

# THE CHAIN LETTER

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

November/December 2000

Issue 155

## CTA at Whiteman Park

Sunday, August 20, and a 10am start from Guildford railway station; ahhh...lovely; I can sleep-in a little. I rang Anne the evening before and heard that her pets were misbehaving, so I left a message about the Whiteman ride and perhaps discuss some medication for her four-legged pets.

It was a great morning for a bike ride and a few riders arrived at the station before I did and sort of puffing to the start. Anne arrived to catch her breath before the usual briefing, and off we went with ten riders, I think. Then along the way, Peter Lundy somehow found us cycling on West Swan Road and mentioned that his bike had a puncture. I think we lost another rider on the way, and it could have been more if we didn't have a map of the area. I think there will be a chocolate factory in Caversham somewhere, and we know how much Simon likes chocolate.

Anyway, we arrived at Whiteman Park about lunch time and with a small token to the gate keeper, we enjoyed a lengthy lunch. It wasn't very crowded as I presume most people were huffing and puffing on the 'City To Surf' fun run.

Then it was time to go, but I managed to snap a couple of pics before the clouds began to get heavy. Oh dear, it was time to extract the rain gear. Some riders left earlier while we were enjoying the sun - did they know the clouds were pending?

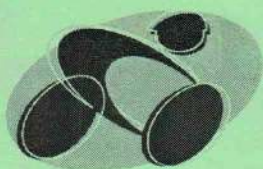
We certainly parked our bikes at Whiteman and I enjoyed browsing the craft shops there. The ride was easy. Good ride Anne, hope the pets are better behaved now.

Devo



Please send all articles and pictures for the next newsletter to the Editor no later than December 20.

## Bikewest



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1999

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Finalist  
Commitment  
to Participation

## Fees Please



Just a reminder that membership fees for 2001 are due now. You have until the end of January to pay and receive a \$5 discount (for adult membership only). After this date the full price applies. 2000 On Your Bike members please note that your complimentary membership extends to June 30 2001.

Please use the membership form enclosed in this newsletter and send it together with your cheque to the Cycle Touring Association, PO Box 174, Wembley WA 6913.

Members who have not renewed by the end of February will not receive the next edition of the Chain Letter.

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## CTA COMMITTEE

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Mark 9382 1961 (H)

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### TREASURER

Ann 9444 5160 (H)

### EDITOR

Terry 9472 9887 (H)

### RIDES CO-ORDINATOR

Simon 9271 2959 (H)

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Steve Blackburn 9313 2814 (H)

Jeff Crow 9332 3360 (H)

Janet 9319 9526 (H)

Noel Eddington 9355 2745 (H)

Craig Abernethie 9361 0292 (H)

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

P.O. Box 174 Wembley 6913

CTA Email: cta\_wa@yahoo.com

# Tours and Weekends

## A TOOTLE TO TOODYAY

November 18-19

For all those who love to tour, but don't have 9 days to spend 'on your bike', this is the tour for you! By staying overnight in a hotel, we don't have to carry 'panniers' of junk, and we don't have to fiddle around packing up wet tent flies and groundsheets in the morning. We just have to do what we like best — ride!

The Saturday ride is about 105km, taking some hills, but we escape the traffic by following the Chittering Valley and Julimar Roads. Lunch is available on-route (please ring Simon for details) or you can bring your own. Accommodation for the night is at one of Toodyay's fine hotel establishments, as will be the evening meal. The details have yet to be finalised, but expect accommodation to be around \$30 and meals to start from around \$10.

The ride back will be along The Old Northam Road, escaping (for the most part) the hurly-burly of Great Eastern Highway. Lunch will also be available on-route. The return journey is around 95km.

Accommodation needs to be secured, so please book with the organiser as soon as possible, and a \$10 deposit will be required.

Organiser: Simon ☎ 9271 2959 (H)

## PROGRESSIVE DINNER

December 2

The CTA Progressive Dinner is here again. The dinner progresses North this time for a fun fine feast of flavourful fare.

This is a fun evening where we cycle from house to house and devour a four course meal along the way. We start off with soup and a bun, cycle onto entrees, cycle again to the main course and cycle for the last stretch back for dessert.

All food and drinks will be supplied, however BYO cup/glass is a must. The cost will be \$20 and payment in FULL before the date is required when booking a place. Numbers are limited so book early.

Please contact the organiser if you have any queries or comments.

Organiser: Simon ☎ 9271 2959 (H)



*Paddy Pallen*

## THE LEADERS IN ADVENTURE

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C Y C L E S



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## Mind Teaser

### THE PENNY BLACK

The famous Penny Black, the world's first postage stamp, was introduced in England in 1840. The idea of postage stamps was a great success and was taken up worldwide. Yet the Penny Black was in use for only one year before it was replaced by the Penny Red. Why?



### ISSUE 154 ANSWER

**The Bridge** - Person 'A' (1min) and 'B' (2min) cross the bridge first taking 2 minutes. 'A' then returns taking 1 minute (total 3 minutes) and gives the torch to 'C'. 'C' (5min) and 'D' (10min) then cross the bridge taking 10 minutes (total 13 minutes). 'C' gives the torch to 'B' and 'B' returns taking 2 minutes (total 15 minutes). 'A' and 'B' then cross the bridge taking 2 minutes (total 17 minutes).

$$1+1=3$$



# Annual General Meeting

**SUNDAY NOVEMBER 26 2000**

**Venue:** The Loftus Community Centre, Loftus Street, Leederville (see map below)  
**Time:** Morning Tea at 10:00am, Meeting at 10:30am

## AGENDA

- ◇ Minutes of the 1999 Annual General Meeting
- ◇ Reports from the President, Treasurer, Rides Coordinator, Editor, 2000 On Your Bike sub-committee
- ◇ Super Achiever and Challenge Award Recipients
- ◇ Cycle Tourist of the Year Award
- ◇ Ride of the Year Award
- ◇ Newsletter Article of the Year Award
- ◇ Election of Office Bearers for 2001
- ◇ General Business
  - Amendments to by-laws
  - Reprinting of the Constitution
  - New Achievement series
  - Other Business

## CYCLE TOURIST OF THE YEAR

Nominations are called for the 2000 Cycle Tourist of the Year. The award is made by the CTA to the member who, in the opinion of the membership, has contributed the most to cycle touring and the CTA throughout the year. Criteria to assist in selecting the Cycle Tourist of the Year have been prepared and are printed on the back of the nomination forms. Note that if you believe no member has suitably demonstrated the qualities required for this award, you may nominate "No Award". If the number of "No Award" nominations exceed the total number of member nominations, then no award is made that year. The previous recipients of the award are:

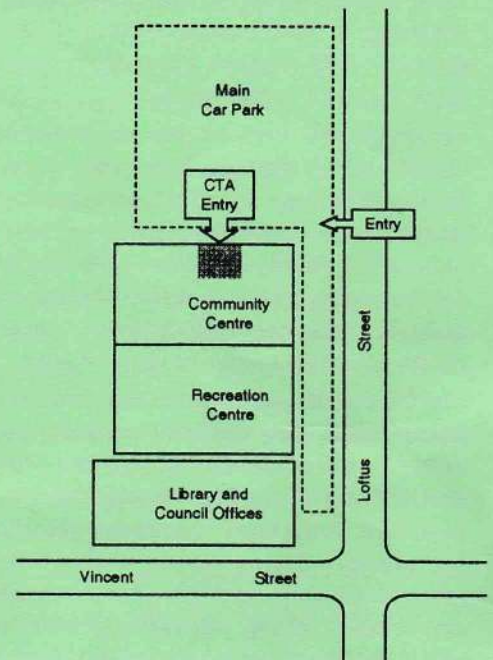
1978 Nicole Harrison	1986 Ron Bowyer	1994 Stan Wiechecki
1979 Wayne Lally	1987 John Sherwood	1995 Peter Lundy
1980 Neil Porteous	1988 Martin Bunney	1996 Ross Cussons
1981 Mark Bettell	1989 Kleber Claux	1997 Janet Devrill
1982 Dale Neill	1990 Arie Lemson	1998 Tom Wall
1983 John Martin	1991 Brett Rutherford	1999 Desama Bailey
1984 Ian Hore	1992 Simon Koek	2000 ?.....
1985 Bob Stockman	1993 Mark Nilan	

## RIDE OF THE YEAR

This is an opportunity for you to nominate your favourite ride, weekend away or tour. It is an opportunity for you to show your appreciation to a ride organiser, and for the club to recognise and reward their effort. Note that the On Your Bike Tour can not be nominated.

## ELECTION OF COMMITTEE MEMBERS FOR 2001

Nominations for President, Vice President, Secretary, Treasurer and six (6) Committee members can be received up to and on the day of the AGM. All nominations shall have a proposer and a seconder, and shall be announced at the AGM. Nominees, proposers and seconds must all be voting members of the CTA.



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# Desama's Dialogue

The OYB is under way as I write this and it was a little sad to see our fellow cyclists off on Saturday morning. Terry and I had a good reason not to attend this year though, the arrival of our first child - Mitchell Aaron Bailey on September 30. The shop night social was a real success, with people taking advantage of the discounts offered. Terry (the new dad) returned home with a new 'Link Bike' for our 10 day old son.

As always this time of year and the fine weather brings out cyclists from the woodwork and bikes get dusted off as the summer season begins. Our rides calendar is full of options for the eager cyclist. The attendances over the past few weeks have been good and I hope this trend will continue. Check out the overnight tour to Toodyay on page 2.

The CTA trailer has been looking for a new home for some time now and Terry and I have offered to store it in a shed at our place (with the OYB and CTA gear). The shed has now been built. A big thank you to everyone who lent a hand in clearing the site, it was a hefty job and all your hard efforts were much appreciated. Thank you to Roy Appleton who stored the trailer in his shop shed during the year.

We are introducing a NEW ride series. It will be called the "Merit Series". This has been brought into existence as a stepping stone up to the "Challenge Series" and the "Super Achiever Series". It is hoped to encourage new interest in the "Achievement Rides" as a whole and allow people to actively accomplish something for themselves with their cycling. The "Merit Series" will comprise of a 50km, 100km and 5000 in 5 (a hill ride but much easier than the 10,000 in 8). More details will be given at the AGM and the series will begin in 2001.

Speaking about the AGM, this will be held on Sunday November 26 2000. We will be having a short ride before morning tea, then



down to business. Please check out the agenda in this issue of the Chain Letter. Your interest in the club and ongoing support will be appreciated on the day. The awards and committee positions are decided by your vote, so please take the time to participate. There are a few committee positions open, so if you've been toying with the idea, please don't hesitate to ask.

The CTA Constitution has had a face lift. A

few of the by-laws have been altered to reflect our current practices and some re-wording was done to improve clarity in some instances. We will be pointing out the changes at the AGM. Nothing was drastically changed and every member who renews for 2001 will receive a new copy.

Hope to see you at the AGM and it won't be long before we're back on the cycling circuit.

Desama



*Members of the CTA hard at work clearing the site.*

*Thank you to Kleber, Rhys, Jeff, Hooky, Debbie, Tony, Ann and Mark (also Emily and Evie).*

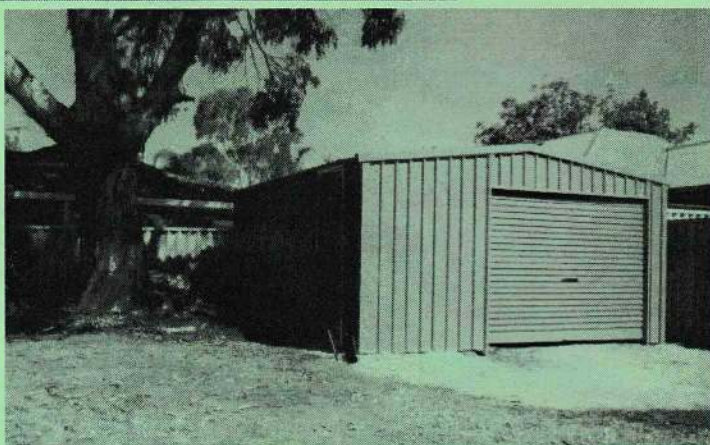
## CYCLERAMA

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*The new shed is ready for the CTA trailer.*

# Stretching

Courtesy of Sports Medicine Australia

## WARM UP

### Why?

- To increase heat throughout the body
- To reduce risk of tearing or straining muscles by increasing suppleness

### How?

- 2-3 minutes jog, to raise a light sweat (complete before stretching)

## STRETCHING

### Why?

- To reduce muscle tension
- To reduce the risk of muscle and tendon injuries
- To increase flexibility and freedom of movement

### How?

- Hold stretch for 10-20 seconds: **do not bounce**
- Repeat each stretch 2-3 times
- Stretch gently and slowly, keep breathing
- Stretch to the point of tension: **never pain**
- Select the major muscle groups used in your sport and stretch them through their full range of movement

Entire stretching sessions should take 15-20 minutes

To increase or maintain flexibility and muscle suppleness, a 20 minute stretching session 2-3 times per week is recommended.

This can be performed separate to your sporting activity.

## COOL DOWN

### Why?

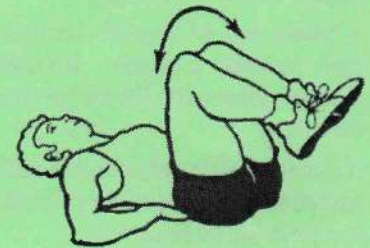
- To help remove muscle waste products
- To reduce muscle soreness and stiffness
- To enable you to compete again at the same level within a short period of time

### How?

- 2-3 minute light jog, or brisk walk immediately after sport
- 5-10 minutes of stretching (emphasise the major muscle groups you have used during your sport)



Quadriceps Stretch

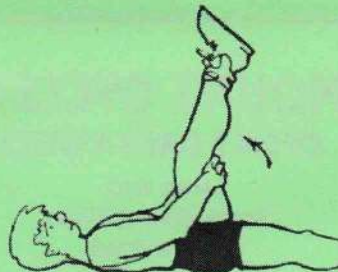


Lumbar Rotation Stretch

(Rotate legs one side, then the other, draw in and brace stomach muscles at the same time: **do not hold breath**)



Quadriceps Stretch  
(Keep pelvis on floor)



Hamstring Stretch

(Straighten leg:

- i with foot pointed
- ii with foot pulled back towards the knee)



Gastrocnemius Stretch

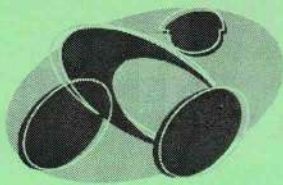
(Keep knee straight and heel down, feet facing forward)



Courtesy of Bicycle SA

# Wally Test

- Write your name in the square provided.
- Take two apples from five apples. How many do you have?
- Do they have Fourth of July in England?
- If you had only one match and entered a dark room containing an oil lamp, a newspaper and some kindling wood, what would you light first?
- A farmer had 17 sheep. All but 9 died. How many did he have left?
- How many animals of each species did Moses take into the Ark?
- A plane full of English tourists flies from Holland to Spain. It crashes in France. Where should the survivors be buried?
- If a redhouse is made of red hood and a whitehouse is made of white wood, what is a greenhouse made of?
- If Mr Jones' peacock laid an egg in Mr Brown's garden, who is the rightful owner of the egg?
- Mrs Taylor's bungalow is decorated entirely in pink. Her lamps, walls, carpets and ceilings are all pink. What colour are her stairs?
- If you drive a bus with 42 people on board from Perth to Albany, and drop off 3 people at each of six stops and pick up 4 people at half the stops, when you arrive at Albany 6 hours later, what is the driver's name?
- Write this down as one number: 15 thousand, 15 hundred and 15.
- What do Kermit the Frog and Attila the Hun have in common?
- What do you sit on, sleep on and bush your teeth with?
- How many times can you take 3 from 25?



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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.

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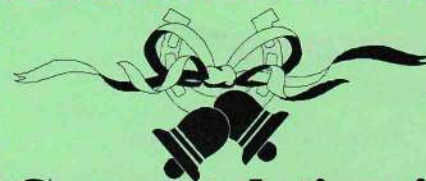
500m from Canning Bridge

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## Congratulations!

The members of the CTA would like to congratulate Noel and Connie on their wedding on October 7 and wish them all the best for the future. Noel and Connie decided to have a quiet honeymoon camping in the southwest ---- with more than 120 other cyclists on this year's On Your Bike Tour!



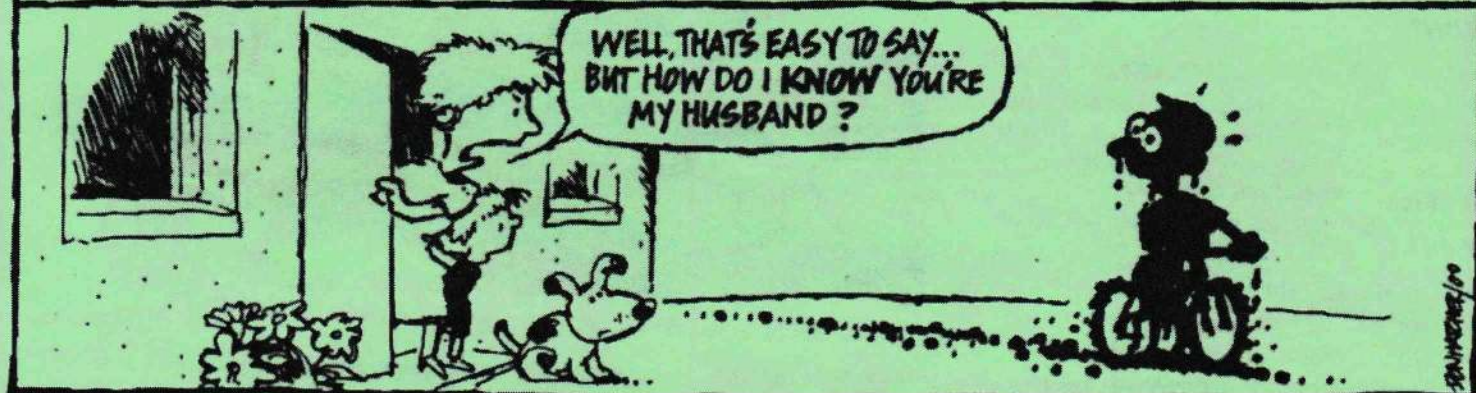
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## DON'S 'TRACK AND TRAIL' RIDING TIPS. NO 2 'ALWAYS CARRY IDENTIFICATION!'



Courtesy of Bicycle SA

# 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 2000. 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 Simon on 9271 2959 (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.

If you have any queries about the series, please contact Simon on 9271 2959 (H).

## THE WINNER'S CIRCLE

Congratulations to the following people who were successful in completing the following rides:

**200km**

Mark Elliott

**10,000 in 8**

Mark Elliott

Time is running out for anyone wanting to complete the Achievement or Challenge series for 2000. Any rides completed using an Audax ride or a CTA brevet card must be verified by the CTA Committee two weeks before the AGM i.e. before November 12.



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# Audax Australia

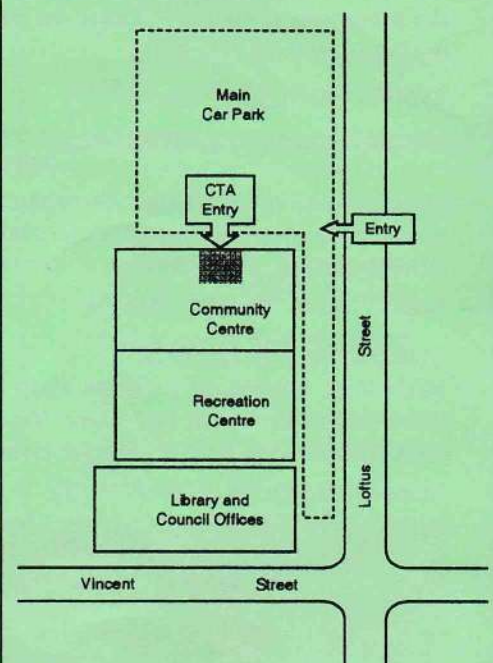
Audax is an international long distance cycling club. The first club originated in France in 1904. The name is a loose translation from the latin and means "courage". All rides are non-competitive and conducted over specified routes and distances within set time periods.

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 CTA Rides Co-ordinator, Simon, on 9271 2959 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 – November to December 2000

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

**Moderate** - fit with geared bikes

**Moderately Hard** - fit and experienced. Distances < 100km

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

*If you are interested in doing a particular ride, but you feel it may be too long for you, don't be put off. Contact the ride leader to see if you can do part of the route.*

**SUNDAY NOVEMBER 5 TEA IN THE (OSBORNE) PARK**  
35km Moderate, 9:00am Start. Meet at Perth train station (north side near the Horseshoe Bridge) for a ride to discover any inadequacies of Perth Bike routes when riding from the city to Osborne Park, returning after a refreshment break.

Leader: Andrew ☎ 9450 3545 (H)

**SUNDAY NOVEMBER 12 3RD TIME LUCKY**  
50km Moderate, 8:00am for an 8:15am sharp Start. Meet at the Raffles Hotel carpark for a touring paced ride through Fremantle, stopping in Subiaco for some refreshment before returning.

Leader: Tom ☎ 9414 8717 (H)

**WED NOVEMBER 15 OUT FOR THE LION'S SHARE**  
30km Easy, 6:30pm for a 6:45pm sharp Start. Meet at the UWA boatshed (cnr Mounts Bay Rd and Hackett Dr) for a relaxing river ride to Leo's for dinner. Note: small change is handy when paying the bill. *Lights essential and reflective vests recommended.*

Leader: Simon ☎ 9271 2959 (H)

**SAT-SUN NOVEMBER 18-19 A TOOTLE TO TOODYAY**  
100km per day, Moderately Hard, 9:00am Start. Meet at the Midland train station (meeting the 8:30am train from Perth) for a challenging but scenic ride to Toodyay. Please see page 2 of the newsletter for details, or ring the ride leader.

Leader: Simon ☎ 9271 2959 (H)

**WEDNESDAY NOVEMBER 22 ANYONE FOR 'DOME'-ESTIC COFFEE?**  
15km Easy, 6:20pm for 6:30pm sharp Start. Meet at the Raffles Hotel carpark for a leisurely evening ride through the leafy suburbs around Canning Bridge, before taking a coffee break.

Leader: Janet ☎ 9319 9526 (H)

**SUNDAY NOVEMBER 26 CTA AGM RIDE**  
20km Easy, 8:50am for a 9:00am sharp Start. Meet at the Loftus Community Centre (cnr Loftus and Vincent St, Leederville) for a short ride, arriving back in time for morning tea and the AGM.

Contact: Simon ☎ 9271 2959 (H)

**SUNDAY NOVEMBER 26  
CTA ANNUAL GENERAL MEETING**

10:00am for morning tea, 10:30am Start.

## WEDNESDAY NOVEMBER 29 EVENING RIDES WEREN'T MEANT TO BE EASY

20km Moderate, 6:30pm Start. Meet at the Entertainment Centre carpark (near the dual-use bridge) for a ride around Kings Park before dinner. Note: small change is handy when paying the bill. *Lights essential and reflective vests recommended.*

Leader: Simon ☎ 9271 2959 (H)

**SATURDAY DECEMBER 2 PROGRESSIVE DINNER**  
40km Easy, 6:00pm Start. Bookings and deposit are required for this extravaganza of fun, food, festivity and a little cycling. Please see page 2 of the newsletter for details, or ring the organiser. *Lights essential and reflective vests recommended.*

Organiser: Simon ☎ 9271 2959 (H)

**SUNDAY DECEMBER 3 BIBRA LAKE AND BACK**  
40km Easy, 9:00am Start. Meet at the Raffles Hotel carpark for a pleasant ride to Bibra Lake (and back).

Leader: Janet ☎ 9319 9526 (H)

**WEDNESDAY DECEMBER 6 HERE'S A 'KHAN DO' RIDE**  
30km Easy, 6:20pm for a 6:30pm sharp Start. Meet at the Causeway carpark for an easy ride to Leederville to sample the delights of Mongolian cuisine. Note: small change is handy when paying the bill. *Lights essential and reflective vests recommended.*

Leader: Simon ☎ 9271 2959 (H)

**SUNDAY DECEMBER 10 A DAMN WEIRY RIDE**  
60km Moderately Hard, 9:00am Start. Meet at the Midland train station for a ride to Mundaring Weir, stopping for morning tea at Mundaring township, before going on to the weir, and returning via Kalamunda.

Leader: Simon ☎ 9271 2959 (H)

**WEDNESDAY DECEMBER 13 FREEWHEEL TO FREO**  
40km Moderate, 6:20pm for a 6:30pm sharp Start. Meet at the Raffles Hotel carpark for a brisk ride to Fremantle for dinner before returning. Note: small change is handy when paying the bill. *Lights essential and reflective vests recommended.*

Leader: David ☎ 9383 9394 (H)

**SUNDAY DECEMBER 17 BIKING AROUND BYFORD**  
60km Moderate, 8:15am Start. Meet at the Armadale train station (meeting the 7:30am train from Perth) for a ride around Byford which bears a great similarity to the new 50km Achievement course.

Leader: Simon ☎ 9271 2959 (H)

**WED DECEMBER 20 A SAUNTER TO SORRENTO**  
20km Easy, 6:30pm for a 6:45pm sharp Start. Meet at Scarborough Beach (near the clocktower) for a leisurely ride to Hillarys Boat Harbour for dinner before returning. Note: small change is handy when paying the bill. *Lights essential and reflective vests recommended.*

Leader: Simon ☎ 9271 2959 (H)

**MONDAY DECEMBER 25  
MERRY CHRISTMAS**

**WED DECEMBER 27 A SORTEE TO SCARBOROUGH**  
40km Moderate, 6:20pm for a 6:30pm sharp Start. Meet at the western most carpark on the south side of Lake Monger for a brisk ride to Scarborough for some beach side delicacies before returning. Note: small change is handy when paying the bill. *Lights essential and reflective vests recommended.*

Leader: Simon ☎ 9271 2959 (H)

**MONDAY JANUARY 1  
AND A HAPPY NEW YEAR**

**WEDNESDAY JANUARY 3 WHERE'S THE WIRES?**  
15km Easy, 6:20pm for a 6:30pm sharp Start. Meet at the Raffles Hotel carpark for a pleasant ride around Mount Pleasant and Wireless Hill before dinner. Note: small change is handy when paying the bill. *Lights essential and reflective vests recommended.*

Leader: Simon ☎ 9271 2959 (H)

**SUNDAY JANUARY 7 WIND PAST THE WEIR RIDE**  
60km Moderately Hard, 8:30am Start. Meet at the Midland Town Hall for a ride through back roads to Gooseberry Hill, Kalamunda and Mundaring Weir. After lunch at Mundaring it's all downhill to Midland.

Leader: Kleber ☎ 9458 7519 (H)

**WEDNESDAY JANUARY 10 A MEANDER AROUND THE MEKONG**  
20km Easy, 6:20pm for a 6:30pm sharp Start. Meet at Shearn Memorial Park (cnr Central Av and Carrington St, Maylands) for a quiet meander before dining in a Vietnamese restaurant. Note: small change is handy when paying the bill. *Lights essential and reflective vests recommended.*

Leader: Simon ☎ 9271 2959 (H)

**SUNDAY JANUARY 14 THIS RIDE'S A BEACH**  
40km Easy, 8:00am Start. Meet at Charles Paterson Park (near the children's playground near Burswood Casino). From there we will follow the railway to Cottesloe Beach for a swim and refreshments before returning.

Leader: Terry ☎ 9472 9887 (H)

**If you are interested in leading a ride, or you have a suggestion for a ride that you would like to do, please contact the Rides Co-ordinator by December 15.**

## Family Fun Ride

**Sunday November 10**

Starting and finishing at Ozone Reserve, Riverside Drive, Perth  
Come along for a 28km ride around the Swan River to raise money for the Activ Foundation. There will be Olympians and celebrities there, including television coverage.

Free sausage sizzle and a fun park for the kids.

**Entry Fee: Adults \$6 Children \$10**


Registration at 7:00am for a 7:30am start

# Reporting Cycling Hazards

All riders are encouraged to make a note of hazards observed during rides on roads and paths, especially newly installed ones, and to submit a hazard report to Bikewest. Nearly all ride routes are likely to include hazards, even if minor ones, like centre-mounted grab rails on paths, lips on kerb ramps and drive entrances from roads, or drainage grates with gaps to trap skinny tyres. The aim is to get these fixed, and more importantly, to stop new hazards being installed.

About 80% of hospitalised cyclist crashes did not involve a motor vehicle. Most were "loss-of-control" crashes, and an unknown proportion of these were due to hazards on paths and roads.

The hazard reports should be submitted to Bikewest, either using the freepost cards provided by Bikewest or by e-mail. Sending an e-mail is an easy way of submitting a hazard report with HAZARD REPORT in the subject and a good description of the location and the hazard. The e-mail address is [bikewest@transport.wa.gov.au](mailto:bikewest@transport.wa.gov.au) with a copy to the BTA at [bta\\_wa@hotmail.com](mailto:bta_wa@hotmail.com) please.



### RAIN JACKETS

A new product by Maresa is available to CTA members at a special price of \$135. The jacket is made from 'Breathalon' and is breathable, waterproof and wind-proof. It is well made and highly visible. Contact Desama on 9472 9887 for further details.



### 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.

## 2001 MEMBERSHIP FEES

The CTA Membership is from January 1 to December 31 each year. Membership fees for 2001 have been set as indicated below:

- |                                  |           |
|----------------------------------|-----------|
| 1. Adult membership              | \$40.00   |
| 2. New members                   | \$35.00   |
| 3. Full-time Students/Pensioners | \$23.00   |
| 4. Dependants under 18           | no charge |

Note that part year memberships apply after June 30 and the above fees should be halved.

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 sleeved Coolmax tops and black lycra knicks with a coloured side panel.

Some stocks are available in a range of sizes from S, M, L, XL and XXL and costs \$65 for knicks and \$70 for tops.

Please contact Desama on 9472 9887 if you require any further information.

Cheques should be made payable to "CTA Clothing".



## 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 6913  
Western Australia

