

THE CHAIN LETTER

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

March/April 2004

Issue 175

Shaken Down But Not Stirred

In the feature article of this issue, Rosie gives us an insider's exposé of the "Shake-Down" tour for the 30th Anniversary Tour, held on the recent Labour Day long weekend. Twenty-one people participated in this highly successful ride.

I thought I would start by giving a little insight into the angst that occurs during the preparation phase for an unsupported cycling tour.

First, there's the "what to take/what not to take" dilemma. Do I really need that hairdryer and 4-litre cask of wine? Then, when one has finally reconciled themselves to the fact that they will just have to do without a few luxuries (since when has a big soft pillow and electric fan been considered luxuries?!), and managed to condense the pile of "life's basic necessities"

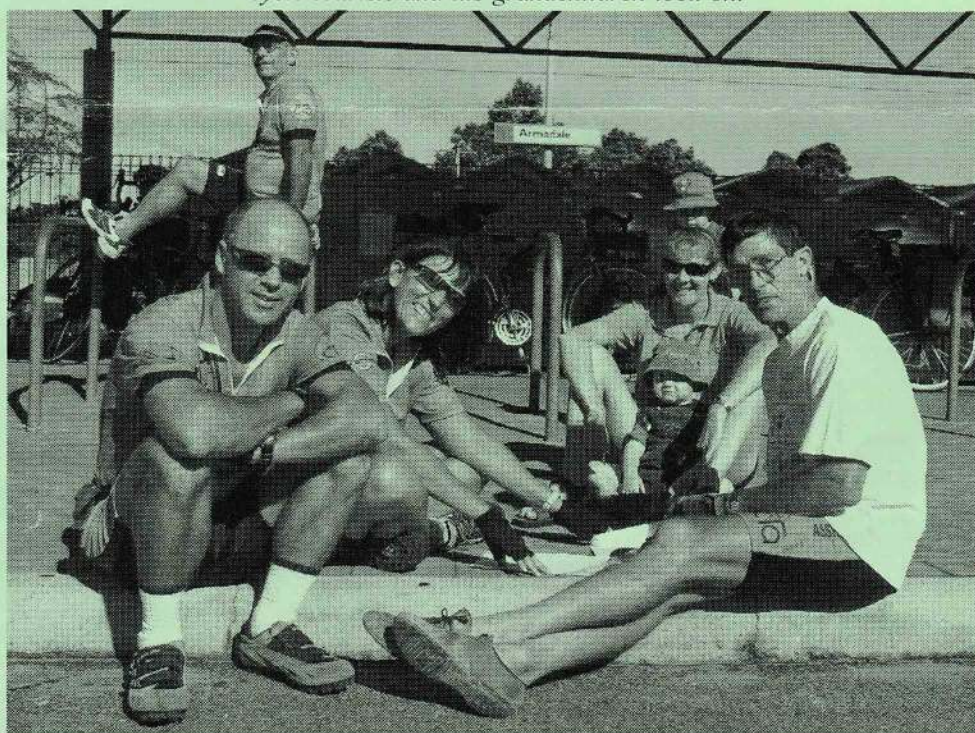
ties" to a small mountain, there is the challenge of fitting it all into four panniers (or two as in the case of Basia – how does she do it?).

Then there's the "why on earth am I doing this?" stage where one questions the wisdom of spending a hard-earned long weekend cycling around the countryside pedalling a bike weighing the equivalent of a small buffalo!! In fact, my entire preparation phase and train trip to the starting point was filled with continuous mutterings of "Do we have to do this?" from Karen and Tony !!!

Finally, there's the stress and heartache of leaving loved ones behind, evidenced by Terry's tearful son and the soulful whimpering

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Kleber runs through his planning lists one last time at Armadale Station, while fellow cycle-tourists and his grandchildren look on.



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Please send all articles and pictures for the next newsletter to the Editor no later than April 30th

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NEW MEMBERS

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

Mary Kitchen-Ditchfield

Tricia Thacker

We hope to see you on one of our rides soon.

In Sympathy

It is with great sadness that we heard that Graham Gillespie had passed away recently. Graham was an active and helpful On Your Bike participant (and CTA member). The CTA would like to extend our deepest sympathy to Graham's family.

Tours and Weekends

30th Anniversary Full Pannier Tour

Albany to Perth

April 17 - May 2, 2004

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 830km 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.

To cater for those people who are unable to participate for the full 16 days, the following are being offered:

Option 1: Albany to Balingup, Saturday April 17 - Sunday April 25.

Option 2: Nannup to Perth, Saturday April 24 - Sunday May 2.

Option 3: Weekend Halfway Tour - Nannup to Balingup, Saturday April 24 - Sunday April 25.

Option 3 allows you to ride out to meet the tourists en-route from Pemberton, and join them in the halfway celebration dinner. On Sunday April 25, ride to Balingup following one of the most scenic routes in WA.

ALL options have transport to and from Perth, if required.

The approximate cost for the full 16 day tour will be \$280, which covers all accommodation, transport for you and your bike, tour shirt, tour badge, maps and the celebration dinner at Nannup. All other meals are to be met by the participant, so these must be factored into your costs.

30th Anniversary Full Pannier Tour

Albany to Perth

(Continued)

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. Book early to avoid disappointment, as numbers will be limited! There will be a brochure with details of the itinerary, costs and application form in the November/December 2003 Chain Letter.

UPDATE: We have been overwhelmed with entries but there are still a few spots available for the full tour, opt. 1, and the first week, opt. 2. There is plenty of room left for the second week, opt. 3, for those interested. We have decided to extend the closing date to 14th March 2004, so if you are thinking about coming, NOW is the time to apply. Please note that the tour shirts may not be available for late entries.

Organiser: Kleber Claux ☎ 9354 7877

On Your Bike

Southern Gateway Tour 2004.

9-17 October 2004.

Nine days, fully supported tour, camping in the towns of Darkan, Kojonup, Frankland, Tambellup, Katanning, Wagin and Narrogin of WA. Brochures will be available from May.

Organiser: Allan ☎ 9885 8067.

Exciting Opportunity

Meet the 30th Anniversary Tourists in Mandurah

April 24 - April 25, 2004

Join the 30th Anniversary cycle tourists on the last night of the tour in Mandurah. Yes! You can join in and celebrate with the riders on the last night of the tour. Experience the fun and joys of this group first hand, without having to put up a tent! Ride down to Mandurah on Saturday the 25th of April. Join in on the final

celebration dinner at the Silver Sands Tavern. Stay the night in a cabin at Lucky Caravan Park. Then ride back to Perth with this highly experienced group of riders. As we are staying in a cabin you don't need to carry a tent, stove or food. So you just need some glad-rags, a tooth brush, sleeping bag and pillow.

Leader: Noel ☎ 9355 2745

Easter in Bunbury

April 9 - April 12, 2004

Spend Easter this year in the City of Bunbury at the Wander Inn (formally YHA), located within walking distance of the city centre, beaches and other tourist attractions. Whether you are into just lazing around the coffee shops; going for a ride up or down the coast; or venturing East for a picnic and visiting a winery or two – be prepared for some "updulations" and panoramic views! Otherwise visit the Dolphin centre to swim with the dolphins; or be more adventurous and see dolphins from a kayak. Easter is a time to relax, so bring your bike; bathers; a kayak if you have one; walking shoes and just relax. Take time out from Perth and see how the other half live!

Accommodation:

Wander Inn, 2 rooms have been booked one sleeping 8 and the other 4. Cost per night is \$20 per night, therefore \$60 for the weekend.

Bottom sheet and pillowcase are provided.

For what to bring and booking please contact Tony prior to the 31st March 2004 so numbers can be confirmed with the Wander Inn.

Organiser: Tony 9728 3105(H) or email tony.humphreys@mainroads.wa.gov.au

Tony's Loose End

Are you at a loose end after Easter?

If you answered "Yes" come join me for a trip to Albany! By the way it's by bike and fullpannier!

Home to Boyup Brook	85km
Boyup Brook to Tone River (wild camp)	60km
Tone River to Frankland	45km
Frankland to Mt Barker	70km
Mt Barker to Albany	50km

Organiser: Tony 9728 3105(H) or email tony.humphreys@mainroads.wa.gov.au

Shaken Down

(Continued from page 1)



Stan and Mark C riding across the South Dandalup Dam wall

of Gus the Dog when left in a Dog Jail (for recalcitrant pups?) for the weekend!

Upon arrival at Armadale, there was the usual hum of excitement and some trepidation, as fellow cyclists shared fears about being about to pedal a bike that couldn't even be lifted an inch off the ground!! There were introductions and we welcomed newcomer, Kevin, who rivalled Devo in how much gear could be carried on one's bike. However, Devo clearly wins with the most obscure items carried on tour! What was that hockey stick for?

We set off from Armadale at about 9.30am after Kleber filled us in on where we were going and reminded us of some important cycling safety tips & Noel had given a fine display of how to pedal a loaded bike standing up (most important for relieving pressure on certain parts of one's anatomy on a long ride!). I gather, from the tongue in cheek way that Kleber asked Noel to do this demonstration, that Noel has not always been entirely successful in this skill.

That first tentative mounting of a precariously loaded bike is always a rather dubious affair and it was a wobbly train of cyclists who set off from Armadale... most happily oblivious to what awaited them in the second half of the day's ride to Dwellingup.

After a leisurely 25km spent adjusting to the feel of our loaded bikes, our first stop was Dot's Tearooms in Mundijong for a serve of

Grandma's Jam Pudding or other such delights as took our fancy. And while we were all relaxing, there was Kleber, surrounded by his lists, busy jotting things down, ticking and crossing things off. And then we heard it... the call of our faithful leader that was to become rather familiar before the weekend was over, lobbed politely above the chatter... "Just while we're all gathered here, I have a few things I'd like to say".

With Grandma's Jam Pud lodged firmly in our tums, we were on our bikes again headed for North Dandalup where we were stopping for lunch. Despite the rising temperature, which resulted in a last minute route alteration to take in a little short cut, the ride continued pleas-

(Continued on page 4)

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Shaken Down But Not Stirred

(Continued from page 3)

antly along flat roads lulling us into a false sense of security...still oblivious of what was to come. This oblivion was soon shattered when, upon rounding a bend, there it was...the start of the climb that would take us to Dwellingup.

The next hour or so is a painful blur of loooooong, sloooooow hill after loooooong, sloooooow hill, with the sun beating down upon us and little relief for screaming muscles. The only sound to be heard was the wheeze of struggling cyclists & the occasional expletive!! The only comfort to be had was that it wasn't quite as bad as the hardest day of the "Bloody Tony Tour" (a.k.a. The Warren River Wander). Finally, we crawled in for a rest at South Dandalup Dam where we enjoyed a well-earned rest. It was here that we discovered why Devo carried the hockey stick...to play Honky Nut

Hockey, of course!!!

We were uplifted to learn that it was a mere 10km further into Dwellingup...and then brought firmly back down to reality again upon learning that 9.9km of that was uphill!! But, we made it into Dwellingup Chalets & Caravan Park (via the pub for Stan & Mark C) to set up camp for the night.

Choosing a suitable spot was difficult due to the lack of soft, lush grass on which to make our beds. However, most of us managed to clear enough honky nuts (with the aid of Devo's hockey stick!) to make a space for our tents...although getting the pegs into the granite-like ground was a job far beyond the capabilities of one hockey stick. Kleber managed to find a nice comfy spot next to a bull ant nest!

For dinner, some chose to be "real" cycle tourists and do the Trangia cook-up thing

while others chose to support the local economy by enjoying a well-earned nosh up at a nice local restaurant.

Most headed for bed pretty early after a tiring, but rewarding day's cycling (about 84kms all up) and were lulled to sleep by the soothing sounds of hoodlums partying as well as the gentle rumble of snoring and other nocturnal bodily functions.

Apparently, although I cannot imagine this to be true, there was one particularly tired and grumpy cyclist who, upon finding a small group relaxing with their port and chocolate beside her tent, informed them that they would undoubtedly regret it if they did not remove themselves so she could get some sleep. Motivated by the desire to avoid further ugliness come morning, the group thought it best to comply with the request of the Grumpy Old Cow (the term of endearment so lovingly

Anne happily rests in her tent, while Mark proudly shows off his tent.



Shaken Down But Not Stirred

used to describe the poor, weary girl!

Happily, the new dawn broke with no further sign of Miss Cow and the cool morning crispness made us believe that maybe it wasn't going to be the scorcher that the weatherman had predicted. Unfortunately, the weatherman was correct but Kleber promised that the day's ride, a short 51kms, was all downhill or flat, and that there was a swimming pool waiting at the end. We departed at about 9.20am after Basia had received her morning intravenous caffeine fix.

About 5km out of Dwellingup some of us came across a Labrador wandering all over the road. Now, being a dog owner, I could not leave this very friendly dog, who was obviously someone's loved and (very!!) well fed pet, to roam all over the roads at great risk of being hit by a car. So, with a spare strap as a makeshift lead, I set off with Roverette (the dog was female) up the road to what looked like some sort of property. Alas, the dog didn't live there but a passing motorist pointed in the other direction (UP the hill) and said that the dog lived there. So, with Stan as my chaperone and Mark C guarding my bike, I headed in the direction indicated.

Anyway, to cut a long story short (for a change), nobody was home so we left Roverette on the veranda, which fortunately had a little fence around, with a bowl of water and a note for the occupants when they finally came home. What a surprise for them if it wasn't their dog!!

By this time, fellow cyclists had grown restless and bored with the "dog rescue squad" and had continued on their merry way. Finally so did Stan, Mark and I, happy in the knowledge that Roverette was safe and we had done our daily good deed which meant we could be naughty for the rest of the day! After eventually catching up with everyone, we all rolled in to the store at Coolup where the owners had very kindly whipped up some scones for our morning tea.

With the sun heating up considerably, we were grateful for the flat road ahead and the wind behind as we continued on toward Pinjarra where we took time out by the river to cool down and have a bite to eat. It was here that we farewelled Terry who was riding all the way back to Perth that afternoon to be back for his son's birthday the following day. Given the incredibly hot conditions, it goes to show what a dad will do for his kids! Graham, unable to resist the call of the cool comfort offered at



A rare sight: Kleber pushing a bike uphill.

his Rockingham home, also parted company with us.

From Pinjarra it was only a short 6km ride to Fairbridge where we were to camp for the night. Upon arrival at Fairbridge, some headed straight for the pool to cool down but others decided to get their tents up before finally seeking relief from the sweltering conditions in the refreshingly cool water.

Several pleasant hours were spent by the pool with entertainment initially provided by a rather audacious young girl (whose age ranged from 8-35 years depending upon who asked her). However, after a while the antics of this "she-devil" wore rather thin and other forms of entertainment were necessary. Thus began the competition to determine who could swim the furthest underwater with one breath. Kleber and Ann W put in a valiant effort, but Stan was the declared the undeniable winner completely just over 1 1/2 laps. This just confirmed my previous belief that Stan is full of air!!!

Later that evening a "cook-off" was planned

Quotes of the Tour

Mark C: "Sticks and stones may break my bones but whips and chains excite me!"

I can't for the life of me remember the context in which this was said but felt it worthy of publishing... if only to let Teresa know what she's got herself into!!

Rosie: "Holy S**t... Karen, don't look up!" upon rounding a bend and encountering a rather mean looking hill.



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(Continued from page 6)

to see who could come up with the tastiest Trangia creation. But the "cook-off" never really eventuated as stomach juices overtook creative juices and campers just wanted food in their hungry bellies. However, Kleber, Stan, Mark C and myself, as self-appointed judges, later declared ourselves the winners of the non-existent cook-off stating that ours was the best meal we had tasted!

One group spent the rest of the evening listening to tales told by Mark C, who became more verbose the more he drank! I must say, some of his stories have exceedingly dissatisfying endings and others are just downright ridiculous!!

The other group of campers sat companionably around in a circle sharing port, chocolate and general silliness. The two Anns certainly outdid themselves in the consumption of alcoholic beverages with Ann W's words progressively blending together interspersed with mischievous giggles and Ann B, frustrated with sipping politely from a glass, took to taking swigs straight from the bottle!!

Retiring for the night was delayed as we waited for a cool breeze to come through to ease the oppressive conditions. However, as it became obvious that the wait was futile, campers slowly trickled off to bed to spend a restless night in their sauna-like tents (while Graham,

no doubt, slumbered peacefully in his comfy bed with the air-conditioner humming without a single thought for his fellow tourists that he had earlier deserted!).

At about 3am there was a waft of cool air and a spatter of rain spots followed by the rustling of tent flies being hurriedly zipped up against the impending cooling shower. Alas, false alarm! Further rustling as tent flies were once again unzipped. Finally, at about 4am the cool change graced us with its presence, and conditions became far more conducive to sleeping. But, all too soon, the sun was once again peeking over the horizon to beckon weary cyclists from their beds. Thus began the final day.

The ride back to Perth was going to be a long one (well over 85km for most by the time they reached their homes) but spirits were buoyed by the cooler conditions and a favourable wind. So, it was back on the bikes with more than a few groans, which confirmed that I was not the only one suffering from a touch of saddle-soreness!!

After a fairly cruisy ride and quick morning tea stop at Keysbrook, it was off to Dot's Tea-rooms again for lunch. While we were enjoying more of Dot's delicious delights, we enjoyed a light shower of rain, which thoughtfully cleared up by the time we set off again. From Dot's we travelled west towards the

Kwinana Freeway cycleway, which although not a great distance, proved to be a challenging ride due to the rather strong Southwesterly. But once on the cycleway, the wind once again assisted us and we made good time to Thomas Rd. We were now so close to home that we could begin to taste the reality of hot soothing showers with good water pressure, clean hair and clothes, comfy beds, a real kitchen, hugs from loved ones and the excited incontinence of pooches desperate for their human's return (sorry...that's really something only a dog lover can appreciate!).

The call of these domestic delights was obviously stronger than the bond between fellow cyclists and it was decided that from Thomas Rd we would all peel off to our respective homes. Kleber and Ann W sped off leaving the rest of us non-super-humans to dawdle along our merry way. The last we saw of Ann W was a few sparks and a cloud of dust as she disappeared into the distance. Kleber graciously waited at his exit for Noel and Connie, as well as to bid farewell to the foreigners who lived "North of the River".

And thus endeth another successful CTA weekend tour. Thanks go to Kleber for all the work he put in and also to all those who participated. I think all would agree it was a great weekend of personal challenges, fun and camaraderie.

Rosie Posie

It's dinner time!



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.

Recent Events

Progressive Dinner

Riders participating in the CTA Progressive Dinner last December pose for a group photo as they set out for the second course.



Skyshow

Those who participated in the CTA's annual Skyshow ride, relaxing on the South Perth foreshore, as they await the show.



Terry's Tales

Having just returned from another hectic week, I started to write this article and realised how fast time was passing. Last weekend we had the shakedown tour down to Dwellingup and Fairbridge in preparation for the 30th Anniversary Pannier Tour, which is now less than six weeks away. Your's truly has to depart early and rode home on Sunday from Pinjarra as the temperature edged towards the old century mark. After three hours and about six water stops (that is, any opportunity to tip out the "bath water" from my biddons and replace it with chilled drinks from any service station I could find en route), I finally arrived home in time for a long shower before collapsing into a comfortable bed.

The next morning I was up early for another busy day – a day full of energetic and noisy kids who had come to celebrate Damian's second birthday (the reason for my early departure from the shakedown tour).

The shortened working week was set to be just as busy given that five days work now had to be done in 4 days. But that was soon thrown into chaos as I was informed that I had to go to Geraldton for two days for some on-site meetings.

So having returned south and another week passed, I stopped to ponder and realised that the next few weeks were going to be packed full of cycling action. First up is Bikeweek which starts this Friday with the Bike to Work Breakfast. The CTA also has two events on for Bikeweek including the ever popular Bikeweek BBQ ride on Wednesday March 17 and a Wander to Whiteman Park on Sunday March 21.

Also coming up over the next few weeks are more rides in the Achievement Series with the 100km ride on March 14, the 5000 in 4 on March 28 and the Century Challenge on April 3. On Wednesday March 31 we have our first social evening for the year which will provide an opportunity for members and fellow cyclists to catch up and also some useful tips for the upcoming pannier tour, including tips on packing, cooking, lightweight gear, and what not to bring to ensure you enjoy the touring experience.

The following Sunday, Kleber has invited all tour participants and any other CTA members to his place for a BBQ lunch to enable all the tour participants to meet each other prior to the big event.

If you survive all of that, you can have a break with Tony on an Easter weekend down in the Ferguson Valley. Then it's the big one – the

30th Anniversary Pannier Tour begins on April 17 for 16 days of cycling fun and adventure. Somewhere in the midst of all that cycling, we still need to find some time for work, not to mention those two uni assignments that I have to do. Oh well, I'm sure someone once said that your leisure time is more important than work, so I guess cycling takes priority. Safe cycling.

Terry

Brain Teaser Around the Velodrome

Two cyclists, Norman and Tim raced in opposite directions around a circular Velodrome track that was 300 metres in diameter. They started at the same spot, but Norman did not move until Tim had a start of one eighth of the distance (that is, the circumference of the circle). Norman held such a poor opinion of Tim's racing ability that he sauntered along, stopping to drink from his biddon, and performing bicycle tricks until he met the Tim. At this point Norman had gone one sixth of the distance.

How many times faster than he went before must Norman now ride in order to win the race?



The answer to this puzzle will appear in the next issue.

For Sale

Shogun G.T. Alpine touring cycle, 21 gears, bar-end shifters, in very good condition. Size 22 inch (58cm). \$500.

Phone Jim 9349-5212.

Rain Jackets



Although winter has passed, the odd shower can still catch the unwary! Be a 'pre-adolescent person' scout and 'be prepared' (!) by having a rain jacket

These popular rain jackets made by Maresa, available to CTA members at the low price of about \$155 (price to be confirmed). The jacket is made from 'Breathalon' and is breathable, waterproof and wind-proof. It is well made and highly visible.

Contact Mark B on 9313 2853 (H) for further details.

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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).

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)

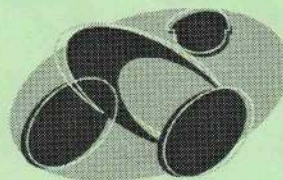
The Winner's Circle

Congratulations to the following members who were successful in completing the following Achievement Rides:

50km

Terry Bailey	Danny Boulter
Anne Brady	Rosie Brittain
Andrew Candy	Kleber Claux
Karen Date	Janet Deverill
Mark Elliott	Grant Gregory
Mike Holland	Tony Humphries
Ben Jones	Dennis Kelly
Teresa Liddiard	Colin Pearce
Tim Reid	Brian Smith
Liz Weib	Ann Wilson

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tune to 1001MHz**

Rides Calendar – November to December 2003

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 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)

BIKEWEEK

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)

Saturday April 3 Century Challenge Achievement Ride

100 miles Hard, 7:30am for an 8:00am sharp start. Meet at the Lakes BP Service Station on Great Eastern Highway for registration and map/ride description. The scenic course includes Wooroloo, Avon Valley, Northam and York. The time limit is 10 hours (average 16 km/h). Note

there is a \$10 fee for non-members.

Organiser: Hooky ☎ 9375 5246 (H)

Sunday April 4

Pre Tour Ride and BBQ

40km Touring pace, 9.00am start. Meet at 2 Young Lane in Parkwood for a ride around the Canning and Swan Rivers before returning to 2 Young Lane for a BBQ. BYO meat and drinks. Please notify Kleber if you intend to stay for the BBQ so that he can prepare enough salads for everyone. We will be handing out the 30th Anniversary Full Pannier Tour shirts, badges and maps while we discuss the forthcoming tour. All CTA members are welcome to attend.

Leader: Kleber ☎ 9354 7877

9-12 April

Easter Weekend

Easter weekend at Wander Inn (formerly YHA) in Bunbury. Cost \$20 per night, \$60 for the weekend. See article page 3.

Organiser: Tony ☎ 9728 3105 (H)

or email tony.humphreys@mainroads.wa.gov.au

April 17 to May 2

30th Anniversary Full Pannier Tour - Albany to Perth

See page 2 for update and brochure for further details.

Organiser: Kleber ☎ 9354 7877

Sunday April 18

Leisurely Ride to Fremantle

30km Moderate, 9am start. Meet at Deep Water Point for a ride to Fremantle for coffee, and return.

Organiser: Tim ☎ 9457 2073

April 24 - 25 30th

Anniversary Weekend Halfway Tour - Nannup to Balingup

See page 2 and brochure for further details.

Organiser: Kleber Claux ☎ 9354 7877

May 1 - 2

Rendezvous in Mandurah Weekend

Approximately 170km over two days, touring pace. Come and join us for a towel and undies pannier tour to meet up with the 30th Anniversary tourists in Mandurah. Overnight at the Lucky caravan park and join with the tourists in the last night celebrations. We will then join with them in the last days ride to Perth. See page 2 for further details. Booking and a \$10 deposit is required before April 25

Leader: Noel ☎ 9355 2745

Sunday May 2

Rendezvous in Fremantle

55km Easy/Moderate, 10.30am start. Meet at the Perth Entertainment Centre car park off Wellington Street for a ride to Fremantle to meet up with the 30th Anniversary tourists. We will travel along DUP's and quite roads following the southern shores of the Swan River to

Fremantle. If the tourists are a bit late we will ride out to meet them on the Woodman Point DUP. After refreshments at The Esplanade we head back to Perth with our tourist friends. We will ride via the coast and railway DUP's to the end of the ride and the 30th Anniversary Tour at the Entertainment Centre.

Leader: Tom

Saturday May 8
200km Achievement Ride

200km Hard, 6:30am for a 7:00am sharp start. Meet at the car park off Morrison Road, Midland (adjacent to the Midland Police Station) for registration and map/ride description. This is a challenging ride that takes in Toodyay, Dewars Pool, Bindoon and the Chittering Valley. The time limit is 13½ hours (average 15 km/h). Note there is a \$10 fee for non-members.

Organiser: Hooky ☎ 9375 5246 (H)

Sunday May 9
Northern Delights / 200 Warmdown

50km Moderate, 9.00am start. Meet at Joondalup Railway station. Come along and enjoy the picturesque sights of the northern urban and rural areas riding through beautiful downtown Joondalup and quiet country roads. We'll stop for a 5 min break (with a funny joke) around halfway and back at Joondalup can enjoy a coffee/cake/your choice, but no jokes unless they are funny and politically correct. Don't miss this one or you could miss the "ride of the year". And a great chance for those who did the 200 km yesterday (with me) to warm down in style.

Leader: Dennis (NoMo) ☎ 0418911211

Sunday May 16
You'll Find Out When You Get There!!!

25-30km Easy, 9:00am start. Meet in the carpark near The Old Windmill in South Perth for a cruisy ride along a route that will remain a mystery...possibly even to myself! We'll stop somewhere along the way for refreshments before returning to the starting point. Sorry about the lack of details but our new Rides Coordinator has been nagging me like you wouldn't believe and I have cracked under the pressure (Grant...you'd better come on this ride!!). If you would like further details, please give me a call nearer to the date of the ride. Otherwise, just come along & be surprised!!

Leader: Rosie Posie ☎ 0417126094 (Mobile)

Saturday May 22
300km Achievement Ride

300km Hard. This is the CTA's hardest ride, having to complete 300km in 20 hours (average 15 km/h) and is required to complete the Super Achiever Series. Participants MUST BOOK at least one week prior to the ride to arrange details and there is a \$10 fee for non-members.

Organiser: Hooky ☎ 9375 5246 (H)

Sunday May 23
Follow Mike Round the River

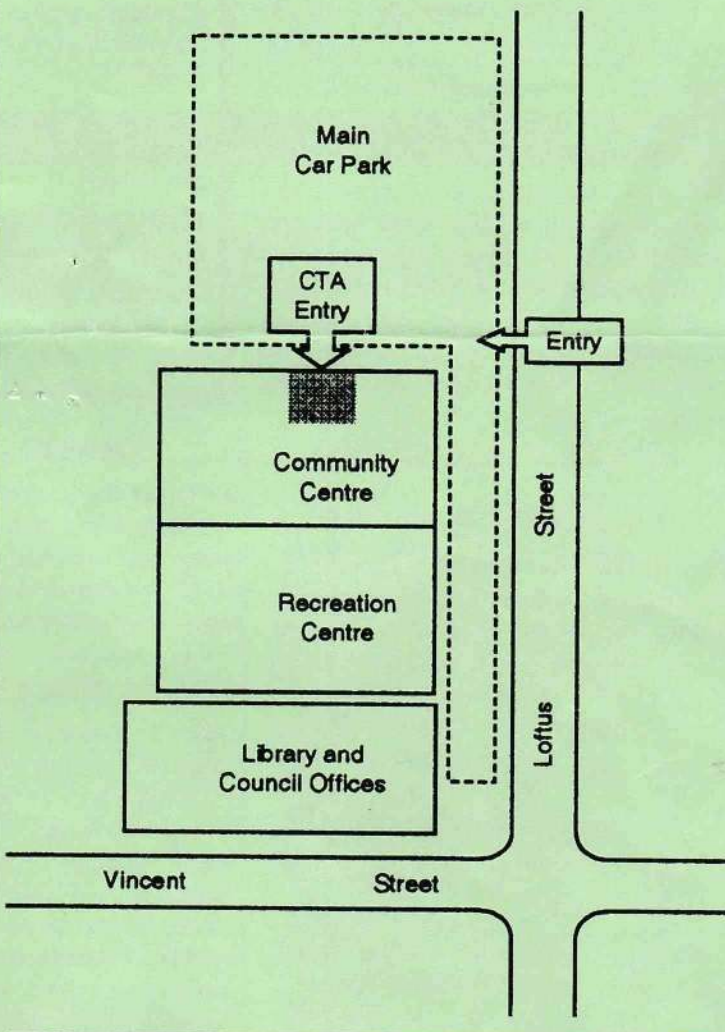
50km Moderate, 9am start. Meet outside the cafe at Point Walter for a foreshore circuit, with a stop along the way for delicious treats.

Leader: Mike H ☎ 0400123432 (Mobile)

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 April 22.

CTA AGM Venue

The AGM and 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 Tim ☎ 9457 2073



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@transport.wa.gov.au with a copy to the BTA bta_wa@hotmail.com please.

2004 MEMBERSHIP FEES

The CTA Membership is from January 1 to December 31 each year. Membership fees for 2004 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

