

THE CHAIN LETTER

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

Sep / Oct 2006

Issue 190

PRESIDENT'S REPORT

The months seem to fly by; it certainly does not seem like 2 months since I was last here revising the recent events. During a recent committee meeting I took a phone call from a member letting me know that Ron Bowyer had fallen from his bike and suffered some fairly serious facial injuries. Ron is a long standing member of the club and due to his commitment to the club and foresight in regard to the On Your Bike Tour he was awarded Life Membership. I don't want to put people off riding, and I have heard Ron say the health benefits of being fit far out weigh the injuries that are caused as a result of riding, but this must be cold comfort as he nurses himself back to health. So the committee agreed to send flowers on behalf of CTA members. We all wish Ron a speedy recovery.

We are in the early stages of planning an Interstate pannier tour. This is planned to be run out of Brisbane and may venture into Northern NSW. So save up your leave for April-May 2008. It is planned to be a pannier tour and will be along similar lines to the New Zealand, Tassie and South Australia Tours. Between now and then, make sure you bank some leave (and money) so you can be a part of what should be a very enjoyable tour.

Well I didn't do so well with my prediction for the Tour de France, with Ivan Basso and a number of other riders withdrawing prior to the start due to drug allegations. Cycling as a sport still seems dogged by drug issues, with the winner of the Tour

being decided in the laboratory after the podium presentation. That said the coverage of the race was awesome and the scenery bought back memories for Connie and me.

In June our membership exceeded 200!! While I have been a member, numbers have not been this high. Many of the rides have been really well supported in the past few months. Why has this come about? Is it good rides, fuel prices, a mild summer followed by a dry start to winter, or is it due to the hard work of many dedicated members? Most likely a combination of those things, plus a bit of self promotion. We have received our second printing of CTA business cards. If you would like some cards to hand out let me know, either by phone or the club Email.

The On Your Bike Tour is fully booked for this year. Planning is starting for next year's tour and the following year! That will be the 20th On Your Bike Tour and is going to cover the same route that the first tour took.

Ride of the month nominations are "Swanning Around the Valley" and for July the Committee nominated "Christmas in July" at Quindanning. Read the very entertaining article on page 5. You might not understand some of the jokes--you had to be there. So come on the next one which is the Queen's Birthday Long Weekend at Dwellingup. We are hiring a bus and using the club trailer to get there. It will allow for both Mountain Biking and Touring. See page 11 for details. On No-

vember 18-19 we are going to York for the night (article on page 4). These weekends away are the best of times and allow you to unwind and enjoy the ride on uncongested country roads.

Keep cycling, stay fit, enjoy life, and I will see you on your bike.

Noel Eddington

In this issue...

President's Report	1
Club Contacts	2
New Members	2
Cycling Trivia	2
Touring Tyres For Sale	2
Brad & Lisa's Story	3,4
Avon a Good Time	4
CTA Applause	4
Seeking AGM Nominations .	4
Christmas in July	5,6
Lift Out Rides Calendar	7,8
Proposed Constitution Amendment	9
Champions	9
From Bruce in Europe	10
Reporting Cycling Hazards	10
Radio & TV	10
Cycle Tourist Criteria	11
Corrections	11
Preview Queen's B'day	11
My Commute to Work	12
OYB Shirts for Sale	12
CTA Achievement Series (various items)	13
Housekeeping	13
2006 Fees Please	14
CTA Clothing	14

CTA COMMITTEE

PRESIDENT

Noel ☎ 9355 2745 (H)

VICE PRESIDENT

Tom ☎ 9444 4107 (H)

SECRETARY

Connie ☎ 9355 2745 (H)

TREASURER

Ann ☎ 9444 5160 (H)

SAFETY & PROMOTION

Bruce ☎ 9384 7409 (H)

EDITOR & CLOTHING

Deb ☎ 9418 1571 (H)

RIDES COORDINATOR

Colin ☎ 9418 1571 (H)

SOCIAL

Maria ☎ 9444 3951 (H)

WEBSITE

Mark ☎ 9313 2853 (H)

Tom ☎ 9444 4107 (H)

ADDITIONAL

Janet ☎ 9319 9526 (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

Web Site: www.ctawa.asn.au



NEW MEMBERS

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

Lynn Ashton	Richard Ashton
Tony Broughton	Peter Mitchell
Fred Morgan	David Silk
Paul Zegir	Anne Patterson
Allan Booth	Tilda Newman
Jo Cortese	Lorraine Benbow

CYCLING TRIVIA

Last issue we asked:

This is a very unusual rear-derailleur from the 1990's. What is so unusual about it, and when exactly was it first released? (The name is blanked out)



Congrats to John Faris (again). He replied: "The odd looking rear derailleur looks like the electrically operated Mavic ZAP released in 1994. Shimano expects to release its version in 2008".

This is indeed a Mavic Zap rear derailleur, first released in 1994. It was a micro-processor-controlled, electronic gear-shifting system, that was both elegant and very expensive—\$1700 for the complete gear set. Push but-

tons triggered a solenoid that allowed the jockey-pulley to shift to pre-selected positions. The shifting energy came from the rotation of the jockey wheels. It had many problems, not the least of which it didn't work in the wet, and was only in production for 2 years. Although this system was a failure, Shimano are currently experimenting with another electronic system.

Next Question:

Up until the early 1990's, corporate-sponsored teams traditionally insisted that their riders wear **black** cycling knicks. The jerseys might have been in a variety of bright colours, but the knicks were uniformly black. This was as old as corporate sponsorship of competitive cycling. Why?

Lest you think the answer has anything to do with modesty, think again. A while back there was a photo making the rounds of the internet, with the caption "Why do cycling teams wear black?" It showed two cycling teams—one in black knicks, and the other in very-anatomically-explicit red knicks. The answer to the question they posed was self-evident, and while it was entertaining, it's not the answer we're looking for here, so put your thinking caps on and email us!

Send your answers to the editor via info@ctawa.asn.au Any new questions will also be considered for publication. ~Colin

DEADLINES: Contributions for the next issue (Nov/Dec) should be to the Editor no later than Thursday 19 Oct.

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.

TOURING BIKE TYRES FOR SALE

Comfort Bike, 26x1.95, (5) new \$10 ea
Road (4) 700x28C Kenda Kwest \$5 ea
Call George in Bassendean, on 9377 1290



Supporting Cycling for over 60 years

Road & Track Racing

Mountain Bikes – Triathlon – Family

Touring Cycles – Tandems

Tel: 9430 5414 Fax: 9430 4062

BRAD & LISA'S STORY SO FAR

Beginning on the 15th of February in Launceston Tasmania, our journey to date has been anything other than what we planned. The following is a summary of our Tasmanian circuit and how we have come to be living and working in Melbourne.

We felt the need to spend part of 2006 away from our day-to-day lives - so we took two bicycles, a B.O.B trailer and as much crap as we could stuff in our panniers and took off for some East coast fruit picking, but not before two weeks touring down the Tasmanian West coast.

February is a great time to cycle in Tasmania. Days are long and temperatures are generally very mild. From Launceston we cycled west through Deloraine, Sheffield, and on to a great Bush camp at Gowrie park before the big push onto Cradle Mountain. And what a push it was! For anyone that knows Lisa and myself, we love a hill-climbing challenge, and the area around what is known as Tasmania's Western Tiers provided more climbing (and climbing), than any sane person would ever consider doing on a fully-loaded tourer, dragging a trailer behind them. I am sure nearly everyone that passed by in cars, trucks etc thought we were mad, but they had no idea what they were missing out on. What better way to see a world heritage area than on the back of a bike at a pace gentle enough to take in all the scenery and wildlife that this part of Australia has to offer. We were lucky enough to score perfect weather while at Cradle Mountain. We shared our night-time camp with the local wallabies and possums, and spent our days enjoying the many bushwalks around the park.

After this we descended down to the West coast, passing through old mining towns like Tullah, Roseberry and Zeehan. We spent a couple of days relaxing in the seaside town of Strahan, enjoying a relaxing cruise on the Gordon river, and doing the general lazy-tourist thing (a great way to break up a long tour). It was a good idea as once you have cycled out of Strahan there really isn't a lot by way of towns and facilities until you reach Hobart (about 300kms). We did this



over two days, and climbed plenty more hills as you have to climb back into the Cradle Mountain/Lake St Clair National Park area while heading for the capital. By the time Hobart was reached we were exhausted and spent about two days on the couch recovering and getting ready for our new careers—apple harvesting!

PICKING APPLES IS BLOODY HARD WORK!!

We were working about 8 or 9 hours a day with no break (ate an apple or two while working) and we worked out we were picking around 18 tons of apples per week between us. The money was pretty average and you had to keep records of what you picked as pays were almost always out and it was a long process to get them fixed. To top all this off, the three months of work that was promised turned out to be about three weeks as the weather was bad and none of the apples had ripened. We were too early for the vegies up north and all of Tassie's grapes had already been picked. When the going gets tough - pack up the bike and go touring.

We left Hobart and spent a week riding up the East coast into a headwind and up more hills (it still beats working). The beaches and scenery in this part of Tassie are magic, and it is a real pity the weather wasn't swim-friendly, as we could have spent a long time in the water. We had made the decision at this point to fly on to Melbourne from Launceston and search out work and accommodation there. If this didn't work out we were going to head home early. Melbourne has been kind to us and as I have mentioned in an earlier story, it is a very bike-friendly place, even more so at present due to rising fuel costs and parking prices etc. The bike commuting thing seems to be getting loads of press here at present with some businesses even offering free bikes to employees who ride more than 20km per week for work purposes! Hopefully I will be able to write some more on these issues along with a few of our favourite Melbourne rides when time allows.

For now either our bikes or our feet take us everywhere and we can't say that we miss having a car at all. We are planning to stay on to ride the 210km "Around the Bay in a Day" ride in October along with about 5000 or so

other cyclists before we return to ride once again with the CTA. Hope all the rides in WA have gone well and if there are any stories to tell or questions to ask, email us at:

October14@Eftel.net.au

Bye for now, enjoy the photos and happy riding!!
~Brad and Lisa

**AVON A GOOD TIME
November 18 – 19**

For all those cyclists who love to tour with a little luxury, this is the weekend for you. The CTA has been fortunate again to procure a beautiful York holiday home, for you to relax in. Complete with gourmet kitchen and an outdoor spa, which provides spectacular views of the surrounding area.

Saturday: The ride to York will be approx. 120km, so quite a long day. We will ride to York along back roads via Wundowie, Clackline and Spencers Brook. And on arrival you can rest those weary limbs in the outdoor spa – ah Bliss!

Sunday: The ride back will be approx. 85km, along the Great Southern Hwy, through Chidlow with a final hoon down Greenmount Hill.

Cost is \$20 per person per night for accommodation. Kitchen facilities at the homestead include a cooker – oven with gas top; Microwave; Outdoor BBQ; Fridge / Freezer. Beds are limited, so book early as to not to miss out on a great weekend. Booking will be required by 10th November. For more details contact:

Organiser: Ann 9444 5160 (H)

CTA APPLAUSE TO:

Kalamunda Cycles
15 Canning Road, KALAMUNDA
9293 2115

For a fabulous talk and excellent selection of retail items at our last Social night.

And

Southside Powder Coaters
Unit 1, 16 Zeta Crescent
O'CONNOR, 9337 9445

For inexpensive (\$50), quality powder coating of bike frames for 2 CTA members already. See Grant and Deb's bikes.

**SEEKING AGM
NOMINATIONS!!!**

The Annual General Meeting of the Cycle Touring Association of WA will be held on Sat, Nov 25 (see rides calendar for details). The Nov/Dec issue of the Chainletter (which should reach you by Nov 1st) will include information about any agenda items up for discussion, and all nominations received to date.

We are now inviting nominations for:

- **Committee positions** (we already know the Secretary position will need replacing)
- **Cycle Tourist of the Year** (see separate article on pg 11 re criteria for selection.)
- **Best Ride of the Year** Although the Committee votes each month on its own favourites, ANY ride during the year can be selected. Choose the ride you enjoyed the most— nice weather, many people, great atmosphere, interesting destination, good food, great company, achievement, or fun?

In addition, if there are any items you want discussed at the AGM, please call me (phone # on page 2), and I'll give you my email address then.

In order to include this information in the next newsletter, I will need your input no later than Friday October 13th. That's to give me time to get pictures of any of the nominees, or to follow up for more details.
~Deb

For all your cycling & running requirements



Runner's World

Perth's specialist running & triathlon store

5 FITZGERALD ST PERTH
(Near cnr Roe St) Ph 9227 7281

CHRISTMAS IN JULY AT QUINDANNING

Members of the CTA enjoyed a weekend of cycling and fellowship in the Williams, Quindanning, and Boddington area over the weekend of 21-23 July. Accommodation was at the historic Quindanning Inne (and Springhills farmstay). First to arrive Friday afternoon was Sue who had a tough day's cycle battling headwinds most of the way from Wagin. Allan cycled from his farm at Tarwonga, south of Williams and arrived just after Sue. The city contingent who travelled (wisely) by car, arrived soon after. Coffee was by the fireside whilst old friendships were renewed and new friends made. This was followed by an ale or three, and then a lovely meal, fuel for the big weekend.

After a chilly night, and a hearty breakfast, the Inne-house guests of Quindanning emerged to find the Inne car park full of eager cycling folk from Wagin and Williams. 31 & 2/3rd cyclists participated in Saturday's ride, with numbers swelled by members of CTA from the Wagin Cycling Mob and the new Williams Cycling Numbutts club who joined us at Quindanning for the Saturday ride.

Our ride for the morning took us from Quindanning through the Marradong valley to Boddington for lunch, through jarrah forest & farmlands. Most stopped to view the historic church and new Pioneer sculpture at Marradong. Noel remarked to Connie "the bats are big around here!" Taking his comment literally, Connie was scanning the sky and nearby trees for these BIG bats! Noel was rolling with mirth – we had just cycled past no less than 7 farm gateways with the family name Batt visible!

After lunch most returned to Quindanning via the Pinjarra, Lower Hotham and Quinn'-Harvey Rds. This picturesque route post carded the river pools of the Hotham River, the beautiful rolling hills, farming, and bauxite mining – complete with conveyor belt in action passing over the road.

But let's return to the beginning of the ride to see what else happened along the way. The expectant father was in quite a "tizz" Saturday morning pre-ride. Locked his room key in the room, and was given a big screw driver by the licensee of the Inne, and was requested to break in to get said key as no other key is in existence. Being exasperated at his first break and entering, Mike had to coerce his wife to help in a little cheating on the first hill to catch the pack. He then totally put Chris's nose out of joint. Always slow to be ready, Chris was fiddling with her bike just about ready to leave for the ride, (20 minutes after everyone else had departed), when the back entrance door of the Inne was gingerly opened, and Mike appeared at the entrance saying to Janet "oh, gosh they've all left" and then closed the door just after Chris had said – "no, not everyone – I'm still here". The door was quickly closed, whilst Mike did some quick negotiating with Janet to help him cheat on the first hill and join the front of the pack!

Wendy Duncan did well to swell the numbers for the weekend, recruiting three new faces. Kerry, whose bottom had never touched a bike seat before, suffered silently, and always with a smile. She borrowed a bike from a friend for the ride, not having one of her own. Somewhere along the route, she dismounted to take a break and pulled the bike



Chris—were the gloves a present, or was it that cold at dinner?



A great shot of Connie & Noel



What's the story with Lisa & the bat???

through a gravel verge on the edge of the road and pffff - off fell the front wheel!! Luckily for us all, it didn't happen whilst Kerry was riding or going down Cemetery Hill at Boddington, because it would have been a great shame to have



Ye Olde English Inne

lost such an inspirational rider! Her cycling friends refused to inform her about the much more comfortable split seat, saying as she was a "virgin cyclist" she should not be informed of such comforts till she really needs it! "Red", alias Janis, was a treat in bright colours, like a true cyclist for the weekend, red from head to toe. Was that the cyclists' fascination of bright colours or red for Christmas? Jenny had a derailleur stuck en route to Boddington. Was this the sub-zero temperatures overnight affecting our gear? Jen oozed appreciation of "Care-Bear" in fixing the derailleur! I couldn't work out if this was a new lubricant you pour on sick derailleurs, but then realised "Care Bear" is indeed our truly wonderful Kleber – a very apt nick-name for him though! Thanks "Care Bear" for keeping us all rolling freely!

Kleber wasn't to be seen at lunch - did a circuit to cool his bike down probably out to Merredin & back - no Bannister to Crossman – out amongst the road trains on Albany Highway. He pulled back into Boddington for the second time, prepared to stop for lunch this time - and only just seconds before wife Marcia was going to press the Panic button that he hadn't arrived! Marcia had not passed him and he could not be found in Boddington. Janet and CTA's newest member, little Miss Deveaurux/ Holland had a ride prior to lunch. Best of health Janet & Mike for the last trimester.

On arrival back at Quindanning, one keen cyclist rode right past Quindanning Hall and the turn off to the Inne

and had Williams in her sights. Was it the Williams Medical Centre she was heading for? Same cyclist missed the Lower Hotham road and nearly headed for Pinjarra. Suggest you get a GPS for that bike Janet, before heading off on tour to Kalbarri, etc. lest we might never find /see you again.

A sumptuous three course evening meal, complete with Father Christmas and presents, was enjoyed in the beautiful dining room of the Quindanning Inne Saturday evening. Father Christmas unfortunately had his home on our route and knew what we had been up to during the day, where we had cheated and walked a few hills, etc, etc.

The provision of wheat bags and water bottles to warm parts of the body in bed, caused queues in the chilly corridor whilst we waited for boiling water and our wheat to warm!! Marcia instead used Kleber as a heated bean bag, and was seen trying to pop him in the microwave to be the right temperature!

Some of our members had to move up the road to a local kibbutz (farm stay) Saturday night with a double up of bookings at the Inne. I thought John had just got lucky, but they tell me there was no room at the Inne. (Haven't I heard that story somewhere before?!) They loved their one night at Springhills farm stay, and although I couldn't fault service, meals, price and hospitality at Quindanning Inne I was a bit envious I had not seen the farm stay. Ah, there's always next year, and Christ-

mas does seem to come around at least twice a year since I've got older!

A tough Sunday morning ride was enjoyed by the hardy. Sue even prolonged the ride by riding home to Wagin, where it is reputed she chopped herself a wheelbarrow load of wood as a cool down to the ride, to keep the fires burning when she returned home. She travelled the full distance from Wagin to Quindanning and return with full panniers, and completed around 280kms for the weekend. Congratulations!

Michael who was doing some father/daughter bonding before heading off for cycling in France together later in the year, thought all was going well, till he asked daughter Lisa what were some of her earliest, fondest family cycling memories. She apparently, bubbling with laughter, said "the cycling at Rottneest the time I was on the back of your bike and you laid the bike down in the bushes and prickles with me still on it!! "

The Euthanasia of Shona's bike!! Shona, experiencing problems with her bike and cassette, was appreciative of the fact that not one, but three wise merry, men of many cycling years experience came to her assistance travelling to Williams. After consulting with each other, the three wise men chose a very sturdy tree root from the side of the road and proceeded to give the cassette several hefty whacks. After such a savage assault the bike responded magnificently and she had no more troubles!!

Allan, like the city folk, enjoyed the food in Williams Woolshed, and then loaded his bike and rushed home for sheep feeding.

We had five Wagin CTA members and four Williams cyclists join us for Saturday's ride, not counting the Duff's who have a leg in each camp. Although Chris, who was as good as legless for the ride, maintains it had nothing to do with the spirits at the Q. Inne. The Williams Cycling Numbutts and The Wagin Cycling Mob enjoyed the company and companionship of a larger group on the road. The four Williams Numbutts along with a group from Wagin are booked in and looking forward to the On Your Bike tour in August. The Numbutts are new cyclists who have only been riding as a club for 20 weeks.

Thanks to Noel & Connie who organized a great weekend.

~Allan

Lift out Rides Calendar Page for Sep/Oct 2006

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 Unsealed road.

Pace refers to the average range of speeds

on level ground without breaks. Down-hills may be faster, uphill slower. For rides described as HILLY, consider choosing a pace one step down from your usual comfort level.

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

LIABILITY DISCLAIMER: While every effort is made by CTA ride leaders to ensure the safety of all participants on our rides, individual cyclists (whether they are members or not) are **not** covered by the club for injuries if an accident occurs. We recommend that you obtain personal accident insurance before taking part.

Sunday September 3 Scarpin' It

40-45 km Leisurely-Moderate with one testing hill. Meet at the Midland Railway Station at 9:45 for 10am start. We will ride along the foot of the Forrestfield escarpment before we attack the Welshpool Rd hill. After some refreshments at Kalamunda we will zoom down the zigzag back to Midland. Don't forget your camera.

Leaders: Richard & Liz 9291 0432 (H)

Organiser: Tom

9444 4107 (H)

thallam@iinet.net.au

embellished cycling adventures chit chat thrown in.

Organiser: Maria

9444 3951 (H)

Sunday September 10 Flying the Freeway

120km, Brisk. Meet at Fremantle Railway Station at 7:45 for an 8:00am sharp start. We will be riding the full length of the Freeway PSP. Bring some nibbles to eat enroute. The route South will travel via Rockingham Road, Mandurah Road, Kero-

sene Lane, Baldivis Road and Safety Bay Road to the start of the Freeway PSP. There will be a short stop at Thomas Road for refreshments and then all the way to the end of the Freeway at Joondalup where the ride will end.

After a well deserved lunch you can get home via bike, train, taxi, or your partners car (by prior arrangement).

Leader: Kleber
9354 7877 (H)

Sunday September 17

Leafy North East Suburbs Ride

40km, Leisurely. Meet Perth Railway Station 9:00am for a Leisurely ride through the leafy North East Suburbs. Returning after coffee via the recently opened Maylands St Ann's path.

Leader: Noel

9355 2745 (H)

Sunday September 24

Southern Lakes and Plains Tour

50km, Moderate to Brisk. Meet at 8:45 for a 9:00am start, at the South side of Fremantle railway station. Café stop near the end of the ride. As to exactly where, if we can't find a café in Fremantle, we've got problems.

Leader: Mike

9319 9526 (H)

Sat-Mon Sep 30 to Oct 2

Queen's Birthday Long Weekend

Full article on page 11. Combined mountain bike and touring bike get together at Dwellingup. Accommodation for up to 34 available at the Dwellingup Community Hotel. Carpool or CTA bus and trailer transport available for 12. Bus and trailer option costs \$10 each, book early. Hotel includes breakfast and a 3-course dinner. 6 rooms (12 beds) with shared bathrooms are \$58/person/night. 7 rooms with 22 beds in the Motel section with en suite are \$78/person/night. Please book with the tour leader no later than Friday Sep 15th so that numbers can be confirmed.

Sat Sep 30 The bus departs from Perth Entertainment Centre car park off Wellington St at 9:00am sharp. You can also catch it at Armadale Train Station at 9:45am. If



'Well done' to Adam & Sam for achieving PB's on the 160km Take 2

Saturday September 9 300km Achievement Ride Take 2

300km Strenuous. This is the CTA's hardest ride, having to complete 300km in 20 hours and 15 minutes (average 15km/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 (and subject to approval).

Wednesday Sept 13 Social Night

7:00pm Loftus St Community Centre. Bring any bikes and/or bike parts that you want to swap/sell. This portion will take place from 7:00 to 7:30. Then Alan Nabor will be showing a slide show of cycle touring in Europe. Join other club members for an evening of port, cheese and anecdotes with some grossly exaggerated and



At the start of the 10000 in 8: Bruce (and his new bike), Chris, Mark E, Ann, Jugs, Colin, Allan & Mark C.

you're driving, be at the hotel in Dwellin-gup by 11:00am. An early lunch, and an afternoon ride, 33km for mountain bikes and 30km for touring bikes.

Sun Oct 1 Do as little or as much as you like. Mountain bikers take the Munda Biddi trail. Tourists can do a 70km loop or a 104km out and back.

Mon Oct 2 Sleep-in, breakfast, and a morning ride.
Leader: Kleber 9354 7877 (H)

**Sunday October 8
A Wide to Walyunga Wiff Kweber**

75km, Moderate-Brisk, Hilly. Meet at Midland Railway Station at 8:30am for an 8:45am start. We will pass through John Forrest National Park as we push up Red Hill on the Toodyay Road. At 16km we head North to the Walyunga National Park lookout for a short break, while we look down at the beautiful Avon Valley. Then it's on quiet back roads to the Gidgegannup bakery for a well deserved break. After enjoying the food and each others' company we will head down Red Hill to the finish at Midland.

Leader: Kleber 9354 7877 (H)

**Sunday October 15
Take It Easy, Take It Easy**

45km, Leisurely-Moderate, mainly flat. Don't let the sound of your own wheels drive you crazy. Meet at North Freo train Station for a quiet meander up north. We'll do a slow cruise up past the northern beaches and maybe, just maybe, have a coffee at Herdsman Lake. Then it's down to the river and the well known wandering way back to North Freo.

Leaders: Deb and Colin 9418 1571(H)

**Sunday October 22
Leisurely Lolling with Lucia**

55km, Leisurely to Moderate. Meet at Raffles Hotel at 8:45am for a 9am start. A Southern Loop with a coffee stop around Shelley Bridge or Deep Water Point, however the mood takes us.

Leader: Tony & Lucia 9313 1214 (H)

**Sunday October 29
The Southern Explorer**

70km Moderate, mostly flat, 8:30am start. Meet at Fast Eddie's Carousel (off Albany Highway) for an exploratory loop through the south eastern suburbs. We will take in some of the new cycle paths along the Armadale railway, Tonkin Highway and Kwinana Freeway before a well earned refreshment stop at the Koffee Shoppe. Once the caffeine kicks in, we will continue up the freeway and then Roe Highway back to the start.

Leader: Terry 9472 9887 (H)

**Sunday November 5
Up Up and Away**

80-90km Moderate, Hilly. Meet at Charles Paterson Park, Burswood for a ride to Kalamunda and other exotic areas. Needless to say to get to 'Kala' we will need to go up hill which is what Canning Mills Rd is all about. After a refresh at the top it's all down dale back to the start. It will be at CTA's *moderate* pace only, so if you have never done a longer ride in the hills before then this may be the way to start.

Leaders: "Jugs" n' Colin 9418 1571 (H)

**Sunday November 12
A Northern Suburbs Loop**

40-50km, Moderate. Meet at Greenwood station at 8:15 for an 8:30 start. We will head west to the coast and then north to Burns Beach where we can buy refreshments at the Burns Beach cafe. Then we will head east along Burns Beach Rd., south along Joondalup Dr., turning off to ride alongside Yellagonga Park and Lake Joondalup. Finally we will pass through Edgewater before joining the freeway bike path back to Greenwood station.

Leader: Stuart 9447 7042 (H)

PLAN AHEAD

**Sat-Sun November 18-19
Avon A Good Time Weekend**

Approx 205km over 2 days, Mod-brisk. Meet at 8:15am for an 8:30am prompt start from Midland Railway Station (we will wait for the 8:00am train from Perth to arrive at Midland at 8:25am). This will be a challenging but scenic ride to York. Saturday we will ride to York via Clackline and Spencers Brook and return on Sunday along the Great Southern Highway. Please see separate article in this newsletter for more details, or contact:

Leader: Ann 9444 5160 (H)

**Saturday November 25
Annual General Meeting**

20km, Leisurely. Meet at 8:45am for a 9am start from the Loftus Community Centre. Return to the centre by 10:30am for the AGM.

PROPOSAL TO AMEND CTA CONSTITUTION

The constitution of the CTA was first lodged in 1976. Various amendments and changes have been made throughout the years with many different versions; it now bears little resemblance to the original 3 page document. The constitution that is currently available has never been officially lodged with the Department of Consumer and Employment Protection (DoCEP), and the individual changes are difficult to trace. Therefore the committee will propose the following motion at the AGM.

"That the CTA replace previous constitutions with a new version, copies of which are available on the web, and on request from the secretary."

The actual changes from the latest version (the one you would have received from Ann when you joined) are small and include:

- a. Associations Incorporation Act, 1985 to 1987. (Para 1)
- b. The dropping of the word 'Honourable' from office bearers' titles, (Various)
- c. Six other Committee members, to, 'Up to six other Committee members'. (Para 4.5).
- d. No alcohol shall be consumed for the duration of the ride. To, 'Riders may not consume alcohol before or during a ride or tour if it is in contravention of relevant legislation.' (By-law 4).

This article constitutes your hard copy of the proposed amendments that will be voted on at the upcoming Annual General Meeting in November, thereby fulfilling the 30 day requirement for advance notice. They will also be loaded onto the CTA website.

If you need another copy of the **existing** constitution, please contact Ann on 9444 5160 asap.

CHAMPIONS

The 200km Achievement Ride (Take 1) took place on May 6 2006. Teresa was providing support for the ride and I had offered to keep her company and help out where necessary.

There were 6 cyclists taking on the challenge including Chris Duff and Mark C. It was the first time either had attempted the ride. By the end of the day Teresa and I had had the great privilege and pleasure of witnessing both Chris and Mark complete the ride within the designated time frame.

Chris' achievement was made even more significant given the amazing improvements in her cycling capabilities over more recent times. A 200km ride would have seemed out of reach for the 'Chris of not so long ago' (I hope you don't mind me saying that Chris...). The fact that Chris had the determination and commitment to take on such a challenge says a lot. Chris achieved a personal best that day indicative of her resolve, tenacity and physical & mental strength. The fact that she completed the majority of the ride solo is further testament to the magnitude of her achievement.

Of equal note was the achievement of Mark C. After completing the 200km with the remainder of the group, Mark's thoughts immediately turned to Chris, who still had some distance to go to complete the ride. Without hesitation Mark asked to be transported back to the 170km mark of the ride so he could rendezvous with Chris and accompany her on the final 30km of the ride. He was concerned that Chris would be riding in the dark by herself and felt that 2 cyclists riding together would be far safer. He also wanted to provide encouragement and support to Chris on the last leg of her long journey. So, back on the bike he jumped and by the end of the day he had ridden in excess of 230km!

I think the Herculean efforts of Chris and the selfless behaviour of Mark truly reflect the spirit of the club and should provide an inspiration to all members. It's moments like these that really highlight what being a CTA club member is all about.

Chris and Mark you have shown that you are both champions. ~Karen



'Mark and Chris celebrate together after the 200km Achievement Ride'

FROM BRUCE IN EUROPE



Thanks Dave, for forwarding these great photos from Bruce (the CTA's Safety & Promotions Committee member), in Europe. Part of the accompanying message read:

"I rode on a small part of the Tour de France route in Belgium while I was overseas with my BikeFriday, see the photo, and I also went up a serious hill which was labelled "to a sculpture of

Eddie Merckx". I went up the first time, but it was not close to the village of Stavelot, and on a second ride I found the statue at the top of the hill. Photo attached.

I did not do many miles as it turned out, and did not need any of the spare tubes, but if I had not taken them, I would have needed them."



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

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, 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.
2. Electronic Hazard Report Form found on the bikewest website at www.dpi.wa.gov.au/cycling/hazard.html.
3. Postcard. Free postcards provided by Bikewest are available from the editor.

Bikewest



cycle instead

Department for Planning and Infrastructure
Government of Western Australia

www.dpi.wa.gov.au/cycling

CYCLE TOURIST OF THE YEAR CRITERIA

Preview—Queen's Birthday Long Weekend Dwellingup—Sat Sept 30th to Mon Oct 2nd

The nomination may be based on:

Tour Achievement: The person may have realized a personal goal to cycle tour (perhaps across Australia or overseas) and involved the CTA by organising and leading it as a CTA tour. The achievement of a personal challenge on its own is not as important as meeting that challenge and assisting other members in that goal.

Leadership: The person demonstrated an outstanding display of leadership, which provided direction to the CTA during the current, or previous years. This may have been a drive towards more touring, or social endeavours, or cycle education, or a membership drive, etc. Generally this would relate to CTA Presidents, but this is by no means a necessary condition.

Club Support: The person has consistently been there for the Club over a number of years. This award would be in recognition of their services in a Committee role, Ride Leader role, Ride Organiser role, Tour Leader role, and Public Relations/Social role over the current and/or previous years.

Innovation: The person may have introduced a radical change in thinking for the club membership in general, or altered the customary thinking of the role or proposed direction of the CTA. Innovative ideas may have been the introduction of club uniform, or major improvements to newsletters or ride descriptions. The introduction of an Achievement/Challenge series, progressive dinners, evening social rides or other ideas which galvanise and focus the general club membership.

Note 1: The Cycle Tourist of the Year is not a reward for completing all the Achievement or Challenge rides, or having ridden a given number of kilometers etc., since these are personal goals which do not reflect the needs or involvements of the general membership.

Note 2: The above criteria was compiled as a guide to help people understand what they are voting for. Someone may fit into one or more of the criteria. You may feel someone deserves it for other reasons.

If you feel someone deserves the award, nominate them, but if you feel no-one deserves it, then you may cast a no-award vote.

This long weekend is a combined mountain bike and touring bike get together at Dwellingup. Accommodation will be at the Dwellingup Community Hotel. For those who get a taste for off-road with the On Your Bike - A Toast of Batavia Tour, this weekend will take you to the next level as you conquer sections of the Munda Biddi Trail. To maximize our riding time at Dwellingup, we will be using a 12-seater bus and the CTA bike trailer plus car pooling. There is accommodation for 34 people at the Hotel, so the first 12 participants who would like to use the bus and trailer transport, will need to book early. The other 22 participants will need to car pool. The cost of bus/trailer transport for the weekend will be \$10/person. We have been able to negotiate a three course dinner/accommodation/continental breakfast deal with the Hotel as follows: 6 rooms with a total of 12 beds at the Hotel with shared bathrooms at \$58/person/night. Also 7 rooms with total of 22 beds at the Motel section with en suite at \$78/person/night. Please book with the tour leader no later than Friday September 15th so that participant numbers can be confirmed with the Hotel on this popular weekend.

Saturday September 30th

Perth to Dwellingup by bus or car pool. Afternoon ride, 33km for mountain bikes and 30km for touring bikes. For those who wish to use the bus transport, meet at the Perth Entertainment Centre car park off Wellington Street Perth at 8:30am for a 9:00am departure. The next pickup will be at Armadale train station at 9:45am for a 10:00am departure. For those participants who intend to drive, the estimated time of arrival at Dwellingup will be 11:00am. After settling in at the Hotel and having an early lunch, both groups will head South on their respective routes to meet at the Baden Powell water spout for afternoon tea and maybe a swim. The mountain bikes will be on the Munda Biddi trail while the road bikes will be enjoying the downhill on Nanga Road. Depending on available time and interest the two groups can continue further South to the old

Nanga town site. By this time it will be a good idea to head back to the Dwellingup Hotel to shower and relax over a few drinks, before enjoying the three course dinner and a comfortable bed.

Sunday October 1st

Today both groups can do as little or as much as they like. The mountain bikers can head North on the Munda Biddi trail and experience any level of difficulty they choose. The Marrinup and Turner Hill mountain bike trails will test the best of you. The advantage of this area is that you can return to Dwellingup on Del Park Road if exhaustion or time catches up with you. The tourists can choose a loop of 70km enjoying the downhill to Coolup then North to Pinjarra for lunch. The return is via Spur Road to Dwellingup. The second option is an out-and-back ride of 104km through beautiful jarrah forests to Boddington and return. A change of menu for dinner tonight after a cold beer will cap off what should be a rewarding day.

Monday October 2nd

After a sleep-in and a relaxed breakfast the two groups will join together in the great downhill ride on Del Park Road to North Dandalup for morning tea. Depending on time and other commitments, drivers and riders can swap and ride/drive towards Mundijong for lunch. By this time most people will be ready to get home to the comfort of their own bathroom and bed.

Leader: Kleber (H) 9354 7877

CORRECTIONS!!!

The last issue of the newsletter had a template of rides for the last half of 2006 and the first half of 2007.

Please be aware that the 2007 rides dates will be changing. The 300km Achievement ride had to move 2 weeks earlier, based on the full moon, and all achievement rides before that will also move 2 weeks. A corrected template for 2007 will be available at the AGM for view and volunteering for ride leading.

MY COMMUTE TO WORK



The welcoming party



Don't get between me and the beer fridge!

"Bye Dear," I say to sleepy head, who has another hour longer in bed after I have long gone down the road on my bike to work.

"Huh? Oh yes, bye dear" is the mumbled response!

It's six thirty in the morning and after wrestling with thermals, longs, arm warmers, jersey and jacket, I turn on my flashing lights and I'm off!

By the time I reach Fremantle rail station (and I have to add, ride right on past) my fingers have accustomed to the chill in the air. Now let's head for the Old Traffic Bridge, on to Tydeman Road and the best bit of the ride.

Ah, Leighton! I am sure we all contributed to saving Leighton from being completely gobbled up by developers and at that time in the morning, as the sun comes up and the ocean glistens, I for one am happy so much was done to preserve one of the things dear to the Aussie heart!

As I peddle away I can hear someone chatting behind - it's a group of cyclists who glide past so effortlessly and leave

me in their wake - maybe one day I'll be able to latch onto a wheel and hitch a ride?

As I move away from the ocean, it's on to my first mongrel "hill." Not as mongrel as it used to be but it wakes me up and has me breathing hard at the top, ready for the downhill phase akin to one of Deb's RPM tracks! (That's BREATHELESS not UNCOMFORTABLE!)

Then comes a few sets of traffic lights - the difference between driving and cycling? - the traffic lights haven't changed twice by the time you get to them in a car!

Up through Swanbourne Village I am spooked by the sound of a car door opening - thank goodness it's a sliding van door not an opening car door.

After Swanbourne comes Claremont. I take the road as it is generally quiet at that time of the morning. It's the afternoon that is a completely different story with shoppers, buses and pedestrians out to test my steely reserve.

Then it's up another incline - but I am

ready for this one and give it my all to get to the top to see the traffic lights turn red. Oh well, at least I can get my breath back and prepare for the fast ride down past the Cemetery.

Once past the Cemetery it's a short fast blast down Aberdare Road to my destination - Sir Charles Gairdner Hospital in Nedlands, where a hot shower and breakfast awaits - self service of course. Must remember to wake grumpy to let him know I have arrived safely and (of course) in record time.

Now, who said anything about work, I was just getting into the swing of this riding caper..... ~Lynn

CLEARANCE SALE OF 'OYB' SHIRTS

All shirts are for sale at \$10 each.

Sizes are available for the following previous tours:

- 2002 A Whale of a Tour - Medium
- 2003 Heartland Heritage - XL, XXL
- 2005 Surfing the Scarp - XL

Contact Ann 9444 5160 (H)

The CTA Achievement Ride Series

Achievers

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 20 mins
100km	6 hrs 40 mins
200km	13 hrs 30 mins
300km	20 hrs 15 mins
10,000 in 8 (10,000 feet of hills)	8 hrs

Challenge Series

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

50km	3 hrs 20 mins
100km	6 hrs 40 mins
Century (100 miles/160kms)	10 hrs 40 mins
200km	13 hrs 30 mins
10,000 in 8 (10,000 feet of hills)	8 hrs

Merit Series

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

50km	3 hrs 20 mins
100km	6 hrs 40 mins
5,000 in 4 (5,000 feet of hills)	4 hrs

Using Brevets

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, Tom Hallam, on 9444 4107, or thallam@iinet.net.au. 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.

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 Tom Hallam on the number or email shown above.

Congratulations to the following CTA members who have completed the Achievement Rides shown:

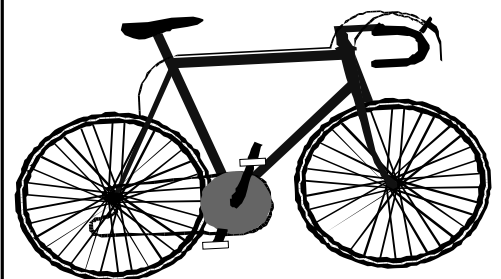
50km Take 2, Sun Jun 25

- Support: Gabrielle Kelly
 Lynn Ashton
 Rick Ashton
 Dennis French
 Geoff Kelly
 Deb Palacios
 Colin Prior
 Adam S'brana
 David Silk
 Rowena Scott
 Gerry Tenbokkel

5000 in 4 Take 2, Sun Jul 9

- Support: Mike Holland
 Lisa Cleary (brevet)
 Brad Cleary (brevet)
 Lisa Norman
 Mike Norman
 Rowena Scott
 Gerry Tenbokkel
 Thuy Trinh

Although there were several other Achievement Rides scheduled for July and August, there were too few registrants to run supported events, and riders chose to complete by brevet card. Names will be on the year-end list of ride completions.



SO MUCH HOT AIR

Jul 4th 2006, From *The Economist*

IMAGINE a world in which the driver of a small, fuel-efficient car, or heaps better a cyclist, can sell his quota of pollution credits to the owner of a gas-guzzling sport-utility vehicle.

The seller is rewarded for doing his bit to keep the planet green, the buyer pays a bit more for the privilege of warming the earth on his way to the supermarket. ...

REIMBURSEMENT FOR ACHIEVEMENT RIDES

Tom is still looking for supporters for future Achievement Rides. If he can't get help, **rides may have to be cancelled**, so please check your calendars and help if you can. Duties include recording participants and completions, providing support in the form of water stations and possibly rescue.

Change to reimbursement:

Mileage (your odometer reading from when you leave your house for the ride, to when you return), will be reimbursed at the rate of \$.50/km. Other related expenses will also be reimbursed if you provide receipts.

Contact: Tom Hallam 9444 4107(H)

HOUSEKEEPING

Contact a Committee member, or send us an email, 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 (camp stove). By hiring, you can sample cycling touring without investing in lots of equipment. And if you do decide to invest, you'll have a better idea of what you want for yourself. Cost is \$5 per 2 weeks, \$10 per month, plus a bond.
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.
4. **You have stories, pictures, or ideas for the newsletter.**

Email to info@ctawa.asn.au

Fees Please:

CTA membership is from January 1 to Dec 31 each year.

- 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. After June 30 (like now), part-year memberships apply and the above fees should be halved.

If you are a non-member going on the **On Your Bike** tour this year, you will get a complimentary club membership for 6 months after the ride.

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, and a library, to name a few of the material benefits.

CTA CLOTHING RANGE EXPANDS

The CTA has a variety of logo clothing available for sale:



Short sleeved Coolmax tops in yellow with red stripes (XS-XXXL mens, 10-16 ladies) are \$85 each.

LONG sleeved Coolmax tops in yellow with red stripes (M-XXXL mens, 10-16 ladies) are \$100 each.

Black lycra knicks (XS-M only) with 1 red & 1 yellow side panel are \$80 each. The Committee has decided **not** to reorder knicks going forward, so if you wear one of these smaller sizes and don't have a matching set yet, or need to replace your existing knicks, best get them soon!

Cycling socks in red and yellow, with the CTA logo at the ankle. These are a real bargain at \$10 a pair. 1 size fits 8-11.

"Take A Look" Mirrors Are in stock!!! With or without helmet adaptors, they are \$20 each.

More clothing coming: The committee has placed orders with a local (WA) manufacturer for looser-fit, high-visibility cycling shirts. We will carry both short sleeve polos, and long sleeve full-frontal zip shirts, both in neon orange fabric with black trim, and 3 bike pockets on the back. The CTA logo is embroidered on the front, and the club name is printed on the back. These are casual shirts that are functional both on and off the bike. \$35 each, and \$5 more gets you your first name embroidered on the front. We expect stock to be received just before On Your Bike.

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

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

