead side by side to the finish line with Tony not far behind them!

They were all smiles as they rounded the course again, this time at a more sedate pace.

Desama's Spare Tyre



*Ann and Terry give a wave as they near the end of the freeway route*



*Ann, Terry and Tony head up the freeway*

Please send all articles and pictures for the next newsletter to the Editor no later than April 21.

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*Ann, Terry and Tony enter the freeway*



## CTA COMMITTEE

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Graham 9444 5098 (H)

### SECRETARY

Desama 9472 9887 (H)

### TREASURER

Ann 9444 5160 (H)

### EDITOR

Terry 9472 9887 (H)

### RIDES CO-ORDINATOR

Steve Blackburn 9313 2814 (H)

### RIDES COMMITTEE

Janet 9313 2814 (H)

David Stobie 9383 9394 (H)

### COMMITTEE

Patricia Whiteford 9249 1970 (H)

Lance Whiteford 9249 1970 (H)

Please contact the Treasurer for Membership details and send all correspondence to:

P.O. Box 174 Wembley 6014

## NEW MEMBERS

A hearty welcome is extended to the following new members who have joined since the last Newsletter.

Tony Bennett

Jayne Lomas

Leah McLernon

Mark Ryan

Sue Watson

Jane Wilson

Andrew Woodroffe

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

## FOR SALE/WANTED

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

### FOR SALE

 Art Folio \$50

The CTA has an A2 size, black, zip-up art folio for sale. It's in as-new condition and perfect for protecting your drawings to and from class, work, etc.

For more information contact:

Steve Blackburn ☎ 9313 2814.

# Tours and Weekends

## ANZAC COVE REVISITED (ROTTNEST RETREAT)

Saturday April 24 - Monday April 26

This Anzac Day long weekend we are going to travel overseas and stay in the same accommodation that the Army officers had to endure during the period of the great conflict. Thankfully the distance is not great (since Rottneest is within sight of land!) and the accommodation has been remodelled into a very comfortable cottage. We will be staying in the 15 bed cottage at Kingston Barracks which is self contained and has plenty of pillows and blankets (cost is \$34 per person for the 2 nights). Bring your own linen and cutlery to ensure that you do not go hungry - although with the bakery and restaurants available this seems unlikely. We will have a series of non-compulsory rides and a compulsory bike rally to while away the hours between coffee and meal breaks. A murder mystery will be arranged if people are interested.

We will meet at the Sea Eagle ferry terminal (opposite the E-Shed Markets at 8:45am on Saturday April 24 to buy return tickets - which will be purchased for the group at a cost of \$33 per person. There is an extra cost of \$5 per bicycle. The ferry leaves for Rottneest at 9:30am so don't leave it too late! Please let Steve know if you want to book a place since there is a definite cut-off. A deposit of \$10 is necessary to hold your place - please get that to Steve as soon as possible. You will be sorry if you miss this weekend - previous retreats have been a huge success - so book now!

Organiser: Steve Blackburn ☎ 9313 2814 or fax 9391 2041

## BUNBURY BUNNY BITES BACK (EASTER WEEKEND)

Friday April 2 - Monday April 5

This year the Easter weekend will be held at Bunbury YHA which is situated in the centre of town - close to the shops, beach, restaurants etc - but only a short bike ride to some magnificent riding country. The cost is a paltry \$14 per night which is a cheap holiday when you consider the benefits of a healthy weekend in the coastal regions, seafood delights and fantastic company! Help make this weekend a success and join in the MTB rides, road rides, pub crawls, beach walks etc. The organiser needs an indication of interest very soon - bring your friends - they

don't have to be cyclists to enjoy a weekend away. Please give Ann a ring and make her day! There is only space for 10 people - so get in early.

Organiser: Ann ☎ 9444 5160 (H)

## ON YOUR BIKE SOUTHERN PEAKS TOUR

October 16 - 24

Have you ever been on a holiday where your gear is carried for you, you feed until you are full, you sleep under the stars and great company is provided?

Here is an invitation to come and join fellow cyclists for the annual On Your Bike Tour and enjoy the pleasures and experience of the Great Southern area of WA, known locally as the Rainbow Coast.

The Tour starts in Perth, where we take a trip by coach to Mount Barker. We will unwind and visit the splendours of the local region for the remainder of the day before tripping off to Denmark the following day. We will then cycle on to Albany with a chance en route for a dip in the Southern Ocean. In Albany we have a rest day where you can explore the King George Sound or admire the view of the surrounding area from three of the peaks in the town. Next stop is the Porongurup Range where the really energetic ones can climb castle rock before camping the night. The following day will see us pass by the foot of Bluff Knoll en route to the feasting town of Borden. Gnowangerup is the next stop before dancing and singing on the stage at Cranbrook. The final day we head back to Mount Barker before heading home.

Contacts:

Tony Humphreys ☎ 9728 3105 (H)

Marion ☎ 9271 9409 (H)

## FUTURE ON YOUR BIKE TOURS

Now is the time to start thinking about OUR tour for next year.

Where would YOU like to go?

What would you like to see?

Would you like to lead a tour?

Would you like to revisit an area?

If you have any ideas please approach myself or any of the On Your Bike Committee next time you see us.

The On Your Bike Committee are: Marion, Desama, Ann, Kleber, Max, Hooky and Tony.

Tony Humphreys, 1999 Tour Leader



# The One Way Ticket

by John Meakin (alias John Boy)

We rode out of Freo with the wind at our backs  
Along a pathway north which was full of poles and cracks

Scarborough was morning tea  
At an Italian Restaurant that's all show  
And the prices on the menu made some faces glow

Muffins in Blueberry with coffee soon to come  
Then from under the table a shape common to some  
Yes, it was Ann's banana which was eaten with aplomb

With stomachs partly sated  
We stood outside and waited  
For L & P to finish their tea  
As tandems need much more you see

With Mindarie Keys in sight  
The tandem we couldn't find  
Stuck between two poles no doubt  
Where a metal grinder comes to mind

Hunger had taken over  
And to lunch we did strive  
But then Bruce had a puncture in Anchorage Drive

Lunch at Mindarie Keys  
Ann hoped was sure to please  
With her suspect soup going down with consonant ease

But not us with great big meals too hard to swallow  
And then not even pudding to follow

Max a lovable person  
And a man so fine  
Wants to be known as J.C.  
As he turns water into wine

The wind it was blowing  
But still there was no rain  
Look there on the horizon  
It looks just like a train

As we peddle closer with renewed zest  
Max was seeing double  
Think he needs a rest  
He turns around and said  
Think I'll go back to the keys  
And ask him for some red!

Few of us had been on a train before  
The driver was seen to gloat  
The ticket machine wants dollars  
And we only had a note  
He said you see the BP station on the other side  
They will have money but we didn't want to ride

Young Mark says give us your money  
And on his bike he sped  
At the BP we don't know what he said  
But he came back with change  
And by this time the ticket machine had been read

Tickets we did purchase for adults, bikes and all  
Only to get to Perth where they didn't collect sod all

Desama don't tell Kleber we asked her with a grin  
Don't worry she says I will keep it all within

Not sure about Terry though

## A New Name for the CTA

Back in 1974 a group of enthusiastic cyclists decided to form a cycling club which they named the Cycle Touring Association of W.A. Now 25 years on the role and activities of the CTA have changed and the CTA Committee have decided that a new name is needed to take the club into the new millennium.

A sub-committee has been formed to come up with suggestions for a new name. The choices have been narrowed down to two options which are:

**Australian Peddle Riders In Leisure**

or

**Fellowship Of Outdoor Leisure Sportsman**

The sub-committee would now like to hear what the members think. Please send your comments to the Editor, PO Box 174, Wembley WA 6014 by April 1 1999. The results of the feedback will be presented in the next newsletter.

## ROCKINGHAM CYCLE CITY

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# President's Piece

## THE CTA ACHIEVEMENT RIDES

The CTA's Achievement Ride series is something which has been around for a long time in the club. I believe the rides started out as being individual challenges, along the lines of the current Audax rides. The idea was for something which was challenging in a similar sort of way to the Time Trial (the 'Race of Truth') but without being so intense or having the competitive element of a road race. Various club members over the years made contributions to the planning and location of the various courses. This culminated in the founding of the Super Achiever Award, where individuals completed rides covering 50km, 100km, 200km, 300km and the 10,000 in 8 (about 110km with 10,000 feet elevation in an 8 hour time limit).

The localities of rides have changed as areas near the city have become more and more built up. My very first 50km achievement ride was in the area which is now the city of Joondalup. There were no houses at all, no railway or shopping centre and the roads were relatively quiet. That area is now completely built up and hardly recognisable to what it was then. The present course around Chittering Valley is very picturesque and offers relatively safe cycling plus low traffic volumes.

Your CTA committee perceived that one of the problems with the series was that it was relatively inaccessible to people. In the "old days", the rule was that if you didn't complete a particular ride on the day it was scheduled, then that was it for the year. There were also complaints that the 300km ride was too long a ride for a touring club.

The Century Challenge was introduced (100 miles or 160km), and we saw the creation of the Challenge Award which shares all rides

except the 300km from the Super Achiever Award.

In order to encourage more people to try to complete either of the ride series, the committee has, in recent times, approved the use of standard Audax rides for riders to complete their series. This allows rides to be completed outside the CTA calendar. There is also the option of completing the rides as brevet rides, including the 10,000 in 8.

This year the Rides Committee has scheduled the Achievement rides twice over, so that club members will get two opportunities to complete one of the awards. Note that any member can complete all the rides if they wish, but they won't receive the award twice or the two awards in the same year.

We hope that this will encourage a few more people to have a go at some of the long distance rides. The main consideration is that it takes preparation and training. Even mere mortals can do it!

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## BIKE WEEK 1999

By the time you receive this newsletter, it will be just about time for Bike Week 1999 (actually, the newsletter is a bit late so it is *Bike Week-ed*). There will be the usual Bike to Work Breakfast on March 12, which often sees a good turnout of members. This is a good free feed, plus there is usually a free water bidon for those who attend. During Bike Week, the CTA is hosting several rides. There are three rides (Yes, 3!) planned for Sunday March 14 (2 beach rides plus a short ride) and an evening BBQ ride on Wednesday March 17 sponsored by Bikewest (at no cost to participants). On Sunday March 21 there is the Tour de Cure, which is intended to raise funds for the Juvenile Diabetes Foundation. The CTA has offered to provide mobile marshal support for this. We can use these



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events as opportunities to promote the club, so let's make the most of it!

## SUPPORT FOR THE CLUB

One encouraging thing I have noticed recently is the attendances on club rides. For the early part of the year, the number people coming out has increased noticeably. This is in spite of the hot weather, when club activity often dwindles.

We have seen a few old faces reappear after long absences, and we have seen a few new faces. Hopefully, they will all continue to participate in club activities.

It seems that the bike shops have also been busy, so maybe we are seeing a resurgence in the community's interest in cycling in general.

Lets hope the trend continues!

Safe cycling.

Mark

Big  
Country

Camping & Tramping  
(Formerly Paddy Pallin)



884 Hay St  
Perth  
W.A. 6000

Tel: 9321 2666

Fax: 9321 1990





# It's All in the Cleats

In October last year I went on my first Tour with the CTA. It was a bit daunting for somebody who has never cycled more than 40km in a single day before, but it was an experience I enjoyed immensely and hope to repeat later this year. But the enjoyment was spoiled a little by the development of very sore knees. On some days this was so bad that I could hardly get going for the first few kilometres - thank heavens for the rest day in Darkan, because things improved a little and allowed me to complete the tour.

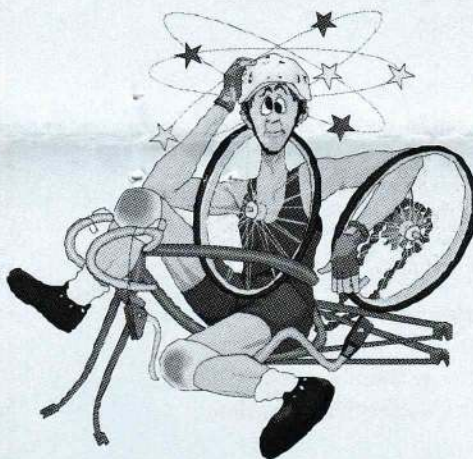
Unfortunately the end of the Tour didn't mean the end of my knee pain and two months later I was still barely able to cycle, with severe pain in both knees as soon as I jumped on the bike. I've now sorted the problem out and decided to put me experience in writing - just in case somebody else may benefit from my experience.

Back to the Tour - on the second day things were becoming fairly uncomfortable so I went and spoke to a couple of gurus who were far more experienced cyclists than I. They nodded sagely and stroked their chins and the collective wisdom was that I was riding in too high a gear. "Keep your gears down and you'll be right, mate".

This I did on the next day but things got even worse. Back to the gurus who reconsidered my plight. "Lower your saddle 2cm", they said. This seemed to make the problem even worse and it seemed to me to be a move in the wrong direction as lowering my saddle would make my knees flex even more. So on the next day I decided to do the reverse and raise my saddle 2cm. This undoubtedly helped a little bit, but the improvement was quite small.

When I arrived home at the end of the Tour I was convinced that my problem was a combination of middle aged decay together with the fact that I had never done any

distance riding before and obviously my frame (anatomical not bicycle!) wasn't used to it. But when the pain persisted for two months after the event something had to be done and so I consulted a local sports physiotherapist. She assessed my riding position and announced that she felt that my cleated Carnac riding shoes were incorrectly adjusted with the toes pointed too far inwards. She suggested I rotate the toes about ten degrees outwards and the moment I did this my knee pain was reduced by 50% - it was as dramatic



and immediate as that. I was convinced that we had found the key to the problem and equally convinced that my case cannot be unique. I'm sure that Carnac have come across this situation before and after making a few inquiries I found that most shoe manufacturers produce a cleat that will allow the shoe to swivel ten to fifteen degrees on the

## Safety Bay Bikes

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*The One Stop Bike Shop*

pedal. This adjustment allows for the fact that frequently ones foot needs to be at a slightly different angle at different stages of the power cycle.

As soon as I fitted the new swivel cleats and ensured that the centre point was more toed out than I had used previously, my knee pain completely disappeared, and once again this was dramatic and sudden.

So the point behind this story is this:....

If you have knee pain during and after cycling then think about your gear ratios, and think about raising or lowering your saddle, but don't forget your cleat adjustment and your foot posture. Personally, I will never ride again in anything but swivel cleats that allow your foot to move whilst still being locked onto the pedal.

Bernard Pearn-Rowe



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## 'S' - For Supper

So the time had come again, to ride around and eat  
But you can't wear normal nicks, and you mustn't be discreet

So with suspenders and a coat, I headed into the night  
Ably protected by my three body guards, Oh what a sight!

Kleber, Terry and Rhys; Stockman, Scary and Slack  
Headed off with a Sexy Scientist, to meet the rest of the pack

It was the annual Progressive Dinner, and an 'S' theme tonight  
We started out at Simon's, hungry for a bite!

After waiting for an hour, we headed onto Sue's  
A new house to see, some snacks and drink to booze

With a Silkworm and Silver Spacemen, we headed back real quick  
Following a Speleologist, for soup and a roll; look, another Scientist

Stan took the lead to entree, a Sheik hot on a Squaws behind  
Then up a great big hill, a sore spot was defined!

We made it to the main meal, at Ann's house there was Sun-Shine  
A Soccer player with refreshments, on it a Sophisticate did dine

By this time it was late, the Suave and Streamers were feeling weak  
But on our bikes we got, for dessert we heard was a treat

Another dinner over, we said goodbye to all the gang  
A special thanks to Steve and Janet, who arranged the whole sch-bang!

I know we all enjoyed it, a fun night, let's give a cheer  
Be sure to catch the next one, at southern homes we will appear!

Sexy Scientist



*Some of the 'S' crew as they head off in to the night.*

## Super Autumn Special

If the shops can all have sales, then so can the CTA!

For a limited time the CTA is taking \$5 OFF the regular price of the Turquoise and Green club clothing.

That's right, you can now get your CTA clothing for \$5 OFF for the Knicks and \$5 OFF for the Tops.



Knicks - now \$50

Tops - now \$60

(in Turquoise and Green only)

See back page for sizes and ordering information.



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# The CTA Achievement and Challenge Series

Once again we are running a series of rides that will allow you to qualify as a receiver of the Super Achiever or Challenge Award for 1999. Each ride of the series must be completed in a set time limit but is otherwise non-competitive in nature.

## The Achievement Series

To become a Super Achiever you must complete a 50km, 100km, 200km, 300km and the 10,000 in 8 brevet or official ride.

## The Challenge Series

The Challenge Award will be obtained with a 50km, 100km, 100 mile, 200km and 10,000 in 8 brevet or official ride.

## Using Brevets and Audax Rides

The brevets can be either CTA or Audax rides which have been approved by a member of the CTA Committee (preferably the Rides Co-ordinator for CTA brevets - see below). Note that this year we have included two separate series in the calendar to allow the maximum number of riders to participate in either of the rides programmes.

Any person intending to use a CTA brevet card for a ride must contact the Rides Co-ordinator to select one of the approved routes at least one week prior to the ride (you do not need to book for an official CTA ride of the series). After completing a brevet, the member must deliver the card to the Rides Co-ordinator to record the ride and ensure that the ride is officially recognised at a Committee Meeting. If you require further details please contact Steve on Ph: 9313 2814 (H).

## AUDAX FOR CTA RIDES SERIES

From now on if you want to take part in an Audax ride you **MUST** complete an entry form and get it to the ride organiser **BEFORE** the day of the ride.

Forms are available from the CTA Rides Coordinator. I would suggest you fill out this form with your details in the Rider section and then **PHOTOCOPY** the form to give yourself the opportunity to enter multiple rides. If you don't put down an Audax membership number, you will be charged \$2 extra as a non-member.

Then:

1. Fill in the Ride details with the distance and date of the ride.

2. Determine the ride fee as follows:

all unsupported rides - \$5

supported: 200km - \$8

300km - \$12

3. Sign the form and send the form and correct money to the ride organiser (make cheques payable to Audax Australia) before the day of the ride. Also note that if your form does not reach the ride organiser by the Tuesday before the ride, there will be a \$2 late fee.
4. Maps and route notes can be collected from the ride organiser 2 weeks before the ride. If you want it mailed to you, send a stamped self-addressed envelope with your entry form. Otherwise you will get a map and route notes with your brevet at the start.

## THE WINNER'S CIRCLE

A list of members who have successfully completed a ride for the Achievement or Challenge series will be printed here in each newsletter. Stay tuned for the first batch of eager cyclists.



# Bikewest

*Encouraging Cycling, Promoting Safety*

Phone: 9320 9320

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**

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# Audax Australia

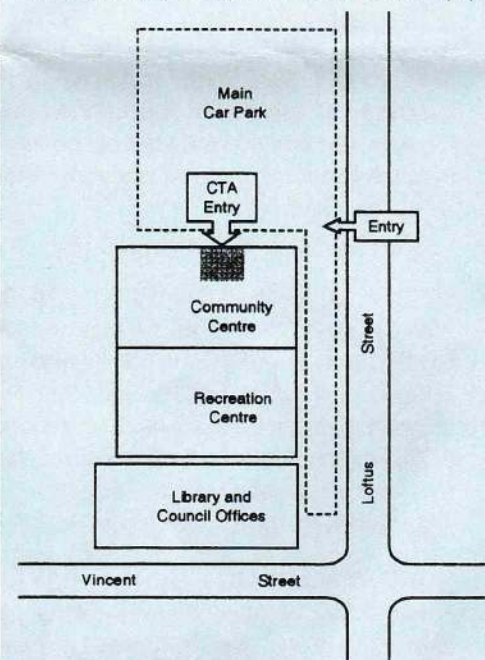
Audax is an international long distance cycling club. The first club originated in France in 1904. The name is a loose translation from the latin and means "courage". All rides are non-competitive and conducted over specified routes and distances within set time periods.

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 the CTARides Co-ordinator, Steve Blackburn, on 9313 2814 or by checking the Rides Calendar.

## CTA Social Evenings

The Social Nights are usually (but not always) held on the second Wednesday of each month at the Loftus Community Centre on the corner of Loftus Street and Vincent Street, Leederville. Enter from the main carpark on the north side of the complex (see map below). For further details contact Desama on 9472 9887 (H).





# Rides Calendar — March to April 1999

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

\* Indicates ride suitable for Achievement/Challenge series.

### FRIDAY MARCH 12 BIKE TO WORK BREAKFAST

6:30am - 9:00am at Forrest Place, Perth. Launching Bikeweek '99 is the now famous Bike to Work Breakfast. Bikewest is providing a healthy FREE breakfast to everyone who cycles into Forrest Place. There will be giveaways and prizes galore.

Enquiries: Jim Krynen - Bikewest ☎ 9320 9305

### SUNDAY MARCH 14 LOITERING LEISURELY

18km Easy, 8:30am Start. Meet at south end of Oxford Street near ramp to Leederville Station to "Loiter Leisurely and Linger a Little at Lovely Lakes near Leederville". Join Graham for an exploration of some of Perth's hidden treasures via quiet roads and bike paths before heading back to Leederville for coffee and cakes.

Leader: Graham ☎ 9444 5098 (H)

### SUNDAY MARCH 14 SEXY STEVE'S SORTY TO SEE SAND, SUN AND SURF

70km Medium, 8:30am Start. Meet at Raffles Hotel car park for a ride around the southern aspects of the Swan River before heading north to meet up with Desama's Deros at the beach. Enjoy a swim and snack. Head back to Claremont, ride through Kings Park and back to the starting point. Bring your bathers!

Leader: Steve Blackburn ☎ 9313 2814 (H)

### SUNDAY MARCH 14 DELECTABLE DESAMA DARTS TO DELIVER A DELICIOUS DRIVE

30km Easy, 9:30am Start. Meet at the Claremont Showgrounds near the corner of Ashton and Judge Avenue for a relaxing ride through the suburbs. Meet up with the longer distance riders for a swim at the beach and a bite to eat before heading back to Claremont Showgrounds. Bring your bathers!

Leader: Desama ☎ 9472 9887 (H)

### WEDNESDAY MARCH 17 CTA BIKEWEEK BBQ RIDE

25km Easy, 6:00pm Start. Meet at the Kings Park log to join the Cycle Touring Association for an easy ride around the riverside suburbs, culminating in a BBQ at Kings Park. All food and refreshments will be supplied by the CTA, courtesy of Bikewest. Bring a plate, cup, cutlery and insect repellent. *Lights essential and reflective vests recommended.*

Leader: Mark ☎ 9382 1961 (H)

### SUNDAY MARCH 21 TOUR DE CURE

10km, 25km or 50km Easy, 9:00am Start. Meet at Riley Oval, University of WA. Get "sponsored up" and receive a FREE T-Shirt

and many other prizes and giveaways for the closing event of Bikeweek '99. Help cure diabetes by just going for a ride. Choose from three rides - 10km around Dalkeith family ride, 25km Claremont, Kings Park ride or a challenging 50km around the river to Fremantle and return. Entry forms are available from your local bike shop or by contacting the Juvenile Diabetes Foundation.

Enquiries: Katie Turton ☎ 9426 2111

### WEDNESDAY MARCH 24 PARK AT VICTORIA RIDE

20km Easy, 6:30pm Start. Meet at the Causeway carpark for a ride to get a chance to see the Rides Coordinator before he reaches a serious milestone. A Southern route to an Eastern meal stop is also thrown in to confuse you further. Post ride relaxation will also allow you to enjoy the great food and wine of Victoria (Park that is!). Wheelchairs may be necessary for some. *Lights essential and reflective vests recommended.*

Leader: Steve Blackburn ☎ 9313 2814 (H)

### SATURDAY MARCH 27 50KM AUDAX

\*50km Medium/Fast, 7:00am Start. The Kings Park Push is a 50km Audax ride (contact organiser one week before ride).

Organiser: John Lee ☎ 9310 4789

### SUNDAY MARCH 28 50KM ACHIEVEMENT/CHALLENGE

50km Medium, 9:00am for a 9:30am Start. Meet at the gazebo 200m down Chittering Valley Road, off Great Northern Highway. The CTA/Bikewest sign should be clearly visible. The time limit of 3 hours (17 km/h average) should ensure that everyone has a chance at completing the distance. This is a ride for members only but new memberships will be accepted on the day.

Organiser: Steve Blackburn ☎ 9313 2814 (H)

### WEDNESDAY MARCH 31 CHOO CHOO TO COTT

20km Easy, 6:30pm Start. Meet at Fremantle Railway Station for a coastal ride to partake of the delights of the sea at a Cottesloe café. You can either ride back to Fremantle or catch a train to reach the northern suburbs in time for a coffee before bed. *Lights essential and reflective vests recommended.*

Leader: Janet c/- ☎ 9313 2814 (H)

### APRIL 2-5 BUNBURY EASTER WEEKEND

Try out a weekend at Bunbury for a change of pace. We will be staying at the Bunbury YHA and using this as a base for trips to the surrounding districts. We hope to provide an MTB and a road bike choice of rides for the lucky people that book in time. See newsletter for further details.

Organiser: Steve Blackburn ☎ 9313 2814 (H)

### SUNDAY APRIL 4 PICK UP THE PACE

70km Fast, 9:00am Start. Meet at the Causeway car park for a fast training ride to a coffee and cake stop at John Coles Nursery at Jandakot. The return may be fast or medium depending upon how much coffee and cake you have eaten!

Leader: Craig Abernethie ☎ 9361 0292 (H)



**WEDNESDAY APRIL 7**

**WEAR MY THAI PLEASE**

20km Easy, 6:30pm Start. Meet at the Causeway carpark for a river cruise along the freeway cycle path to the Thai restaurant in Alfred Cove. We will stop to pick up the stragglers at the Raffles Hotel carpark at approximately 7:00pm - so there is no excuse not to join us for a tasty feast. Note that not all Thai food is *phet* (hot) or spicy! *Lights essential and reflective vests recommended.*

Leader: Janet c/- ☎ 9313 2814 (H)

**THURSDAY APRIL 8**

**AUDAX 100KM**

100km, Medium/Hard, 6:00am Start. This is a 100km Audax ride (contact the organiser one week before ride).

Organiser: Ken Ward ☎ 9364 3601

**SAT/SUN APRIL 10-11**

**TAKES TWO TO TANGO**

100km Medium, 9:00am Start. Meet at Spencers Brook and join Tom and Marie on the tandem for a 70km loop around the Toodyay, Northam and Spencers Brook areas before enjoying overnight accommodation in the area. A shorter 30km loop on Sunday will ensure your legs get a short rest before heading back to the rat race. Contact the organisers for more details on where and when to meet, what to bring etc.

Leader: Tom & Marie Wall ☎ 9339 3207 (H)

**WEDNESDAY APRIL 14**

**SOCIAL NIGHT**

Meet at 7:30 at the Loftus Community Centre in Leederville. Tonight we have a speaker visiting from Lifecare Wembley. They will be talking about warm-ups, stretching and injury management, specifically for cycling. There will be a short talk, followed by a workshop so that participants can learn some techniques in stretching. Refreshments and nibbles will be provided.

Organiser: Desama ☎ 9472 9887 (H)

**SUNDAY APRIL 18 100KM ACHIEVEMENT/CHALLENGE**

100km Medium/Hard, 7:30am for an 8:00am Start. Meet at the Armadale Railway Station for registration and distribution of maps/ride descriptions. This is the second ride of the Challenge/Achievement series (See the Chain Letter for details). A pretty but demanding ride up Bedforddale Hill (if not still under construction), past Glen Eagle, then on to Jarrahdale and Serpentine Dam before returning. Time Limit is 6 hours (average 17 km/h). This is a ride for members only but new memberships will be accepted on the day.

Organiser: Steve Blackbourn ☎ 9313 2814 (H)

**SAT-MONDAY APRIL 24-26**

**ROTTNEST RETREAT**

Catch a 9:30am ferry to Rottne for a ride around the Island and perhaps finally do that rally that we have talked about doing for a couple of years! We will be staying in a self-contained house that was once the pride of the Queen's Own Officers. There will be time for coffee(s) at the Dome, sampling of the bakery fare, and a chance to say hello to the quokkas and crows. This Anzac Day long weekend will be the last for a while and it promises to be every bit as good (if not better) than previous riotous weekends away from the mainland restraints.

Organiser: Steve Blackbourn ☎ 9313 2814 (H)

**SUNDAY MAY 2**

**ROCKETS REVENGE**

80km Hard, Hilly, 9:00am Start. Meet at Midland town hall for a ONE WAY scenic hilly ride to Armadale. We will stop at Mundaring for morning tea and after "a few" hills and k's will relax for lunch at an authentic "pommy" location.

Leader: Ann ☎ 9444 5160 (H)

**SUNDAY MAY 9**

**SWINGING PIG SQUEAL**

100km Fast, 9:00am Start. Meet at the Deep Water Point Skiers Café carpark for a ride to Rockingham. This will be a training ride for those wanting to get a few miles under their belt (or seat) before attempting the 160km (100 miles) Century Challenge ride next week. It will also be a change of pace for the couch potatoes who need an incentive to try out a different type of ride.

Leader: Steve Blackbourn ☎ 9313 2814 (H)

**SUNDAY MAY 16**

**CENTURY CHALLENGE**

160km Medium/Hard, 7:30am for an 8:00am Start. Meet at the Lakes BP Service Station on Great Eastern Highway for the third ride of the Challenge Series (see Chain Letter for details). The circular route is scenic but does include stretches on highways and main roads. We cycle through Wooroloo, Toodyay, Northam and York. Time limit is 10 hours (average 16 km/h). Note that this is a ride for members only, but new memberships will be accepted on the day.

Organiser: Steve Blackbourn ☎ 9313 2814 (H)

**ANNUAL ON YOUR BIKE TOUR**

**OCTOBER 16 - 24**

**SOUTHERN PEAKS TOUR '99**

This year's tour starts with the participants being coached down to Mount Barker from Perth. Then it's 'On Your Bike' to Denmark, Albany, Porongorup Range, Borden, Gnowangerup, Cranbrook and then back to Mount Barker before being coached back to Perth. For further information or a tour brochure and entry form contact:

Tony Humphreys ☎ 9728 3105 (H)

Marion ☎ 9271 9409 (H)

**CORRECTION!!!**

The Main Events Calendar in the January-February newsletter stated the wrong date for the "On Your Bike" Southern Peaks Tour. Please note the correct date which is given above.

**SMOKEY CAR SPOTTER**

Ever notice how difficult it is to breathe when smokey exhaust fumes are choking up the atmosphere? Well here's your chance to strike back! Report smokey vehicles by giving the registration number, make and colour of a smokey car, together with the time and place that you spotted it, to the Department of Environmental Protection by telephoning 9324 2835.





## 1999 MEMBERSHIP FEES

Membership fees for 1999 have been set as indicated below:

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. *Note that this does not apply to the student/pensioner membership fees.* Part year memberships are available after June.

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.

## EQUIPMENT FOR HIRE

The CTA has some equipment (as listed below) which is available for members to hire for \$5 for 2 weeks or \$10 per month plus a bond. This is a great way to try out cycle touring without having to layout a large amount of money to equip yourself with the right gear.

- Rear Panniers (pair)
- Small Rack Bag (sits on top of pannier rack)
- Trangia

Please contact a committee member if you are interested in using this equipment.

## CTA CLOTHING

The CTA has its own clothing 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. 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 (note that long sleeve tops have white sleeves).

Please enclose a cheque with your order made payable to "CTA Clothing" and send to:

Lance Whiteford  
6 Hakea Close  
Ballajura WA 6066.

If you require any further information you can contact Lance on 9249 1970.



## WHERE ARE YOU?

If you are lucky enough to move to a bright sparkling new place of abode, please share your good news with us. All members are asked to confirm their current address and phone numbers with Committee members.

## CTA LIBRARY

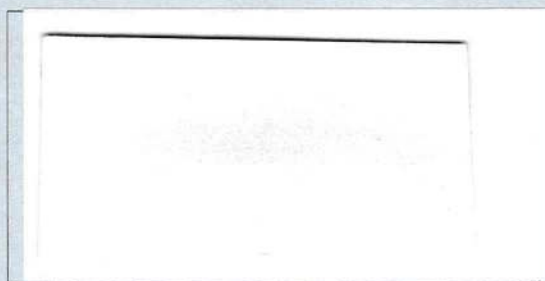
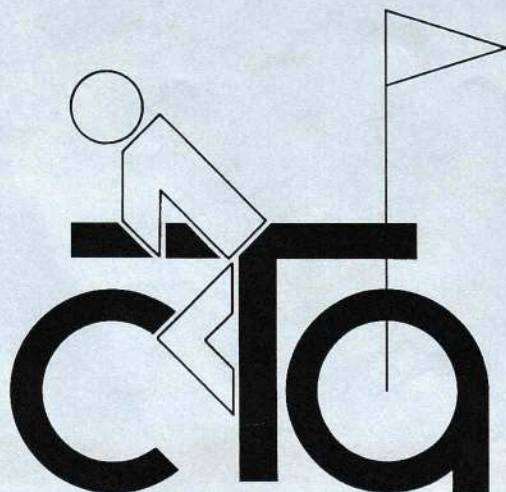
The CTA has a small library of books and magazines relating to all facets of cycling and cycle touring. These are available for all members to borrow or just read at each of the social evenings. The books may only be borrowed for 4 weeks by contacting a committee member on the night. Contributions to the library would be greatly appreciated, so do not dispose of any cycling literature which you feel may be relevant.

## 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 Officer in Charge at the Police Bicycle Section on 9222 1923 during working hours.

If undelivered please return to  
PO Box 174 Wembley 6014  
Western Australia



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