

THE CHAIN LETTER

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

January/February 2004

Issue 174

Win a Prize in 2004

Hello and Welcome to 2004.

This year the task of newsletter editor will be shared by myself and Tim Reid. This came about as both of us were asked to be on committee and individually we had each said, "Well I suppose I'll do it if nobody else will." Then, instead of one of us escaping, we were both ensnared.

I thought that as I produce the monthly Family Day Care Carer's newsletter at work and the quarterly Parent/Family newsletter, going out to 70 Carers and 400 Families respectively I figured that this would be right up my alley. I'd heard that the newsletter was done in something called Adobe PageMaker and mistakenly figured that I could use PageMaker because I use Publisher.

Simon kindly came over to install the software on my computer and give me a quick lesson. I spent the next day wandering around the house, shaking my head and muttering under my breath, "It's not like Publisher, it's not like Publisher." and just to clarify....it's still NOT like Publisher. My husband Mark kindly suggested that I may like to use Publisher instead, however the fear of ending up with more problems in the changeover steered me away from that option.

My next problem came when I realised that I had to rely on various people to provide me with the essentials to be included in the newsletter. At work I usually make the newsletter up as I go along during the month and am at liberty to preach freely on issues of child development/health/safety/wellbeing as well as throwing in a few songs, games or activities to do with children. Here I had to ensure that I have the right article from the right person with all the obligatory advertising, articles and other content included.

Please send all articles and pictures for the next newsletter to the Editor Tim no later than February 26.

I would like to point out to all members that cycling related articles would be more than welcome by Tim or myself. Members can contribute articles about CTA rides that they have been on, or other cycling that they have done. This way they lazy cyclists can live vicariously through the experiences of others. You can e-mail articles to:

Melanie: melanie@boulton.net

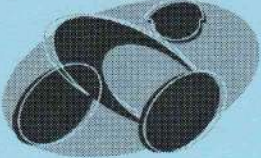
Tim: timreid@cygnus.uwa.edu.au

Basically if you're unhappy with the content of the newsletter you can contact us and tell us what you would like to see more or less of in the newsletter (preferably by offering a contribution for the next edition) Remember that there is a **prize** at the end of the year for the best newsletter article!!! But as they say - you've gotta be in it to win it.

I'll work on the assumption that if I don't hear from anyone, then everyone is either relatively happy and the newsletter is within the realms of acceptability... or all the newsletters are still sealed shut covered in a pile of bills and junk mail on the kitchen bench or wherever people leave their unread correspondence!


So for now, I'll leave you in Tim's capable hands for the next edition.

Greetings, Melanie




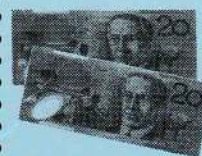
Bikewest

cycle instead



Department for Planning
and Infrastructure
Government of Western Australia





Fees Please

Just a reminder that membership fees for 2004 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. 2003 "On Your Bike" members please note that your complimentary membership extends to June 30, 2004.

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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Grant ☎ 9339 4248 (H)

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Mark ☎ 9313 2853 (H)

Teresa ☎ 9294 2625 (H)

Connie ☎ 9355 2745 (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

Web Site: www.ctawa.asn.au

The 30th Anniversary "Shakedown Tour"

February 28 - March 1

This tour is intended to help those members who are participating in the Albany to Perth tour, to develop their touring fitness and skills and sort out any bike / rider problems before the "Big One".

Naturally, the tour is open to any member who wishes to participate and not necessarily be going on the Albany to Perth tour.

Saturday February 28 – 86km

We will meet at Armadale railway station at 9:00am and set off along quiet back roads to Mundijong for a delicious morning tea at Dot's tearooms. Once we have recovered from the first exhausting 25km we will continue through bushland and open farmland to North Dandalup. Lunch can be purchased here to be consumed beside the beautiful South Dandalup Dam. It's only a short 9km into the Dwellingup Chalets and Caravan Park to set up tents and have a nice hot shower. After looking at some of the local tourist attractions it will be time for dinner. Options for the evening meal will be a counter meal at the local pub or purchase provi-

sions in town and use the camping facilities (including BBQ) at the caravan park or even sample your own trangia cooking abilities!

Sunday February 29 – 45km

Today being a short day you can sleep in for five minutes or visit the Forest Heritage Centre if you missed it on Saturday. It will be a good idea to buy some morning tea at Dwellingup to be consumed on the way. We will back track a few km's to North Spur road to access Oakley lookout and other beauty spots. After an early lunch at Pinjarra we ride to Mandurah for a swim in the Indian Ocean and then we settle into the attractive Lucky Caravan Park. We will have a combined barbecue using the "free" facilities at the caravan park. Provisions will be available for purchase at the nearby supermarket.

Monday March 1 – 80km

We can spoil ourselves with cooked breakfast in town or have muesli at tent city. After leaving camp we head north to the quiet back roads through Baldivis and enjoy the safety of the Kwinana freeway cycle path to the morning tea stop at the Thomas Road service station. Time permitting we could enjoy each others company for a few more moments at an afternoon coffee stop at Ardross.

Bookings and a \$10 deposit is required before February 22.

Organiser: Kleber Claux ☎ 9354 7877 (H)

30th Anniversary Full Pannier Tour Albany to Perth

April 17 - May 2

You are in for one hell of a good time in 2004! Tour leaders Kleber Claux and Stan Wiechecki have just completed a reconnaissance of the intended route for the 30th Anniversary Pannier Tour. Passing through Albany, Denmark, Walpole, Shannon River, Pemberton, Nannup, Augusta, Hamelin Bay, Boranup Forest, Margaret River, Dunsborough, Busselton, Bunbury, Lake Clifton, Mandurah, Fremantle (phew!) and ending in Perth. This will guarantee a kaleidoscope of scenery from forest to ocean, caves to vineyards.

Total cycling distance will be 816km over 12 cycling days, with 3 rest days to take in the more picturesque spots. You will be camping under the stars most nights in caravan parks, with YHA accommodation at Albany,

Pemberton (Pimelea) and Dunsborough, and good old fashion hospitality at Lundy's holiday mansion in Mandurah.

On the last night we will celebrate our success at the Silver Sands Tavern with other CTA members, who will join us from Perth with their own weekend tour. We will then meet up with other members of the CTA at Fremantle, for the final 25km to Perth.

It is recommended that those interested take advantage of the pannier tours on offer in the CTA calendar, to develop their touring skills. It will also be a prerequisite that participants join in at least one of the organised "trial" weekend tours being arranged, so that the organisers are completely satisfied with the capabilities of both rider and bike.

Priority will be given to CTA members, but the tour is open to other cycling clubs and members of the general public.

UPDATE: The response from the membership has been excellent with 10 people already paid up. We need more takers for Options 2, 3 and 4 so that the transport will be viable. So, if you can spare a week or weekend of your time, come and join in the fun! As you are aware, numbers will be limited, so first in with their entry forms will be guaranteed a place.

Organiser: Kleber Claux ☎ 9354 7877 (H)

30TH ANNIVERSARY WEEKEND HALFWAY TOUR NANNUP TO BALINGUP

April 24-25

Would you like to do something spontaneous? Why not come and join in with the 30th Anniversary Full Pannier tourists celebrating their first week on the road.

You will be transported to Nannup from Perth and after dropping off your swag, you can ride out to meet the tourists on their way from Pemberton. That evening join in the halfway celebrations with dinner, wine and good company.

Sunday you will ride to Balingup with the first week only tourists. This would have to be one of the most scenic routes in the South West. Then it's back to Perth by coach. There are other accommodation options available. See the 30th Anniversary Full Pannier Tour brochure for more details.

Organiser: Kleber Claux ☎ 9354 7877 (H)

Tony Takes All!

CYCLE TOURIST OF THE YEAR

Congratulations to Tony Humphreys who is the well deserved recipient this year. For many years Tony was a frequent ride leader and participant before moving to Bunbury. He is also a regular On Your Bike participant, has been on the OYB committee for several years and led the tour in 1999.

Even though Tony now lives in Bunbury, he is still an active member organising and leading weekends and tours such as the recent Easter Weekend and Warren River Wander, frequently offering his own house for CTA accommodation.

Tony receives the Cycle Tourist of the Year perpetual trophy and free CTA membership for 2004.

See page 7 for Tony's reaction when he recieved the award.



RIDE OF THE YEAR

This year's most popular ride was Easter in Quinninup. Congratulations to Tony for a well organised and enjoyable ride. Tony receives a \$20 gift voucher from Runners World.

NEWSLETTER ARTICLE OF THE YEAR

The best newsletter article for 2003 was awarded to Tony Bennett for his fascinating articles on 'Cycling in Europe'. Tony kept us entertained with his numerous articles and pictures and wins a \$20 gift voucher. Tony was not at the AGM and needs to contact Terry to collect his prize for superior journalism.

THE 2004 CTA COMMITTEE

The new CTA Committee for 2004 is as follows:

President	Terry Bailey
Vice President	Michael Hook
Secretary	Kate Smith
Treasurer	Ann Wilson
Editors	Melanie Boulton
	Tim Reid
Rides Co-ordinator	Grant Gregory
Committee	Teresa Liddiard
Committee	Connie Eddington
Committee	Mark Boulton

Welcome to the new committee and a big thank you to the outgoing committee for 2003.

ACHIEVEMENT SERIES AWARDS

Super Achiever Series

We either look up at them in complete awe or to shake our heads in utter disbelief that people would actually choose to spend 300km in the saddle on the one day! The following five people have this year completed a 50km, 100km, 200km, 300km and the 10,000 in 8 ride:

Ann Wilson
Colin Prior
Mark Elliott
Danny Boulter (The Phantom)
Colin Farmer

(Editor's Note: I have to brag here and point out that my husband Mark Boulton did successfully complete the 300km but unfortunately missed the 200km ride so he couldn't meet the criteria.)

Challenge Series

The following people have completed above rides, except that the 300km was substituted by the 160km. While we congratulate you on

completing the challenge series, we'd like to remind you that you've already completed a 200km and the leap from 200 to 300 isn't that great, so we encourage you to set your sights high and add a Super Achiever Mug to your collection in 2004.

Congratulations to the following two people who have this year completed a 50km, 100km, 100 miles, 200km and the 10,000 in 8 ride:

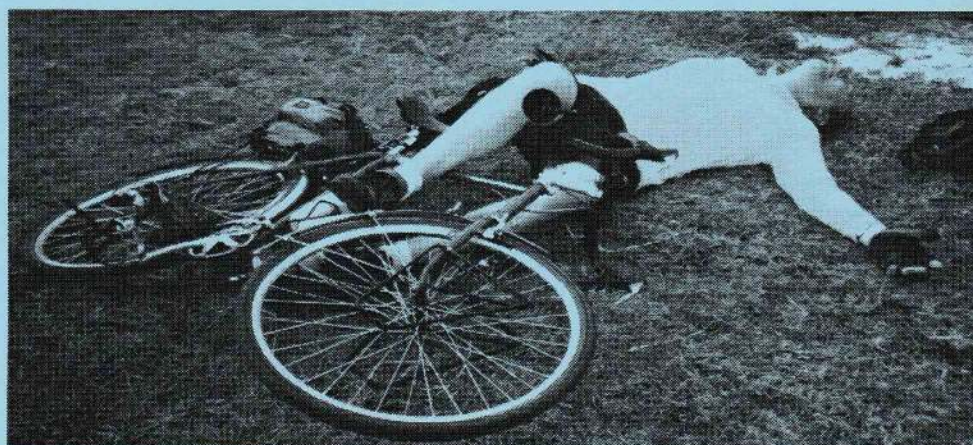
James Flynn
Andrew Candy

Merit Series

Alright, so here we have the sensible cyclists. A bit of competitive spirit tempered by love and care of their bodies. We encourage all members to have a go at the Merit Series. It's a realistically obtainable goal for anyone in the club who is prepared to do a little bit of training over a few weekends before each of the 3 rides. You will be rewarded with a sense of achievement and a very handy mug, suitable for tea, coffe, milo or the beverage of your choice. You can also amaze your friends at work by responding with, "100km bike ride" in response to Monday morning's stock standard, "How was your weekend?" question. *(Editor's Note: I'm really enjoying getting into work mode here - preaching about things in the newsletter that I haven't bothered to get off my bum and do myself!)*

Congratulations to the following five people who have this year completed a 50km, 100km and the 5,000 in 4 ride:

Bruce Beecham
Kleber Claux
Rosalie Brittain
Tim Reid
Liz Weib



Terry's Tales

The 29th AGM for the CTA has come and gone, and as we get over the aftermath of Christmas and another New Year, I find myself wondering "why am I writing this?" Then I remember my weaker moment at the AGM when someone convinced me to take on the presidency.....again!

Speaking of the AGM, it was very pleasing to see Tony Humphreys' years of tireless service recognised by the members as the 2003 Cycle Tourist of the Year. And just to prove a point, Tony also won the Ride of the Year award for his very successful "Easter in Quininup" ride. Well done Tony! See page 3 for further results from the AGM.

Now 2004 is upon us and it promises to be an exciting year, especially since it is the CTA's 30th year (happy birthday to us, happy birthday to us...). And of course to celebrate this milestone we are putting on a full pannier tour from Albany to Perth in April. See the updates on page 2 for all the latest details on this special event, and if you haven't already done so, send in your tour entry form (with payment) from the previous newsletter.

If you have lost your previous newsletter, then you can always contact Kleber to get another tour brochure and entry form. Places are filling up as I am about to get my entry form in, and I believe even the organiser might eventually put his entry form in!

But before you go on the tour, you will need to get some training in (at least, I know I do).



NEW MEMBERS

A warm welcome is extended to the following new members.

Elizabeth Sanderson
Travis George
Brian Calder
Graham Bamber
Darryl Allen
Dirk Hirschberg
Jill Helm
Steve Helm
Darryl Allan
Norman Lip
Almut Winter
Shane Bezzant

We hope to see you on one of the rides soon

So to help you on your way, you will find a range of rides in the first calendar of the year to help you work off your Christmas indulgences (yes, go on, admit it...you had too much of the good stuff didn't you?).

Also in this issue is the new Main Events Calendar for 2004 with weekends away, tours, Achievement Rides and other special events. Take a look at, stick it on your fridge or the back of the toilet door, and take note of some of the rides you think you might like to do.

One thing you will notice this year is the early start for the Achievement Rides Series. This was unfortunately unavoidable due to four consecutive weekends being used for Easter and the 30th Anniversary Tour and further complicated by the Labour Day long weekend and Bikeweek in March.

This means that the first 50km Achievement Ride will be on February 22 and there is a good chance the weather may be on the warm side. To help alleviate this, the start time is earlier than usual to try and avoid the hottest part of the day. And if you really don't like riding in the hot weather, there is always the Take 2 ride later in the year.

So as the witching hour again draws near, I wish you safe and pleasant cycling while I fend off these two new and enthusiastic editors.

Terry

CYCLERAMA

1234 Albany Hwy
CANNINGTON

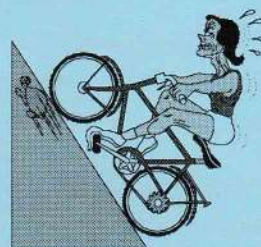
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Want to go Faster?



Drafting - The Key to Saving Energy

Have you ever wondered how racing cyclists can race for hours on end at speeds of well over 40kmph when you find riding at that speed for only 10 minutes a near impossibility?

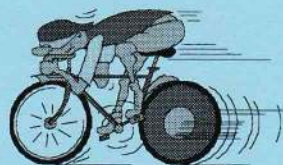
The answer is drafting. In other words, using other cyclists to put up a shield between you and the force of the wind. If you are sitting behind a line of riders traveling at 40kmph you will be using 27% less effort than the rider at the front breaking the wind. If you are sitting in the middle of a large bunch of riders you could be using 39% less energy than the riders breaking the wind.

The key to good drafting is to ride as close as possible to the rider in front of you and to position yourself so that the body of the rider in front of you blocks the wind. If the wind is coming from the left, sit a little to the right and vice versa.

But there are dangers and courtesies when riding in a pack.

Always ride in a straight line. Never suddenly swerve to one side. Don't ride too close to the rider in front of you unless you are very experienced. If the person in front stops, you don't want to be wrapped around their seat pillar. On long downhill, leave plenty of room between the riders and definitely ride in a straight line. Never look behind. If you wish to move to another position, glance at your front and back wheels to ensure that no other rider is overlapping your wheels. Make your intentions well known with a hand signal and verbal warning. Signal to riders behind you if you are coming up to a pot hole or other obstacle on the road. When riding at the front keep the speed even.

Taken (with new, gender neutral, adaptations) from the August/September 1991 Edition of the CTA newsletter.



Bikewest Publications

For many years the name Bikewest has been closely associated with the growth and promotion of cycling in this State. Established in 1985, the unit has taken a low profile in recent times but is now set to return at full steam as part of the re-organised Department for Planning and Infrastructure.

Perth Bike Maps 5th Edition Now Available

The Department for Planning and Infrastructure's Bikewest has just released the 5th edition of these very popular maps. The maps can be purchased for approximately \$3.95 each from your local bike shop.

Ride Through the Hills NEW Publication

A new publication providing scenic riding and walking routes through the hills of the Darling Ranges is now available. Pick up a FREE copy of Ride Through the Hills from the Department for Planning and Infrastructure, 441 Murray Street, Perth or email cycling@dpi.wa.gov.au.

Ride from Armadale to Perth NEW Publication

A new publication providing details of a scenic route that commences in the centre of Armadale, travels through the Canning River basin and concludes in the city is now available. Pick up a FREE copy of Ride From Armadale to Perth from the Department for Planning and Infrastructure

Munda Biddi Trail First Section Now Open

The first section of the Munda Biddi Trail from Mundaring to Dwellingup is now open and promises to be one of the most beautiful and exciting ways to see WA's landscape. Further information is available from

<http://www.mundabiddi.org.au>

or ☎ 0422 112 229.

The Munda Biddi Trail map can be purchased for \$14.95 from a limited number of bike shops, outdoor stores, map and book stores, tourist centres and CALM offices. Alternatively the map can be purchased directly from the Munda Biddi Trail Foundation.

Advanced Stop Lines for Cyclists at Traffic Signals

Advanced Stop Lines (ASL) are the latest development for making our roads safer for cyclists and encouraging cycling as a mainstream form of transport. ASL enable cyclists to wait in a dedicated area, at the front of the queue at traffic signals and provide

them with a head start from motorists. ASL are at the intersection of Clayton and Lloyd Streets Midland and Helena Street Midland. ASL are planned for West Coast Highway at Brighton Road, Hale Road, The Boulevard and Oceanic Drive (to be implemented during the 2003-2004 financial year).

The ASL concept, based on Australian Standards, was developed by Main Roads Western Australia after discussions with both the Bicycle Transportation Alliance (BTA) and the WA Bicycle Committee (WABC).

Further information is available on the MainRoads WA website

<http://www.mainroads.wa.gov.au>

Bikewest information taken from the Department for Planning and Infrastructure.



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 address is bikewest@dpi.wa.gov.au with a copy to the BTA bta_wa@hotmail.com please. An on-line hazard report form is also available at <http://www.dpi.wa.gov.au/cycling/hazard.html>

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 ☎ 9324 2835.



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Reevu Helmets

Thanks to Terry for supplying the following information. It certainly looks like an excellent idea. Now we just have to wait for a CTA member to purchase one and give a personal, unbiased review.

Cycle helmets have come a long way! Developed specifically to meet the demanding needs of cycling enthusiasts the world over, Reevu cycle helmets combine impeccable safety levels, with excellent build quality and stylish looks. The real difference in a Reevu bicycle helmet, however, is its rear view visor. Wearing a Reevu helmet doesn't affect the view of the road ahead, but it is the view behind that is so dramatically transformed - now you can see in front and behind without the need to turn or look over your shoulder.

It has taken 7 years of intense research and development to perfect the rear view system that is fitted in every Reevu bicycle helmet.

The patented multiple mirror system that is fitted within every Reevu bicycle helmet is a unique achievement of creative thinking and technical excellence. The mirror system is manufactured from a reflective

polycarbonate material rather than glass.

Unlike glass, this material is almost impossible to break and is lighter, providing additional safety and comfort to the wearer. Put simply, the system effectively 'bends' the light around the shape of the top of the head - all within the moulding of the helmet - to provide a clear view of the road behind.

Early prototypes were met with absolute astonishment. It is so stunningly apparent from the first moment a Reevu helmet is worn that it really will make a huge difference to the safety of cyclists on our roads. With product development now complete,

Reevu is confident that its technology will transform the comfort and safety of cyclists who wear Reevu bicycle helmets.

Reevu cycle helmets use the cavity produced by its rear view system to create a chimney effect that pulls cool air through

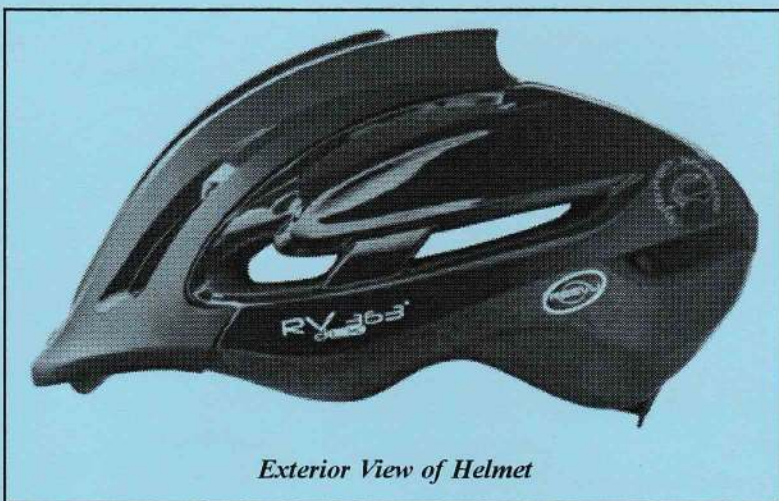
and over the top of the wearer's head. This helps keep the head cool and the mind focused on what's really important - road safety.

When you wear a Reevu cycle helmet your view of the road ahead is not affected in any way. The view behind, however, is so dramatically transformed - you can now see behind without the need to turn or look over your shoulder.

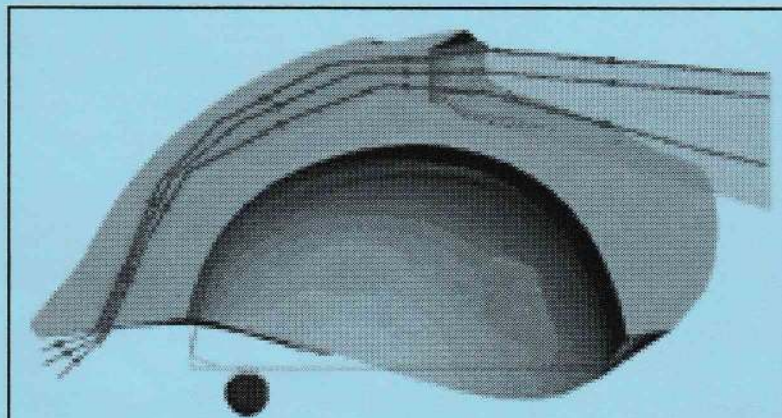
Our testers have commented that after a short period of time, you are able to maintain awareness of the road ahead and behind without making a conscious effort. This means no more shaky steering when you are looking over your shoulder and no loss of vision of the road ahead when you are looking behind you!

Quite simply, Reevu cycle helmets will transform your cycling experience. The Reevu cycle helmet is available throughout Europe and is currently going through Australian Standards testing, which should be finalised shortly.

The above info came from the Reevu Helmet web page www.reevu.com/leisure.



Exterior View of Helmet



Interior View of Helmet

Shows how the light/view is reflected (from behind the cyclist) inside the helmet onto the rear view visor.



Cyclist's View While Riding

This picture shows the clear view of the road behind without obstructing the view ahead.

Tony's Reply

Thank You CTA!

The phone call from Ann W on the afternoon of the 30th Nov 2003 saying "Congratulation!" – what have I done now? how did YOU find out?

After letting me hang for a while she congratulated me on the Cycle Tourist of the Year award and the Ride of the Year award!

To say I was shocked was an understatement. I'd forgotten all about the AGM and I did not even vote this year! (typically vote via email). I put it down to a busy weekend and I'd said I'd help with the Bunbury Swim Thru on Sunday, - help the swimmers stick to the course and not to go too far out to sea!

Re the Cycle Tourist of the Year award - I wish to thank every one in the CTA for their support and encouragement over the many years I've been a participant of the club – some 14 years. A special thanks to Kleber, Ann, and Simon for their leadership, support and assistance in the past.

Re Ride of the Year – "Easter in Quinninup 2003". Thank you to all the participants for making it a great success. Special thanks to Rosie for co-ordination the transport of people and bikes to Quinninup for the weekend and collection monies.

I am please to hear that the "Warren River Wander" was not voted as Ride of the Year as this would indicate time has dulled the memories of some of the participants.

Examples:

- A number were calling it "The Bloody Tony's Tour" – I expect I got this name after the first hill.
- Before starting out from Quinninup Rosie said "We do not go up that hill again", this hill being between Quinninup and South West Hwy, my answer "No, not that Hill". Rosie did not ask about the one 100m from camp in the other direction that was twice as steep and long or the one after that prior to joining Muirs Hwy. To say I was popular was an understatement. Ann too was not impressed with the first hill as Mark C and Basia rode past talking to each other!
- Day 2 we had a limb from a tree fall to the floor of the forest as we rode by – some of the group got a bit excited including me – we did not know were it was going to land! That evening we dinned near a larger pine tree at Frankland, our chatted was broken by the sound of a pinecone falling off the tree. It landed near by – I'm glad I move my tent from under the tree!
- Day 4 – As it was only 80km to Bridgetown Mark B announced that he was going to have lunch in town, the first 40km was "easy" the next 40km was not so easy, he was going to slow something on the bike was grabbing. Mark stopped on one of the hills and picked up his front wheel and spun it – that wheel was fine. So he picked up the rear wheel and that

too ran free! So it must be the hills! Mark got into town for lunch a bit later than expected. The rest of the group were most please that Mark found it hard as well.

- A footnote from the tour from Ann was – The tour made her fit enough to complete the Super Achiever serieses for 2003.

Now for New Year's Resolutions and for future indisressions – please excuse my wayward tendencies eg a squirt from a water bottle(s). - I will aim to do better this year! (*Yeah, aim to hit more people! - Ed.*)

So until I next see you take care and keep pedalling or paddling (refer Australian Cyclist Jan / Feb 2004 edition, page 60).

If you are interested in more information re paddling, check out these sites:

<http://members.iinet.net.au/~rokhor/canoe/index.html>

<http://www.canoewa.asn.au/links/index.html>

Tony



The president and previous Cycle Tourist of the Year hands Tony his new trophies.

For Sale

Brand new Ortleib Bike packer plus panniers. Top of the range, the best panniers money can buy. QL2 locking system. 40L capacity rear panniers. colour of red (2 sets) or blue (3 sets). 2 year manufacturer's warranty. Normally \$370, sell for \$280.

Contact: Norman ☎ 9284 0758 (H)

Serfas Ladies Saddle - Deep Groove Design. As good as new. Cost \$45.

Contact: Ann ☎ 9444 5160 (H)

Near new red colour panniers made by Wilderness Equipment and hardly used, ideal for touring. Price \$100 o.n.o.

Contact: Dennis ☎ 9497 4716 (H)
or ☎ 0422 902 116 (M)



Deb and Colin sold all their rear view cycling mirrors at the last CTA ride that Colin and Deb led. If anyone else is interested Deb will order another batch of 10, but they need to pay Deb in advance (\$23.00). Deb will place an order when she has close to ten interested people. They're called "Take-A-Look" Bike mirrors, and they attach to your glasses (or to your helmet with an adaptor which costs slightly more)

Contact Deb ☎ 0421 697 453 (M) for more details.

John is keen to participate in the 30th Anniversary Full Pannier Tour in April however he doesn't have a suitable bike and would like to borrow a medium sized touring bike for the duration of the Albany to Perth tour. If anyone has a bike that John may be able to borrow please contact him to discuss potential arrangements/payments etc.

You can call John ☎ 9448 0075 (H).

CANNING BRIDGE CYCLES

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10% Discount for CTA Members



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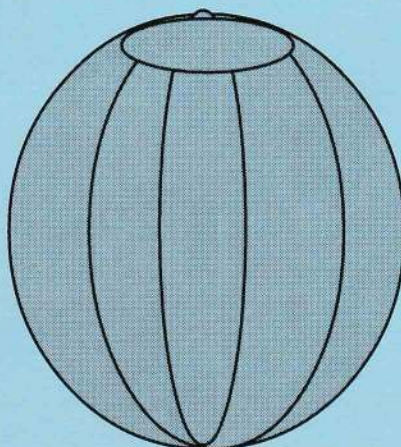
Brain Teaser Solutions

A 'Prime'ary School Problem?

Issue 173's brain teaser solution is there is no largest prime number. The solution is a proof by contradiction.

Let us assume that x is the largest prime number. If we then multiply all the numbers from 1 to x ($1*2*3*...*x$) and add 1 to that result, we now have a new number that is larger than x but only divisible by 1 and itself. This contradicts the assumption that x is the largest prime number (as the new number is larger and prime), so the assumption is wrong.

Hence there is no largest prime number!



Issue 172 Question On The Ball

Issue 172's brain teaser solution involves expressing the problem algebraically.

The ball weighs 50kg divided by half its real weight. Let us say the ball's weight is x , then (assuming x can't be zero):

$$x = 50 / (x/2)$$

$$\Rightarrow x = 50*2 / x$$

$$\Rightarrow x*x = 100$$

$$\Rightarrow x = \pm 10$$

The ball's weight can't be negative, so the solution is 10 i.e. the ball weighs 10kg.



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Capture a Piece of History

Buy Your CTA 30th Anniversary Clothing

To celebrate our birthday, the CTA has ordered commemorative 30th Anniversary Logo clothing comprising of short sleeved Coolmax tops which are highly visible being yellow with red stripes..

The tops are available in a range of sizes from S, M, L, XL and XXL and the cost, at \$85, is the same as the standard clothing price for these special commemorative tops.

Please contact Mark or Melanie on ☎ 9313 2853 (H) after February 21 if you require any further information.

Cheques should be made payable to "CTA Clothing".



The CTA Achievement Ride Series

The CTA conducts a series of Achievement Rides each year that will allow you to qualify for an award. A cloth badge is also available for each of the individual rides at a cost of \$5 each.

The three series available are: the Super Achiever, the Challenge Series and the Merit Series. Each ride of the series must be completed within the set time limit, but is otherwise noncompetitive in nature. A member can only nominate for one award per year. The three series are:

Super Achiever Series

To become a Super Achiever you must complete the following five rides in the specified time limits:

50km	3 hrs
100km	6 hrs
200km	13½ hrs
300km	20 hrs
10,000 in 8 (10,000 feet of hills in)	8 hrs

Challenge Series

To receive the Challenge Award you must complete the following five rides in the specified time limits:

50km	3 hrs
100km	6 hrs
Century (100miles)	10 hrs
200km	13½ hrs
10,000 in 8 (10,000 feet of hills in)	8 hrs

Merit Series

To receive the Merit Award you must complete the following three rides in the specified time limits:

50km	3 hrs
100km	6 hrs
5,000 in 4 (5,000 feet of hills in)	4 hrs

Using Brevets and Audax Rides

Each Achievement Ride will be held twice during the year to provide the maximum opportunity for members to complete one of the series. However, if you are unable to attend one of the official CTA rides, then a CTA brevet card can be used to complete the ride. To obtain your brevet card and route description, contact the Achievement Rides Administrator (i.e. Vice President Hooky). After completing the brevet, it must be returned to the Achievement Rides Administrator to record the ride and ensure that it is officially notarised by the CTA Committee.

In addition to brevet cards, official Audax rides can also be used to complete the 200km and 300km rides (refer below for additional information on using Audax rides).

To qualify for an award, all brevets for that series must be completed and notarised by the CTA Committee **two weeks before the AGM**.

If you require further details please contact Hooky ☎ 9375 5246 (H).

AUDAX FOR CTA RIDE 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 at least one week **BEFORE** the ride.

Forms are available from Audax (contact ride organiser). There is an extra \$10 fee for non-Audax members. 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 - \$6
all supported: contact organiser
3. Sign the form and send the form and correct money to the ride organiser (make cheques payable to Audax Australia) at least one week before the ride.
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, please contact Hooky ☎ 9375 5246 (H).

THE WINNER'S CIRCLE

A list of members who have successfully completed a ride for one of the achievement series will be printed here in each newsletter.

Stay tuned for the first batch of eager cyclists.

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 on Audax is available by contacting Colin Farmer ☎ 9330 4441 (H)

Bikewest



cycle instead



Department for Planning
and Infrastructure
Government of Western Australia



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 Curtin Radio on
Saturday mornings**

7:45am - 8:00am

**Put a smile on your dial and
tune to 1001MHz**

Rides Calendar – January to February 2004

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 January 11

The Mundaring Munch

50km Moderate, 9:00am start. Meet at the Midland Railway Station for a touring pace ride up Red Hill to Stoneville Road and then onto Mundaring for a Munch on a Muffin. After the break we can return to Midland via Darlington or yahoo down Greenmount Hill.

Leader: Kleber ☎ 9354 7877 (H)

Sunday January 18

Dust Off Your Old Bike

41km Ride and at least 1km Swim!! Easy-Moderate, 9:00am start. Meet at the north end of the carpark at the Rendezvous Hotel (opposite the blue loo block) in Scarborough beach for a leisurely "social" ride in the fresh salty air up the coast to Burns Beach where we'll stop for a cuppa. On our return, a mandatory swim at Scarborough Beach, regardless of whether a hot or cold day (don't forget to bring your bathers and towel, nude swimming prohibited, Kleber!!). Those that have some extra time can stay for lunch somewhere at Scarborough Beach. All those "South of the River" dwellers are advised that they need not be frightened of attending a "North of the River" event...you may be pleasantly surprised!!!

Leader: Mike N ☎ 9448 1978 (H)

Sunday January 25

January Jaunt

55km Moderate, 8:30am start. Meet in the carpark of the Loftus Community Centre (cnr of Loftus and Richmond Streets, Leederville). We will cycle along DUP's and quiet roads around the northern suburbs finishing at a cafe in Leederville for a well earned rest.

Leader: Ann ☎ 9444 5160 (H)

Monday January 26

Australia Day Fireworks Ride

20km Easy, 5:30pm start. Meet at the East Perth Train Station (in the car park on the eastern side of the train station) for a short ride to find a reasonable spot from which to view the fireworks. BYO dinner drinks and blankets.

Leader: Terry ☎ 9472 9887 (H)

Friday January 30

Star Gazing from the Left Bank

26km Easy, 6:30pm for 6:45pm sharp start. Meet at the carpark on The Strand, Applecross, near the toilet block for a leisurely ride to Left Bank in East Fremantle where we'll enjoy a meal before cycling back to the starting point. Bring a jacket as we may be sitting outside & it can get rather fresh. *Lights essential and reflective vests recommended.*

Leader: Helen ☎ 9364 9071 (H)

Sunday February 1

Metro Tourist

65km Moderately Hard, 9:00am start. Meet next to the Floral Clock in Kings Park, opposite the War Memorial off Frazer Ave, for a fast touring paced ride around our southern city areas with a stop for coffee somewhere along the way.

Leader: Mark E ☎ 9382 1961 (H)

Wednesday February 4

A Night Out With Noel

25km Easy, 6:30pm for a 6:45pm sharp start. Meet at the playground at Charles Paterson Park in Burswood and join fellow riders for a pleasant cycle past our wonderful city in the evening twilight. We'll stop along the way for a meal before making our way back to the starting point. *Lights essential and reflective vests recommended.*

Leader: Noel ☎ 9355 2745 (H)

Sunday February 8

Speed Dome Track Cycling

40km approx Easy - Moderate, 8:00am for an 8:15am start. Meet at Causeway Car Park for easy paced warm-up ride to Midland Speed-Dome where we will hire the track and some bikes and you can experience the thrill of track cycling. After, we'll head back to the Causeway stopping somewhere along the way for refreshments and band-aids if needed!! Approx cost \$10 (depends upon numbers). Please phone Lorraine to let her know if you'll be coming.

Leader: Lorraine ☎ 0402 017 739 (M)

Sunday February 15

New and Improved River Romp

40km Moderate, 9:00am start. Meet at Deep Water Point for a ride along the Canning and Swan Rivers. This ride is a new improved version of the ride leader's previous ride! Bowing to popular demand, the unpopular "walk across a construction site" section of the old ride has been deleted and there will be a refreshment break mid-ride. Experience all the thrills of the old ride, without the inconvenience.

Leader: Tim ☎ 9457 2073 (H)

Friday February 20

Gadabout to George Street

28km Easy, 6:30pm for a 6:45pm sharp start. Meet at the east end of Point Walter car park for a cycle to a café in George St, East Fremantle for a meal. There are a couple of hilly bits along the way but we'll take a leisurely pace so come along & join us. Bring a jacket as we may be sitting outside & it can get rather fresh. *Lights essential and reflective vests recommended.*

Leader: Helen ☎ 9364 9071 (H)

Sunday February 22

50km Achievement Ride

50km moderate 8:00am for an 8:30am sharp start. Meet at the corner of Great Northern Hwy and Chittering Rd. The time limit of 3 hours (17km/h average) should ensure that everyone has a chance of completing the distance. Note that there is a \$10 fee for non-members.

Organiser: Hooky ☎ 9375 5246 (H)

February 28 to March 1**30th Anniversary
"Shakedown Tour"**

211 km over three days, touring pace. Come and join the intending 30th Anniversary Albany to Perth tourists on their "trial tour". A mix of flat and hilly terrain, mostly on quiet back roads with plenty of rest stops. We will stay overnight at Dwellingup and Mandurah. See page 2 for further details. Booking and a \$10 deposit are required before February 22.

Organiser: Kleber ☎ 9354 7877 (H)

Sunday March 7**Northerly Commute Experience**

45km Medium, 8:30am start. Meet in front of Wellington St, Perth railway station for a moderate paced ride following the route near Mitchell Freeway to Sorrento. We will stop for refreshments along the way before heading back to the city, probably along the coast. For those who live North, if you'd like to meet up with Mike and ride to the starting point with him from Sorrento, please give him a call to make arrangements.

Leader: Mike N ☎ 9448 1978 (H)

Friday March 12**Bike to Work Breakfast**

6:30am start. The Department for Planning and Infrastructure is providing breakfast for all those who cycle into Forrest Place this morning from 6.30am to 9am. Ride to Perth to be part of this cycling event and join the throng.

Sunday March 14**100km Achievement Ride**

100km Moderately Hard, 8:30am for a 9:00am sharp start. Meet at the Armadale train station for registration and map/ride description. A pretty but demanding (pretty demanding?) ride, going up Bedforddale Hill, past Glen Eagle, then onto Jarrahdale and Serpentine Dam before returning. The time limit is 6 hours (average 17km/h). Note there is a \$10 fee for non-members.

Organiser: Hooky ☎ 9375 5246 (H)

Sunday March 14**I Scream for Icecream!**

30km Easy, 10:00am start. Meet at Shearn Memorial Park (cnr Central Ave and Carrington St, Maylands) For those wanting a more relaxed alternative to the 100km Achievement Ride come along for a cruisy ride to Midland to find icy refreshment (just what is needed at this time of year!)

Leader: Simon ☎ 9271 2959 (H)

Wednesday March 17**Bike Week BBQ Ride**

15km Easy Ride, 6:30pm for a 6:45pm start. Meet at McCallum Park at the end of Taylor Street, Victoria Park. Take the night off and join the CTA's easy night ride. Enjoy a peaceful ride around the riverside suburbs, taking in the night views of the city lights. You will be rewarded with a free sizzling BBQ at the end of the ride. All food and refreshments will be provided courtesy of Bikewest. BYO plate, cutlery, seat and insect repellent. Registration is free and, though not essential, is helpful for the organisers (especially for the catering!).

Organiser: Terry ☎ 9472 9887 (H)

Sunday March 21**A Wander to Whiteman Park**

Come and enjoy a pleasant, comfortable ride through the Swan Valley with the Cycle Touring Association (CTA), followed by a free sausage sizzle for lunch at Whiteman Park! All food and drinks will be provided. Choose from two great rides – there's something for everyone!

Option 1: 30km Easy Ride, 10:30am start. Meet at the Midland Train Station for a relaxed ride to Whiteman Park via quiet back roads through the Swan Valley.

Option 2: 60km Moderate Ride, 9:30am start. Meet at Charles Paterson Park (near the children's playground, near Burswood Casino) for a touring paced ride to Midland following the railway, then via quiet back roads through the Swan Valley to Whiteman Park. This ride will rendezvous with the short ride starting at Midland.

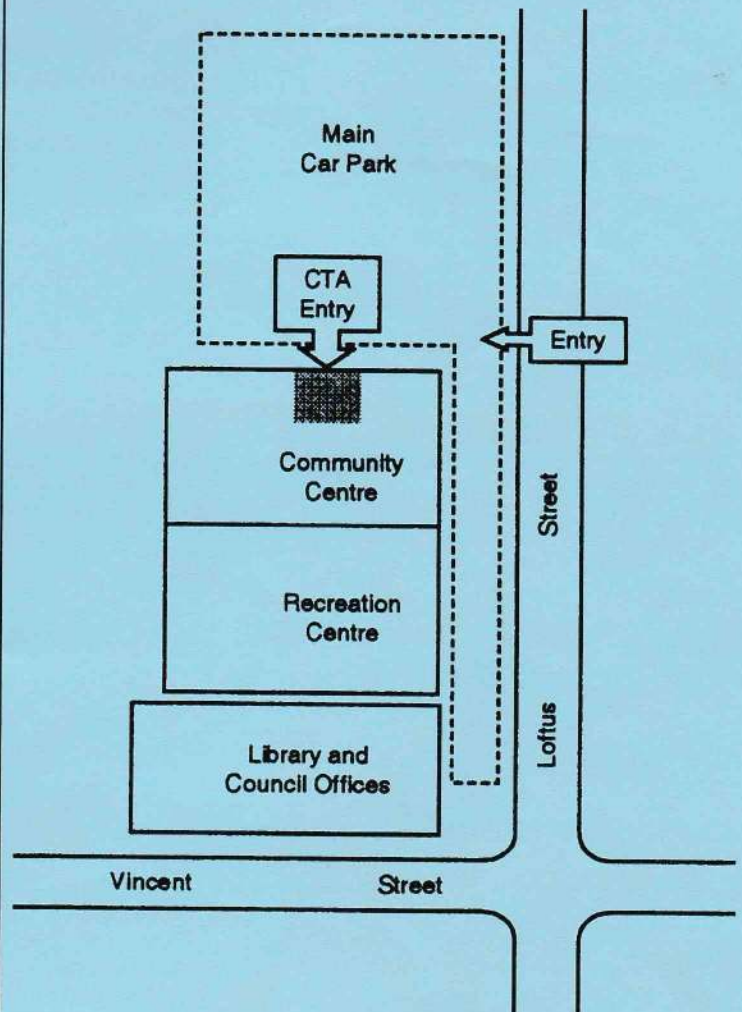
Organiser: Terry ☎ 9472 9887 (H)

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, Grant ☎ 9339 4248 (H) by February 26.



Social Nights

Social Nights are usually (but not always) held 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 Connie ☎ 9355 2745 (H)



2004 MEMBERSHIP FEES

The CTA Membership is from January 1 to December 31 each year. Membership fees for 2003 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 number of social evenings with suppers, weekend trips and tours at cost, a library, and indemnity to cover property to name a few of the material 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 that is highly visible being yellow with red stripes (some tops and knicks in turquoise and green are still available).

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 \$80 for knicks and \$85 for tops.

Please contact Mark or Melanie on 9313 2853 (H) 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

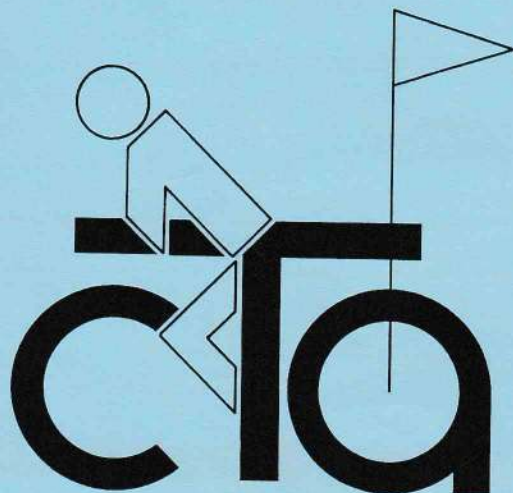
The CTA has a small library of books and magazines relating to all facets of cycling and cycle touring. These are available for all members to borrow or just read at each of the social evenings. The books may only be borrowed for 4 weeks by contacting a committee member on the night. Contributions to 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 the Officer in Charge of Cycling at the Cottesloe Police Station ☎ 9284 5058 during working hours.

If undelivered please return to
PO Box 174 Wembley 6913
Western Australia



Main Events Calendar 2004

Tours and Rides

January 26	Australia Day Fireworks Ride
February 28 - March 1	30th Anniversary Shakedown Tour
March 12 - 25	Bikeweek
March 17	Bikeweek BBQ Ride
March 21	Wander to Whiteman Park
April 9 - 12	Easter Long Weekend
April 17 - May 2	30th Anniversary Full Pannier
	Albany to Perth Tour
May 1 - 2	Rendevous in Mandurah Weekend
June 5 - 7	Foundation Day Long Weekend
July 17 - 18	Christmas in July
October 30 -31	Toodyay Weekend
October 4-12	OYB Great Southern Gateway Tour
November 28	Annual General Meeting
December	Progressive Dinner

Social Evenings

Wednesday March 31
Wednesday July 7
Wednesday September 17

Achievement Rides

February 22	50km
March 14	100km
March 28	5 000 in 4
April 3	Century (100 miles)
May 8	200km
May 22	300km
June 12	10 000 in 8
June 27	50km
July 11	5 000 in 4
July 25	100km
August 9	Century (100miles)
August 23	10 000 in 8
September 6	200km
September 25	300km