

# THE CHAIN LETTER

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

May / June 2005

Issue 182

## PRESIDENT'S REPORT

What's been happening? Bikeweek kicked off with the Ride-to-Work breakfast. There were lots of familiar faces as I moved around the tables distributing leaflets of the CTA calendar. Light misty precipitation didn't dampen people's appetites, with everyone enjoying themselves before starting their day's work.

The club ran two very successful events during Bikeweek. The first was the Wander to Whiteman Park. This was well supported with around 45 riders making the ride out to Whiteman Park. Most riders came from Burswood, and were joined by 9 riders from Midland. The weather was warm and humid but every one had a good time. Lots of prizes to give away kept everyone eager to get the right answers. Thanks to the Whiteman Park Rangers who organised the BBQ to operate for free!! Thanks also to those who gave up the opportunity to ride in order to cook sausages for us.



Relaxing after Bikeweek Wednesday Evening Ride

inaugural Freeway Bike Hike. It was great to be a part of a mass ride and to ride on the smooth surface. Next year we should aim to put a team entry in and ride as one big group. What do people think? It was fairly well run considering the numbers involved. Connie and I rode home back down the freeway paths which made the day fairly hot and long but we did enjoy the opportunity to ride the freeway. I didn't see any fall-out from the motoring public but I didn't look too hard!!

The achievement rides are in full swing with the 50 and 100km rides having already been run. There was strong support for these rides with 17 starting the 100km award ride. Well done to those who finished.

The Social evening was well supported with Rick Lee talking about training riders for track and road racing. He also brought along one of the bright rising stars: Cameron Meyer. Cameron will be representing Australia at the World Junior Championships in August this year. Australian cycling is looking in good shape with Cadel Evans finishing 8<sup>th</sup> in the Paris Nice race recently.

With all the long weekends the club has been busy going on weekends away. Mandurah at Lucky Bay Caravan Park on the Labour day long weekend. Easter was spent at



Riders enjoying a BBQ supplied by Bikewest

The Wednesday BBQ ride saw over 60 riders taking part. It was a lovely warm evening. It makes me very grateful to live in such a beautiful city with such accessible parklands by the river. Thanks go, once again, to those people who volunteered to buy and cook the food. Thanks Connie, Simon and Stan.

The Sunday saw the running of the

Pemberton. It was nice to be down amongst the big trees.

Please support the rides coming up. Anzac Day weekend will be upon us by the time you get this newsletter. Then there is Foundation Day Long Weekend which is our last chance for a while to get away.

For those who I have not spoken to recently Connie and I are heading overseas for 6 weeks in May /June. We are flying into Rome and travelling through France. Perhaps the club might look at running a tour in Europe in future years.

Happy Cycling!

*Noel Eddington*

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## CTA COMMITTEE

### PRESIDENT

Noel                    9355 2745 (H)

### VICE PRESIDENT

Terry                    9472 9887 (H)

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### EDITOR & CLOTHING

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### RIDES COORDINATOR

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### SOCIAL

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### WEBSITE

Mark                    9313 2853 (H)

Tom                    9444 4107 (H)

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

*P.O. Box 174 Wembley 6913*

CTA Email: [info@ctawa.asn.au](mailto:info@ctawa.asn.au)

Web Site: [www.ctawa.asn.au](http://www.ctawa.asn.au)



## NEW MEMBERS

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

Janis Malin

Cheryl Moore

Viv Read

Janis Malin

Kenneth Walters

Jamie Moir

## CYCLING TRIVIA

Last issue we asked "Who invented the quick release and what incident near Padova. A snowstorm swirled as the leading bunch quickly dismounted to turn their wheels around in preparation for the steep climb ahead. His fingers numb with cold, Tullio could not undo the wingnuts on his rear axle, and had neglected to answer the rest of the question.

Congratulations to **John Faris**, who got it dead on (he used an internet search...clever cyclist). Mike Hol- land got the first half correct, but neglected to answer the rest of the question.

The following photo and details are from The Dancing Chain, History and Development of the Derailleur Bicycle, by Frank Berto, Ron Shepherd and Raymond Henry:



Young Tullio Campagnolo had an inspiration when riding in a 1924

**DEADLINES:** Contributions for the next issue (July/August) should be to the Editor no later than Thursday 16 June.

**DISCLAIMER:** Opinions or comments from contributors and members do not necessarily reflect those of the Club, its committee, the Editor, or its membership as a whole.

race over the Croce d'Aune Pass near Padova. A snowstorm swirled as the leading bunch quickly dismounted to turn their wheels around in preparation for the steep climb ahead. His fingers numb with cold, Tullio could not undo the wingnuts on his rear axle, and had neglected to answer the rest of the question. He kept thinking "Bisogna cabia qualcosa de drio" (Something needs to be changed in the rear.) At least he didn't have to stop at the top of the mountain to shift his chain back into high gear for the descent, and eventually finished in fourth place.

He went back to his father's hardware shop in Vicenza, and designed a cam-operated quick-release for the rear hub, to replace the wing nuts on racing bicycles. He patented his quick release in 1930, and most bicycles today use quick-release hubs based on Campagnolo's original concept.

Next Question:

Why is rat poison a banned substance for competitive cyclists?

Send your answers to the editor via [info@ctawa.asn.au](mailto:info@ctawa.asn.au) Any new questions will also be considered for publication.

~Colin



Supporting Cycling for over 60 years

Road & Track Racing

Mountain Bikes – Triathlon –  
Family

Touring Cycles – Tandems

## MUNDA BIDDI WITH ACTION OUTDOORS ASSOCIATION

Fancy a ride off road? Do you want to get down (though hopefully not fall off) and dirty with The Action Outdoors Association (AOA)? Perhaps leisurely camping and bush cycling is more your thing?



Well, the AOA arranges a wide variety of outdoor activities for members and visitors. Activities include bushwalking, cycling (both on and off road), kayaking, and camping, among many, many others. The activities programme is published in a magazine issued quarterly. Typically two or three day trips are available to choose from every weekend as well as weekends away and Easter and New Years Camps.



The club recently celebrated its twentieth anniversary and has a membership of around 180-200 people of varying ages and fitness levels.

We have organised rides along most sections of the Munda Biddi Trail, some of which have included overnight stays in the huts.

Our current schedule includes our participation in conjunction with the Munda Biddi Trail Foundation in their

Bikeweek event and a return ride from the Brookton Highway to the Wungong hut on the 15<sup>th</sup> of May. This section of the trail is graded medium and includes small sections of sand and some modest hills. Nearby local roads will give us the option to lead a ride from a minimum of 20km to around 54km, depending on participants' fitness levels.

The following weekend there is a weekend camp at Mundaring Weir where there will be bike rides, a moonlight walk and a day bushwalk in the Kalamunda hills.



On the 29<sup>th</sup> of May there is a Mystery Bush Cycle planned and on the June long weekend we are going down to Myalup forestry cottages to enjoy cycling, canoeing and kayaking, bushwalks, beach walks and the local wineries.



For more information regarding the Action Outdoors Association visit [www.aoa.iinet.au](http://www.aoa.iinet.au) or email Rowena at [president@aoa.iinet.net.au](mailto:president@aoa.iinet.net.au) / ph.9487

2548. For details regarding the above trips contact Dean on 9493 1902.

~Rowena

## 2005 Fees Please:

CTA membership is from January 1 to Dec 31 each year, and 2005 fees are due.

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

Membership forms can be downloaded from our website. Please send your cheque and form to the Cycle Touring Association, PO Box 174, Wembley WA 6913. 2004 "On Your Bike" members please note that your complimentary membership extends to June 30, 2005. After June 30, part-year memberships apply and the above fees should be halved.

The CTA is a non-Government organization relying on membership fees, donations and volunteer labour to achieve our aims and objectives. These monies help 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.

## NEED A BIKE LIGHT?

Kleber found the following piece of kit at Altronics, at 174 Roe Street, Perth: A clip-on / headband ultra bright LED torch (i.e. dork light). He says it's a fantastic triple LED torch with amazing light output from such a tiny package. 80 hour battery life, supplied with batteries and headband. On special at \$19 while stocks last. RRP \$26.90, but price reduced if larger quantity purchased. If you are interested in getting together for a bulk order, contact Kleber at 9354 7877.

*For all your cycling & running requirements*



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(Near cnr Roe St) Ph 9227 7281

## 10 Reasons To Tour New Zealand

Over the Christmas break we (Tom & Leonie) spent 7 weeks travelling around New Zealand (4 weeks South Island and 3 weeks North Island). Unlike Mike and Janet we



drove in a small car. We alternated between camping in a small tent (suitable for hiking) and staying in something more luxurious like a jail or luxury hotel unit

### The scenery is stunning.



Doubtful Pass, Looking down to Doubtful Sound

### It is so different to Australia

The south island is recently tectonic (the land lifted from the sea) and the north island volcanic (bubbling mud, geysers and hot pools). Sure beats flat Australian sand. On the down side, did we mention the mountains? And then



Panorama of Nelson Lakes National Park

Every time we thought it couldn't get more beautiful, we would see a new kind of beautiful. On the down side, this does mean going up, down or around mountains and even entire mountain ranges to get from one town to another.

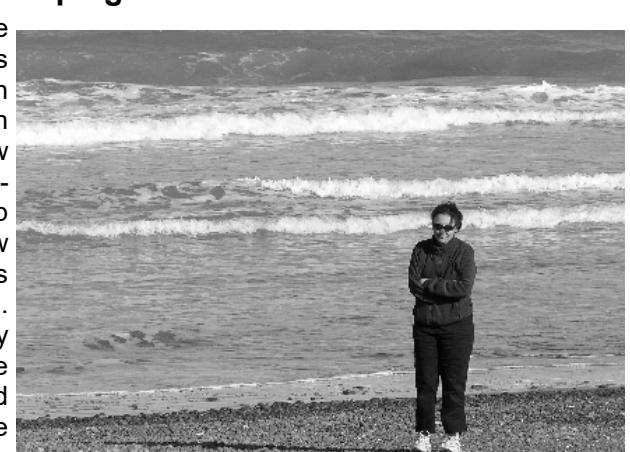


Doubtful Sound, fjordland

there's the rain.

### The weather is cool enough to undertake biking / tramping in summer.

There  
w a s  
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t h e  
s n o w  
j u s t  
b e f o r e



Marfell Beach, late December-newest look in beach

Christmas. On the down side, though we were prepared as we'd packed thermals, polar fleece, warm layers, even gloves, we still froze (and this was peak summer). Did we mention the rain?

*cont'd on page 7*

## Lift out Rides Calendar Page for May to June 2005

### **NEW RIDES CLASSIFICATIONS:**

All riders are responsible for showing up with a well-maintained bicycle. You will need to wear a helmet and we recommend you 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.

Rides are described according to the

guidelines below. *If you are unsure of your suitability for a particular ride, or if you feel it may be too long for you, don't be put off. Please contact the ride leader before the day, to discuss your suitability, or to see if you can do part of the route.*

**Terrain** refers to the hilliness of the ride, and can be Mostly flat, Rolling, Some hills, Hilly, or Off road.

**Pace** refers to the average range of speeds

Social:	Under 15 km/h
Leisurely:	15 – 20 km/h
Moderate:	20 – 25 km/h
Brisk:	25 – 30 km/h
Strenuous:	30 – 35 km/h
Super Strenuous:	35+ km/h

### **Sunday, May 1**

#### **Mayday in Freo**

Approx 50km, Moderate, mostly flat but expect some challenging hills, staying together. Meet at the corner of Milligan and Murray Street in Perth at 8:45am for a 9am sharp departure regardless of weather. The ride will proceed through some of the north of the river suburbs stopping for a coffee break somewhere in or around Freo before returning to the start point. Those participating will be guinea pigs for the leader's "new revolutionary symbolic mapping system".

Leader: Chris      ☎ 9471 8346 (H)

### **Saturday, May 7**

#### **200km Achievement Ride**

200km, Strenuous, 6:30am for a 7am sharp start. No regrouping, no bad weather cancellation. 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: TBA

### **Sunday, May 8**

#### **The All Down Hill Ride**

Not enough kms, terrifying pace, down hill terrain. Meet at Kelmscott Railway Station at 8:30am to load bikes on to the CTA trailer. All those hills you've conquered with blood, sweat and tears, you can now fly down, only having to load up again to be driven to another peak. We will have refreshments only if you are prepared to slow down long enough. Cost is \$5. 16 people maximum. Money with booking essential. CTA members only. For safety reasons, if rain is forecast, a normal ride will take place.

Leader: Kleber      ☎ 9354 7877 (H)

### **Sunday, May 15**

#### **Greenwood Getaway**

50-55Km, Moderate , some hills, stay together, no cancellations. 8:45 for 9am start. Meet in the car park at the new Greenwood station. We will head south on the Freeway bike path, ride through Innaloo, around Jackadder Lake. Then we will go through ECU at Churchlands and head towards the Indian Ocean, turning right somewhere before reaching it! We will either travel north on the coastal path or on the NW2 bike route, heading back inland at Ocean Reef. Finally, we will return to Greenwood station via the Freeway bike path. Of course we will be stopping for coffee etc en route.

Leader: Stuart      ☎ 0403 843 947 (H)

### **Saturday, May 21**

#### **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: TBA

### **Sunday, May 22**

#### **Liz's Leg Burner**

50 km, Moderate (20-25 kph), some challenging hills, regroup at top of climbs, no cancellations. Meet at the railway station in Gosnells at 8.45 for a 9am start. We will be heading up to the hills in the direction of the Carmel rose farm for coffee. Fair level of fitness required.

Leader: Liz      ☎ 9291 0432 (H)

### **Sunday, May 29**

#### **East of Freo and Beyond**

40-45 km, Leisurely, Rolling Hills. Bad weather may cancel, be sure to call the ride leader if you're in doubt. Meet at Fremantle train station at 9 for a 9:15am start.

We'll meander through Palmyra, Melville, Myaree, Booragoon, and Brentwood before heading south on the Kwinana bike path. Off the path at South Lake, then back to the train station via Bibra Lake, Coolbellup and Hamilton Hill. All back neighbourhoods, leisurely pace, no hammer-heads please. Stay together group, lots of turns and no one gets left behind.

Leader: Deb      ☎ 0421 697 453 (M)

### **Sat/Sun/Mon, June 4-6**

#### **Foundation Day Long Weekend at Highbury Tavern (Narrogin)**

Come spend a relaxing weekend at the Highbury Tavern 15km south of Narrogin. Leave Friday evening after work, or early Saturday morning, approximately 2 1/2 hours drive from Perth. We anticipate using our own vehicles, and car pooling is an option. The tavern itself is a beautiful building situated on a quiet road in the hamlet of Highbury. The tavern turns 100 years old this year. Not particularly big but very cosy and quaint with pool table close to the main bar and separate dining areas. Accommodations are separate pre-fabs out the back with the usual attached showers for each room. There are four rooms, (one twin and the other three are two singles in each room), so a total of eight can be accommodated. Tenting is allowable close to the tavern. Tariff is \$50 per night, per room, or \$5 per night for tents. Tenters can use the shower facilities. Continental and cooked breakfasts with evening meals are available. This time of the year everything will be lush and green. Riding should be easy with quiet back roads visiting Narrogin and other surrounding areas. Bookings will be essential with deposit.

Leader: Stan      ☎ 9444 4207 (H)

### **Sunday, June 6**

#### **D-Day Mystery Ride**

40-50km, Brisk (to keep warm!). Meet at

## May / June 2005

the Old Mill, South Perth, at 8:45am for a 9am start. Those participating can decide on the route, the distance, and the leader (if any) on the morning.  
Contact: Grant ☎ 9339 4248 (H) (before the long weekend).

### Saturday Jun 11

#### 10,000 in 8 Achievement Ride

110km, Hard. 8am for an 8:30am sharp start. Meet at the Kelmscott railway station for registration and map/ride description. This is the CTA's hilliest ride, requiring you to climb up and down 10,000 feet of hills within 8 hours (average 14 km/h). Required for both the Super Achiever and Challenge Series. Note there is a \$10 fee for non-members.

Organiser: TBA

### Sunday June 12

#### Jane Brook, road/trail combination

45-50 km, Moderate, but slower on the trail sections. Meet at the corner of Buninyong and Balmain Rds, Greenmount at 8.45 for 9am sharp start. The ride will follow the old railway line through John Forrest National Park, through the tunnel, past the falls and tavern and on to Mundaring for a coffee break. Then it's back to the start via a different route. Medium width-plus tyres and some lower gears would be an advantage.

Leader: Chris ☎ 9471 8346 (H)

### Coming Events:

**Wed July 13, CTA Social night**  
**Sat/Sun July 30, 31 Xmas in July**  
**Sun Nov 20th City of Perth Great Bike Ride**

## WANT TO TRY TRACK CYCLING?

Rick Lee of Cyclewest Promotions (photo below) has made the following special offers to the CTA:

### Track Session (Fun)

If we can organise a minimum of 20 riders, we can get a 2 hour session (track hire bike included) for around \$12 each. If this is of interest to you:

Contact: Deb ☎ 9418 1571 (H)

If enough people are interested we'll look at organising an actual date/event around this.

### Bike set Up and Computrainer Session

Riders can do a Time Trial and also have bikes set up at the Speed Dome. Normal charge for an assessment and Spin Scan is \$85, however they are offering CTA members this service for \$50.

Contact: Rick Lee ☎ 0413 867 440  
Cyclewest Promotions  
lee57@optusnet.com.au

## APPEAL FROM THE RIDES COORDINATOR

Sunday morning Ride Leaders wanted for the following dates, volunteers most welcome:

August 7, 14, 21, 28

Sept 4

We also need volunteers willing to act as recorders and support for the various achievement rides. Your tasks would include recording departures and completions and providing support in the form of extra water and possibly rescue/pickup missions. Expenses will be reimbursed.

Contact: Grant ☎ 9339 4248 (H)

## I Can't Be A Ride Leader Because I'm Too Slow

Nonsense! The best ride leaders are those that lead at a consistent pace, i.e. their own.

The CTA has 6 pace classifications, from Social (under 15 km/h on the flats) to Super Strenuous, (over 35km/h on the flats) and I guarantee you we have riders at every one of those 6 paces.

Start by getting yourself a bike computer (available for as little as \$20) and figure out what pace you are riding on the flats. Then re-read the article "So You Want To Be A Ride Leader" in the Jan-Feb issue of the Chainletter. (If you need a copy, Email info@ctawa.asn.au, attn Deb)

You also don't need to be a bike mechanic to lead a ride, although knowing how to change a tyre is an invaluable skill for any rider.

If the club expects to attract new riders, we need to offer rides at ALL paces, including the slower ones. Most of our existing ride leaders ride at a moderate pace or faster. As it's quite difficult to ride (for any length of time) at a pace slower than your normal one, it's doubly important that you step up to the plate and offer to lead, if you're in the Social and Leisurely pace groups.



Rick Lee and Cameron Myer spoke at the April 6th Social Night.

Cont'd from page 4

## Huge range of cycle touring, camping, and fly fishing equipment available.

Yes, go, go gadget (insert any touring / camping / fishing gadget here) and much cheaper than Australia.

### The friendly locals.

Always willing to have a chat, help out. Invited in for coffee / tea / milo. On the downside, some establishments confuse friendliness with service. Service is often appalling, as everyone is so nice, no one complains...Whilst the local are friendly they are sometimes hard to understand. New Zealander's seem to transpose their "i's and "e's. This can be quite confusing when a bloke asked for a "pin" to write with. And then there was the canoeing instructress who told us to attach something to our deck. The sheep are quite friendly as well.

### The Water

All the rain made for lush plant growth, beautiful waterfalls, and raging rivers. As NZ has seemingly unlimited water supplies, there is often no treatment plant. Even in relatively sizable towns near capital cities, we still had to boil



Waterfall, Mt Ruapehu

water for at least three minutes to combat Giardia, cryptosporidium, e coli, etc I think it's got something to do with all those sheep. In two days on the West coast we had 400mm. Everything got flooded, including the glaciers, and tent grounds. Decided to stay the night in the last hotel unit for about 100k radius (that's about 2 hours drive). At least we had a bit of luxury: king size bed and spar. As the land is mountainous this amount of rain drains away in a day or two. Whilst it rained most days there were only a few days when we could not do what we wanted because of the rain. Generally the rain came and went and the sun came out. After all this was summer.

### Company (or should that be misery loves company?).

Seems like half the world is cycle touring NZ at the moment. At least you will have plenty of company sheltering from the incessant rain in the bus shelter sheds. But then there can be too much company. 7 weeks in a small tent can be enough to strain any relationship. As Leonie says: "give a man a fish and he eats for a night: give him a rod and you don't see him for days" (that's the polite version).

Did I mention how Tom left his rod at home? He now has two fly rods, and lots of gadgets but still hasn't caught a fish!

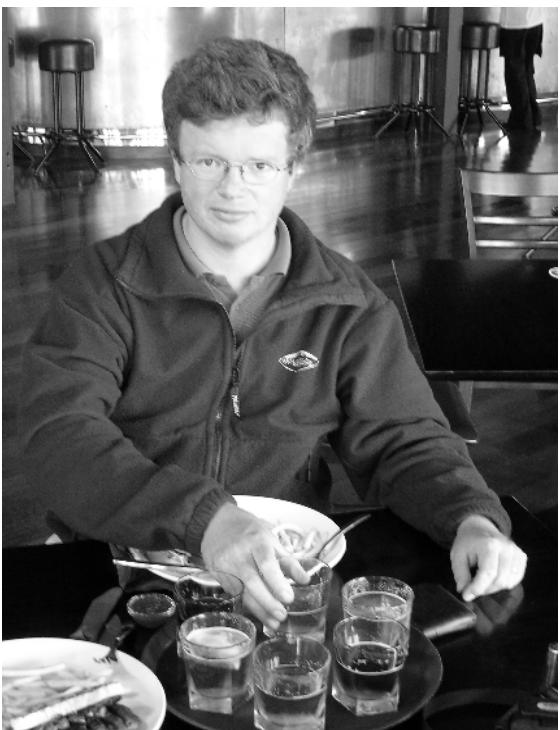
### Department of Conservation (DOC) campgrounds and tracks.

Cheap well maintained and huge capacity, just need to treat the water... Did we mention the wonderful natural beauty? The South Island is littered with DOC cabins. There is a network of Tramping (walking with backpack [and tent] and camping overnight) tracks that seem to be well maintained (eg toilets that are emptied by helicopter). You could spend years just walking the tracks. And then there's the North Island.

### Gourmet heaven.

Wine, food and beer. Generally the recommendations in the "Lonely planet" were spot on, but the local magazine "Cuisine" puts out a yearly "Wine Country" magazine listing wineries, and nearby restaurants. If it is listed in both LP and WC then it is almost guaranteed to be divine.

NZ is dotted with micro breweries. You will quite often get a wonderful beer at a pub only to find that this pub is the only place you can get it. So you stay at that camp a couple of days longer. Fresh food also wonderful: saffron, wasabi, fresh and smoked salmon



Tom with "beer tasting plate", Wellington brewery

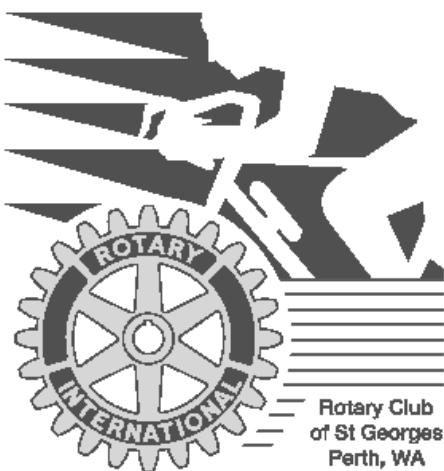
*Cont'd on page 10*



Salmon Farm

**May / June 2005**

## The City of Perth Great Bike Ride



Last November the Rotary Club of St. George's organized Perth's first mass participation community bike ride for many years - called "**The City of Perth Great Bike Ride**". The inaugural ride was extremely successful with 1450 riders cycling 95,000km. This year's ride on **Sunday 20<sup>th</sup> November** will be bigger and better as over 5000 entrants are expected.

This year the event will have two routes:

- ◆ 63km timed ride on the road anti-clockwise around the river. The ride is a few km longer than last year as it includes Fremantle. Age >13 year.
- ◆ 15km untimed around the bridges on the cycle way.

Additional information, entries etc are on the website: [www.greatbikeride.com.au](http://www.greatbikeride.com.au)

The start and finish for both rides is at Supreme Court Gardens where corporate tents, entertainment, food, merchandise, stalls and other facilities will be provided. The facilities at Supreme Court will be on a much bigger scale this year. Riders will register during the week leading up to the ride.

The ride benefits youth at risk through the Lighthouse Riders program that provides ~50 bikes for at risk youth to ride in the event after an 8 week training program with cycling mentors.

In addition funds raised by the event go to charities such as the Lighthouse Foundation, that provides housing for homeless children; and the Heart Foundation which supports research and education to prevent heart disease.

Sponsors for the ride include City of Perth,

## WINNERS CIRCLE

The following riders completed the 50km Achievement Ride on Sun, 27 February:

Anne Brady	Devo
Andrew Candy	Richard Marshall
Bradley Cleary	Cheryl Moore
Lisa Cleary	Beverly Morrissey
Mark Corbett	Doug Munyard
Mark Elliott	Christopher O'Brien
John Faris	Viv Read
Robert Gailarducci	Brian Smith
Michael Hook	Liz Wheib
Ben Jones	Ann Wilson
David Lewis	Christina McCormack
Teresa Liddiard	

The following riders completed the 100km Achievement Ride on Sunday, 3 April:

Bruce Robinson	Michael Hook
Devo	Liz Wheib
Peter Yeates	Brian Smith
Ann Wilson	Richard Marshall
Jamie Moir	Mark Corbet
Andrew Candy	Teresa Liddiard
Kleber Claux	Mark Elliott
Ken Walters	Chris O'Brien
Anne Brady	

## CANNING BRIDGE CYCLES



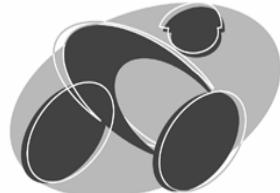
886 Canning Hwy  
(cnr Sleat Rd)

APPLECROSS  
500m from Canning Bridge

9364 1733  
10% Discount for CTA Members

Open 7 Days incl. Holidays

## Bikewest



### cycle instead

Department for Planning and Infrastructure  
Government of Western Australia

[www.dpi.wa.gov.au/cycling](http://www.dpi.wa.gov.au/cycling)



If you are interested in entering as an individual or team, or being a volunteer or a cycling mentor for the disadvantaged youth then you should look at the website which will be fully operational soon [www.greatbikeride.com.au](http://www.greatbikeride.com.au)

Additional info available from Mark Han-

**Radio & TV:** Keep up with the latest breaking cycle related news, whether your interest is in MTB's, Touring, Time Trails, Road Racing, or gizmos and gear. Let the experts keep you up to date on what is happening in WA and the world.

**Curtin Radio 100.1FM**  
**Saturdays 7:45—8:00am**

**SBS (TV)**  
**Sundays 11:30am—12:00pm**

# 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 non-competitive in nature. A member can only nominate for one award per year.

## 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	13.5 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 (100 miles)	10 hrs
200km	13.5 hrs
10,000 in 8 (10,000 feet of hills in)	8 hrs

## Merit Series

To receive a 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 de-

scription, contact the Achievement Rides Administrator (i.e. Vice President Terry Bailey). After completing the brevet, it must be returned to the Achievement Rides Administrator to record the ride and ensure that it is officially notarized 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 notarized by the CTA Committee two weeks before the AGM. If you require further details, please contact Terry 9472 9887 (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 organizer at least one week BEFORE the ride.

Forms are available from Audax (contact ride organizer). 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 organizer
3. Sign the form and send the form and correct money to the ride organizer (make cheques payable to Audax Australia) at least one week before the ride.
4. Maps and route notes can be collected from the ride organizer 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 Terry 9472 9887 (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).

# CYCLERAMA

1235 Albany Hwy  
CANNINGTON  
Newly Renovated Store

15% Discount for  
CTA Members

**9458 8302**

*Cont'd from Page 7*

## **The Antarctic centre and Haglund ride.**

What a way to wait for a flight. Fantastic! The Haglund: now that's an off road vehicle! Mountain bikers weep!

But finally, why go to all the effort of cycling, when you can tour NZ like this?:



Or this?:



*~Tom & Leonie*

## **REPORTING CYCLING HAZARDS**

All riders are encouraged to make a note of hazards observed during their rides (especially on new roads or paths), and to submit a hazard report to Bikewest. The aim is to get these fixed, and more importantly, to stop new hazards being installed. Reports can be submitted via

1. Email, to [cycling@dpi.wa.gov.au](mailto:cycling@dpi.wa.gov.au), with 'HAZARD REPORT' in the subject line, and a good description of the location and the hazard. Please copy the BTA at [BTA\\_WA@hotmail.com](mailto:BTA_WA@hotmail.com).
2. Electronic Hazard Report Form found on the bikewest website at [www.dpi.wa.gov.au/cycling/hazard.html](http://www.dpi.wa.gov.au/cycling/hazard.html).
3. Postcard. Free postcards provided by Bikewest are available from the editor.

## **HOUSEKEEPING**

### **Contact a Committee member if:**

1. Your contact information changes (so we can keep our data base up to date.)
2. You wish to hire equipment. We have Rear Panniers, a small Rack Bag and a Trangia. Cost is \$5 per 2 weeks, \$10 per month plus a bond, and it's a great way to sample cycle touring without investing in all the gear.
3. You wish to contribute to, or borrow from, our library of cycling related books and magazines. Items may be borrowed for 4 weeks, and the library is available for viewing during social evenings.

## **CTA CLOTHING**

The CTA has its own, highly visible clothing, available for sale.

Short sleeved Coolmax tops in yellow with red stripes (XS-XL) are \$85 each. There are still 3 of the older Turquoise and Green jerseys (XL, XXL) on sale for only \$50 each.

Black lycra knicks (XS-XXL) with 1 red & 1 yellow side panel are \$80 each.

Please contact Deb on 9418 1571 (H) if you'd like to try them on. Cheques should be made payable to "CTA Clothing".



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

