

THE CHAIN LETTER

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

Jan / Feb 2007

Issue 192

PRESIDENT'S REPORT

Well another year is almost over! As we move into 2007 it is a good time to reflect on the past year and take stock of what has been achieved in that time, both on a club level and a personal level. I think the club had a very good year. During the year the number of members increased by more than fifty.

I would like to thank all those people who come to the AGM as without five of you we would not have had a valid meeting under the rules of an incorporated club. At this meeting the constitution was abolished and the one we have been working under was adopted unanimously. This was registered with the department on the 5th of December. From a members point of view it is dry and irrelevant. From my point of view I HOPE it is unimportant but if things go wrong it is the guideline. And if we end up in court these are the rules we will be measured by. Also at this meeting I was voted Cycle Tourist of the Year. As I was recovering for a good part of the year from back surgery and unable to do any of the achievement rides I can only imagine the award is more for the promotion and fostering of cycling. This would not have been as successful as it has been without the support of the committee. So I accept the award as recognition of the overall achievements of the Committee.

I think the Committee has worked very hard this year. Things like the changes made to the rides classifications, the range of clothing, the Achievement Rides, the Social Nights, our success in winning the Sustainable Transport Award, the professional standard of the Newsletter, the web site, Public Liability Insurance, the database of members and financial account keeping, along with the recording of decisions of the committee. All of these things would not have been possible without the

dedication and effort of the individual committee members. I thank each one of them and hope that when someone does their job well, you let them know they are appreciated. Tom, Vice President Achievement Rides & Web Site; Ann, Treasurer; Grant and Colin Rides Coordinator; Deb, Editor and Clothing; Bruce, Safety and Promotion; Maria, Social Coordinator; Janet, Bike Week; Connie, Secretary.

Grant, Janet, Connie and Maria come off committee and I welcome Kate, Jude and Gerry to the committee. So I look forward to working with the new committee members but would like to thank those coming off. Grant for organising a ride leader for each week as this is what we are about after all! Janet who is on maternity leave (joke) did a fabulous job with Connie for Bike-Week, buying, cooking, and clearing up for those events. I am sure you will agree with me that the Social nights have been a great success, not only the variety of topics but also the healthy suppers. Talking of food, Maria also organized the banquet twenty four of us enjoyed on December 9 for the progressive Dinner. I didn't get home till after 1.00 am, there was so much to get through!!

The club organized a number of very successful weekends away. Dunsborough over the March Long weekend was organised by Ann. Connie and I organized Easter at Bridgetown, where a number of new members joined the club as a result of the welcoming outlook, and which was voted Ride of the Year. Christmas in July at Quindanning was almost cold enough for it to snow; there was very light frost on the ground, Connie and I organized this weekend too. The Queens Birthday saw us heading to the Dwellingup Hotel

Cont'd on page 13

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—12:00noon

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CTA COMMITTEE

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Colin ☎ 9418 1571 (H)

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Jude ☎ 9328 9952 (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.

- Nonie Allen Mark Bliesner
- Joe Boswell Martin Forsey
- Leo Ottiger Marj Pearson
- Alison Reid Lynda Robbins
- Robin Stevens Reg Tugwell

CYCLING TRIVIA

Last issue we asked:

In the late 1980's an anniversary Colnago/Campagnolo Limited Edition bicycle was discovered in a Gosford (NSW) shed. Have a guess how much this was worth then, and now.

John Faris looked up the latest (50th Anniversary) edition of the Colnago Limited Edition cycles, and then extrapolated that the 80's version would cost \$A4000. Not even close.

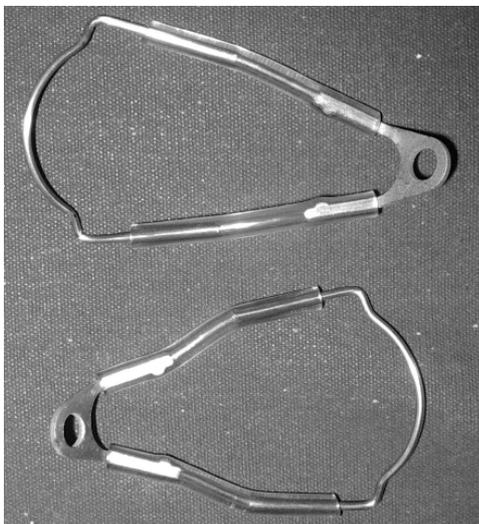
Look at the question again. Although **found** in the 1980's, the bike in question was actually built in the late 1960's, and when I said Limited Edition, I really meant it. Only ten were ever built.

The story, as I know it, is that a guy in Gosford had a garage sale for his recently deceased father's estate. One of the items for sale, was "Dad's old bike". It was sold for \$A100, and the new owner took it to his local bike shop to see what they could do with it. The local mechanic thought it might have been a good buy, and referred the new owner to a large bike shop in Sydney for confirmation. Their senior mechanic recognised it immediately for what it was. Colnago and Campagnolo were both contacted, and one of them offered \$US30,000 sight unseen. As

stated previously, there were only ever ten made, and this was only the third known to still exist. The new owner declined the offer, and to the best of my knowledge still owns it, lucky bastard.

Next Question:

Although seldom seen nowadays, these used to be almost standard equipment on touring bikes. What are they? Many thank to Bruce for submitting this brilliant trivia question!



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 (Mar/Apr) should be to the Editor no later than Thursday 15 Feb. (It's a short month).

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.

CTA COMMISERATIONS

To Brad Cleary, for his unfortunate accident with another cyclist, that resulted in damage to his bike, and a broken arm. By the time he gets this, we hear the cast will be off, so we hope to see you riding again soon.



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Results of The Annual General Meeting (AGM)

Saturday, November 25th, 2006

Current membership—199!!!

The full minutes of the AGM should be on the website soon—stay tuned for a full recap.

Reports were delivered by the President, Treasurer, Rides Coordinator, Editor & Clothing (given by the Rides Coordinator in Deb's absence), and the "On Your Bike" Sub-Committee.

Major attractions for the coming year include

- On Your Bike 2007—The Wandering Valleys Tour, 6-14 October 2007
- Preparations for the Queensland 5-week pannier tour to be led by Kleber in 2008.
- A new format to the Bike Week rides led by CTA
- Promotion of Family Rides to include children

2005 Awards were presented (see separate articles).

Page 2 of this newsletter reflects the new Office Bearers for the CTA for 2006. Changes are: Connie, our 2005 Secretary, has been replaced by Kate. Maria, the 2005 Social Coordinator, has been replaced by Gerry. Janet, also stepped down from the Committee as she has her hands full with her new baby girl, Amelia. Janet has been replaced by Jude. Thanks for all your hard work Connie, Maria and Janet!

Changes to the constitution (detailed in previous newsletters) were passed. The most notable change is that alcohol can now be consumed on club rides, in accordance with the road rules. The previous by-laws stated no alcohol was to be consumed on club rides.

Other business discussed included a new sign up sheet for rides (ride leaders will get this via email from Colin), registration to be required for Take 2 Achievement rides, and a re-visiting of whether or not route information should be included on the website (voted down again).

ACHIEVEMENT SERIES AWARDS WINNERS 2006

The end of another year and the Achievement rides have finished for now. Thanks to all those who helped support the rides, without you the rides would not be run. Congratulations also to the following award winners. If you were not at the AGM then please contact the achievement rides coordinator (Tom) to arrange the delivery of your mug & badge.

Merit

- | | |
|------------------|------------------|
| Mark Corbett | John Faris |
| Dennis French | Trevor Gore |
| Grant Gregory | Michael Holland |
| Liz Marshall | Richard Marshall |
| Bruce Robinson | Chris Rowley |
| Gerry Ten Bokkel | |

Challenge

(no participants this year)

Super Achiever

- Mark Elliott
Colin Prior
Ann Wilson

MORE WINNERS FOR 2006



Cycle Tourist of the Year 2006

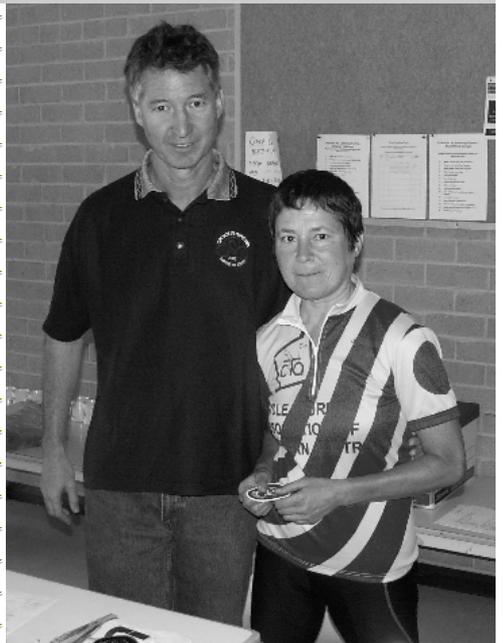
VP Tom (L) presents Noel Eddington (R) with the award, which also includes a one year free membership to the club.

Best Newsletter Article 2006:

THORN-PRODUCING WEED INVADES PERTH'S BIKE PATHS, in the May/June 2006 issue. A joint effort, by Bruce Robinson and Mike Norman. Wins a \$20 gift voucher from a local cycling shop.

Best Ride for 2006:

EASTER IN BRIDGETOWN during April, led by Connie & Noel. See the July/August issue of the Chainletter for the writeup on this weekend. They will also receive a \$20 gift voucher from a local cycling shop.



President Noel presents Ann Wilson with her much deserved, unanimously voted, **Life Member Award**

TO YORK AND BACK

What some people will do to avoid the noise and the crowds of the Red Bull Air Show. So it was that on a middle weekend in November, 12 eager cyclists assembled at Midland Train Station with their sights set on York. While some took advantage of Leonie's car and off-loaded gear, others panniered up. Soon it was 'on your bike' and heading East, winding our way out of the city and gently up the Darling Scarp. Most of the crew took the few kilometre gravel diversion on the Heritage Trail to avoid the allegedly nasty ascent up Rycroft Road. We soon all met up and kept ascending through the hobby farms of outer Mundaring, picking up Liz and Richard on the way. The morning tea stop was scheduled for a little café in Chidlow which, to

our leader Ann's despair, had closed down. Directed around the corner half a kilometre we were assured of a shop. A shop there was, but one with no power so we fumbled along dark shelves seeking chocolates and choc milk to the loud noise of a generator – not really the quiet country stop we had planned. Ever practical Tom was escorting people around the shop with his small bike light but really the illumination was poor to say the least.

Back on our bikes and more uphill through the back roads of Wundowie and Clackline till we arrived at Bakers Hill. Now I always thought this was a town, but really life seemed to centre on the ex service station which is now appropriately a bakery with lots of good pies, pasties, rolls and the sweets department. Grant's giant vanilla slice fed several of us. While we had kept pretty much together as a group, even though a bit spread out with Kleber, Devo and Ann at the front and Simon doing sweep duty at the rear, after the lunch stop it was pretty well off to York as fast or slow as you wanted.

As we headed inland the temperature rose and there were tales about how little wee despite so many litres of liquids. We were also heading into locust country and as our trusty leader had alerted us previously by emails to this, we were well equipped with surgical masks and fly nets. Locusts there were but as long as

you kept your mouth closed and did not mind the occasional hit to the chest, sunnies or legs we did not have to resort to wearing protective gear. The road was pretty crunchy at some points. Most of the crops had been harvested and the country brown and dry.

people set their own pace. We did however have a staggered rendezvous for lunch at the Lakes Road House where cold drinks, shade and time off the bike were a welcome break. We headed back to Chidlow covering some of the same country as the previous day before we turned west onto Great Eastern High-



Devo, Richard, Liz, Tony, Ann, Gerry, Theresa, and Jude

The kilometres were ticking by as some stopped at Spencers Brook pub on the way and Liz and Richard running low on water, got the royal treatment from a friendly farmer. The final 'welcome to York' sign was just in time for most of us, 120 km and about nine hours from our start. We rendezvoused at the pub, the site also for the biggest York wedding party of the year, and yes, we did look a little out of place in cycling nicks. Gerry your fluoro top was a winner. But icy cold beers and lemon squash were more important than being the odd ones out. Gradually small groups headed off for the last 5km to our accommodation – regrettably up a hill, but the sight of our support crew, air conditioning, showers, chooks (and lots of fresh eggs), beds, chocolate and food made it all very attractive. Promises of a spa were only true for some as it took forever to warm up after we had all cooled down. Stories, planning for bigger trips, port and chocolate, good company and tired bodies made for an easy night. Karen and Rosie headed back to the big smoke.

Nine thirty the next morning saw us on our bikes again for a more direct route back to Perth. The day's 85 km run would take us out on the Southern Highway through some beautiful undulating country which meant some lovely down hills. It was still a pretty warm day with the tree shaded parts of the road too scarce. We soon spread out into three groups and with no support vehicle today

way. I always thought it was downhill all the way from Mundaring but there always seemed one more undulation to climb before we finally reached the 'all trucks must use low gear' sign and we knew we were definitely on the homeward stretch with a 6km run down Greenmount Hill. The traffic was pretty well behaved which was just as well as clinging on hurtling down the tar at 55km would be scary if you had to take evasive action in a hurry. Down hill also meant the end of our country rambles and back into suburban housing, more cars and more trucks. The train was conveniently waiting at the station with Ann, Grant, Devo and Tom aboard and already reminiscing about the weekend. We did not see the others but I saw Teresa on the bike path the next week so presume she and Mark and Simon did make it.

The highlight for me was riding those country roads for over 200 km in 2 days with a great bunch of people. The scariest bit was when one of Grant's back panniers flew off and bounced in front of my tyre and somehow, even though we were travelling fast, I managed to avoid it. I was sure I was going to take a tumble.

Thanks to Ann for great organisation and the other long distance cyclists for encouragement and good company. Thanks to Leonie, Rosie and Tony for support.

~Jude

"Tour des Patisseries"

(a self guided 2000 km pannier cycling tour of France, Sept/ Oct 2006)

During the first week of the CTA 30th Anniversary ride in April 2004 we (Grant Gregory, Mike Norman and Terry Manford) found we were cycling at about the same speed and enjoying a lot of camaraderie. One lunch time, sitting together on a log in a gravel clearing surrounded by a parrot bush thicket, Terry pulled out a bottle of red wine. As we sipped it, I said that this would be like riding in France. Grant then said he would like to ride in France. Terry agreed. So it was decided there and then we would do a pannier tour in France sometime within the next year.



It was nearly two years before Grant and I organised seven weeks off work (Terry is retired) and booked our air tickets, with a 3 day stop over planned in Dubai on the way back. In the meantime, my daughter Lisa (who had already trekked and climbed in Nepal with me) decided the trip sounded very adventurous and asked if she could join in as well, and took steps to increase her cycling fitness. Grant and Terry further modified their bikes for the tour. Lisa purchased panniers and I purchased a second-hand re-worked bike and a second-hand set of panniers (from a "Wanted" add placed in this newsletter). The Wilderness Equipment panniers I purchased belonged to a former CTA stalwart (John Martin) and had already been around Europe three times! We all met for a 70 km training ride between Fremantle and Sorrento (and return) only two weeks before we were due to leave. It was the first time Lisa and I had ridden with panniers. Lisa and I found the bikes very stable and that riding with a full set of panniers (other than needing to drop to a lower gear going up hills) presented no problems at all.

So on the 3rd of September 2006, with our bikes partially disassembled to fit into cardboard boxes obtained from a bike shop, we left Perth destined for Charles de Gaulle airport in

Paris via Dubai. On arrival, we found a couple of the bikes slightly damaged and Grant nearly lost our only set of bike tools as his box was broken open. All was corrected at the airport and we took the RER train from the airport to the centre of Paris. The adventures started when Grant could not get off the train quickly enough. The doors closed and Grant disappeared into the underground. Fortunately, Grant had forty arm waving Frenchmen shouting advice to him (in French) on how to get back to us and eventually he reappeared in the underground to join the other exasperated travellers.

Over the next few days, we cycled 80 km around Paris (armed with a cycling map of Paris) and also made a train trip for out to the Palace of Versailles (where we discovered Grant did not like spending the whole day on his feet and not the pedals!). When we could not find a reasonably safe bike route in Paris, we just followed other French cyclists. We saw attractive French women riding old push bikes wearing the latest fashions and high heel shoes! The climb of the Eiffel tower, and the bike ride from the "Arc de Triomphe" down the "Ave des Champs Elysees" to the "Place de la Concorde" rate as some of our highlights in Paris, but we were already discovering that every day touring on a bike was an adventure full of surprises!

It wasn't long before we had a new habit. Every morning, after an hour or two cycling, we would drop into a patisserie, nearly all of which had a huge selection of mouth watering pastries, cakes and fresh bread. We nearly always found a patisserie shop, even in small villages. We would often buy four different ones to cut up and share. Typically the pastries would be placed in a box which would be tied with my washing line onto the top of my front pannier rack, for safe carriage to a shady park bench where they would be hungrily consumed. Hence we called our trip "Tour des Patisseries".



Next it was a 400 km train trip to the stylish and cycle friendly city of Strasbourg, just near the German border. As

Cont'd on Page 10

RIDES TEMPLATE FOR 2007

Here is the yearly template for club rides for 2007 (continued on page 9, so in effect, it is a liftout A3 page you can keep for the year. There are LOTS of blanks to be filled in. Please call Colin to volunteer **at least once** during 2007. If you have concerns about being a ride leader, we can help you: we have guidelines on how to plan and lead club rides, and we may even be able to assist you with route planning. Achievement rides don't have 'leaders', but often require 2 or 3 people to help as support. We need ride-leaders willing to lead slower & shorter rides that are "kid-friendly". Step up to the plate and make this **your** club too! Impromptu rides can be added anytime, just let us know.

Rides Template for 2007—call Colin on 9418 1571 to volunteer—your name goes here: ↓

Date	Region / Ride name / Event	Suggested Start/Finish	Start Time	Km's	Grading	Leader
Sun, Jan 7	Don't Blame Me, I'm a Scientist, Not a Cyclist	Freo RS	0800 for 0815	65-80	Mod-Brisk	Sam
Sun, Jan 14	Loosely Leederville	Point Walter	0830 for 0845	30-40	Moderate	Tom
Sun, Jan 21	Cappuccino's with Mike	Freo RS	0815 for 0830	50	Moderate	Mike
Sun, Jan 28	Kid's ride	Burswood Chas P'son Park	0815 for 0830	20 or less	Social	Terry
Sun, Feb 4	Please Help Me With My 140Km	Kelmscott RS	0745 for 0800	75 or 140	Mod-Brisk	Adam
Sun, Feb 11	Hotter Than Hell In The Hills	Armadale RS	0800 for 0815	75	Moderate	Colin
Sun, Feb 18	A Back St Grovel With Grant	Freo RS	0815 for 0830	50-60	Mod-Brisk	Grant
Sun, Feb 25	50km Achievement Ride Take 1	Bullsbrook	0900 for 0930	50	N/A	Tom
Sat-Mon, Mar 3,4,5	Labour Day Long Weekend	Dardanup	1100 approx	150	Leisurely	Ann
Sun, Mar 4	Kings Park	Fraser's Restaurant	0830	TBA	TBA	No leader
Wed, Mar 7	Evening Ride	Narrows Bridge South, West	6:00 PM	20-30	Leisurely	Colin
Fri, Mar 9	Bike Week Breakfast	Supreme Court Gardens	0600-0830	N/A	N/A	Non-CTA
Sun, Mar 11	Bike Week 4 Rides and a BBQ	Kings Park or Deep Water Pt	0900 or 1015	60 or 30	Mod or Leis	Various
Wed, Mar 14	Bike Week evening ride	Coode St Wharf	6:00 PM	15-20	Social	Noel
Sun, Mar 18	Freeway Bike Hike For Asthma	TBA	TBA	TBA	TBA	Non-CTA
Wed, March 21	Social Night	Loftus Centre	1900			Gerry
Sat-Sun, Mar 24-25	Weekend Pannier Tour to Serpentine	Armadale RS	0800	100-120	Leisurely	Simon
Sun, Apr 1	100km Achievement Ride Take 1	Armadale RS	0830	100	N/A	Tom
Fri-Mon, Apr 6,7,8,9	Easter Long Weekend	Bridgetown	N/A	Various	Various	Noel
Sat, Apr 14	160km Achievement Ride Take 1	Lakes BP	0730	160	N/A	Tom
Sun, Apr 15	Northern Suburbs	TBA	0800	30-40	Leisurely	Karen
Sun, Apr 22	5000 in 4 Achievement Ride	Supa Valu Kelmscott	0830	55	N/A	Tom
Fri-Sun, Apr 27-29	A Weekend in Williams	The Duffs Farm	1600 Fri	70, 80	Mod	Allen
Sun, May 6						
Wed, May 9	Social Night	Loftus	1900			Gerry
Sat, May 12	200km Achievement Ride Take 1	Midland Police Station	0630	200	N/A	Tom
Sun, May 13	South of the River	TBA	0830	40-50	Leisurely	Deb
Sun, May 20	Greenwood/Joondalup	TBA	0830	45	Moderate	Reg
Sat, May 26	300km Achievement Ride Take 1	Midland Police Station	0530	300	N/A	Tom
Sun, May 27						
Sat-Mon, Jun 2-4	Foundation Day 3 Day Pannier Tour	TBA	0800	200	Leis'l'y, Mod	Simon & Colin
Sun, Jun 10	10000 in 8 Achievement Ride Take 1	Kelmscott RS	0800	110	N/A	Tom

Lift out Rides Calendar Page for Jan/Feb 2007

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 December 31

New Years Eve Fireworks Ride

20km, Social. Meet us at Kings Park Café at 22:00 for our traditional but very unusual way of celebrating the New Years Eve. We'll sit down for nibbles at 22:00, then head off at about 22:45 for a very easy roll around the river to ensure we are down by the water front in time to watch the fireworks and welcome in the New Year. Just don't forget to bring your lights!

Leaders: Deb & Colin 9418 1571 (H)

Sunday January 7

Don't Blame Me, I'm a Scientist Not a Cyclist

65-80km, Moderate-Brisk. Meet at Point Walter at 8:00am for an 8:15am start, or even better join us for breakfast at 7:15am. After a good fill, we go via Deep Water Point then along the freeway bike path to the Narrows Bridge. Then, depending on the wind, weather, and how everyone is feeling, we can go either via Burswood or straight along the north side of the river and back down to Fremantle. Finally finishing back at Point Walter.

Leader: Sam 9433 6193 (H)

Sunday January 14

Loosely Leederville

30-40km, Moderate. Meet at the Leederville Station at 8:30am for an 8:45am start. Have a ride with the club's VP through the inner Northwest/Northeast suburbs. Coffee at the end in one of the numerous cafés in Leederville.

Leader: Tom 9444 4107 (H)

Sunday January 21

Cappuccinos with Mike

50km, Moderate. Meet at Fremantle RS at 8:15am for an 8:30am start. The weather

is likely to be far too hot to ride too fast and the caffeine levels must be kept up to CTA standard so off we go for a cappuccino. We'll head off to places south to start with then back by which ever café suits our pleasure. For those up to the task there will be ample opportunity for more when we get back to Freo.

Leader: Mike 9319 9526 (H)

Sunday January 28

Kid's Ride

30km or less, depending on ability of kids on the day. Social. Meet at 8:15am for an 8:30am start from Charles Patterson Park at Burswood. A ride specifically for kids, and their parents. Anyone under the age of 16 must be accompanied by a parent or guardian.

Leader: Terry 9472 9887 (H)

Sunday February 4

Please Help Me With My 140 Km Problem

75km or 140km, Moderate-Brisk. Meet at Kelmscott RS at 7:45am for an 8:00am start. I have a problem with CTA rides—every time I try to ride I hit the wall at the 139.9km mark. So come along and help me through. There is a 75 km option so you don't have to do the whole ride but, the more, the merrier. Be aware though, there will be some hills.

Leader: Adam
"140k spoke boy" 9496 3121 (H)

Sunday February 11

Hotter Than Hell in the Hills

75km, Moderate, Hilly. Meet at Armadale RS at 8:00am for an 8:15am start. One of my favourite courses through the hills takes us up Brookton Hwy then along Soldiers Rd. There are a few hills but we will

wait at the top for everyone to catch up. It's then off to Jarradale for a very well-earned rest and probably a cool drink as well. After that it's all down hill back to the start. Note the ride will be at CTAs moderate pace only.

Leader: Colin 9418 1571 (H)

Sunday February 18

A Back Street Grovel With Grant

50-60km, Moderate to Brisk. Meet at Freo RS at 8:15am for an 8:30am start. After several months away cycling Grant is back in town! And what better way to hear all the stories than come on a ride that celebrates the mighty Swan River. There'll be opportunities to keep the caffeine levels up as we take some back streets back to Freo.

Leader: Grant 9339 4248 (H)

Sunday February 25

50km Achievement Ride 1

50km, Moderate, 9:00am for a 9:30am sharp start. Meet at the corner of Great Northern Highway and Chittering Road for registration and map/ride description. The time limit of 3 hours 20 min (average 15 km/h) should ensure that everyone has a chance of completing the distance. Note there is a \$10 fee for non-members.

Organiser: Tom 9444 4107 (H)

Saturday-Monday March 3-5

Let Us Leisurely Labour Away

150km total approx, across 3 days, Leisurely. Come and join the first of many "Towel And Undies" tours that will be arranged throughout the year. We will be starting in Dardanup on Saturday late morning and cycle to Donnybrook along quiet back roads (~50km). On Sunday we will cycle to Bunbury via the beautiful Tuart Forest (~75km) and then return to

Dardanup on Monday morning (~25km). Accommodation in Donnybrook and Bunbury will be either in a hotel / YHA / Homestead and so the minimum of luggage will need to be carried hence all you need is a ("towel and your undies"). **Please book with deposit of \$30 with the tour leader no later than Friday 16th February.**

Tour Leader: Ann 9444 5160 (H)

Sunday March 4 Leaderless Ride

For those not going on the long weekend away. Meet at Frasier's Restaurant, King's Park at 8:30am and negotiate distance & pace, depending on who's there.

PLAN AHEAD

Friday March 9

Bike Week Breakfast

6:00am to 8:30am, Supreme Court Gardens, corner of Barrack St & Riverside Drive in the city. More details closer to the date at www.dpi.wa.gov.au/bikeweek

Sunday March 11

Bike Week 4 Rides and a BBQ

60km, Moderate at 9:00am or 30km Leisurely at 10:15am. Your choice, start from either Deep Water Point or Kings Park Café. Each starting point has an option for either a 60km or a 30km ride which will all meet at South Perth foreshore for the traditional sausage sizzle. Four different rides so four times the fun.

Leaders: Colin, Mike, Tom and Simon

Wednesday March 14

Bike Week Evening BBQ

Meet at Coode St Wharf on the South Perth Foreshore at 6:00pm for our traditional social pace, 15-20km BBQ ride. So bring your friends, lights and appetites.

Leader: Noel 9355 2745 (H)

Sunday March 18

Freeway Bike Hike for Asthma

Non CTA event. Full details in next issue.

Sat—Sun September 1-9

9 Day Pannier Tour

Details yet to be determined. Unsupported Pannier Tour in preparation for the '08 Long Pannier Tour.

Leader: Simon 9271 2959 (H)

Sat-Sat April 26 to May 31, 2008

South/East Queensland North/East NSW Tour 2008

3 weeks + 2 weeks = 5 weeks total! See separate article this page.

Leader: Kleber 9354 7877 (H)

OYB 2007

Sat-Sun October 6-14

On Your Bike 2007 Wandering Valleys Tour

The tour starts and finishes in Wandering. We will be staying at Narrogin Ag College, Darkan, Collie, Boyup Brook, Williams and Boddington. The Rest Day will be in Boyup Brook. Brochure will be sent to you late April.

Leader: Allan Duff 9885 8067 (H)



South/East Queensland - North/East N.S.W. Full Pannier Tour - 2008

It's now official! The tour dates are: Saturday April 26 to Saturday May 31, 2008. Yes, that's a total of FIVE weeks.

To accommodate those who want to participate in the tour but are unable to obtain five weeks of leave, we have split the tour into 2 segments. We will travel South into N.S.W. and spend approximately three weeks exploring the national parks and pristine coastal beaches as we head North to Queensland. The last two weeks will be spent enjoying the best country away from the busy tourist areas within easy reach of Brisbane.

To access some of the more beautiful areas in the national parks and to allow for the unexpected gravel roads it will be necessary for you and your bike to be prepared for unsealed road conditions.

We plan to keep daily distances short because of the terrain and to maximize the quality time at places of interest. If you have not had the pleasure of participating in a full pannier tour to date, now is your chance to experience it at it's best. For the new chums, it would be advisable to attend and participate in the Social Nights and weekend pannier tours that are being offered during 2007.

Save a da money and da leave for da tour.

Tour Leader: Kleber 9354 7877 (H)

Mentioned In Dispatches (MID)



In chronological order, congratulations first to Suzie for a Personal Best (PB) of 60 km on the 22nd of October 2006, on a ride called "Leisurely Lolling with Lucia". Her previous best was just over 30 km.

Our next "Well Done" goes to Irene, who also achieved a PB on a CTA ride. Her new PB of 88 km was set on "Up and Away" on the 5th of November 2006. Her previous best was a flat 75 km with the Over 55's.



And last but not least, (no picture this time) is a heartfelt "Thank You" to Colin Pearce, (Colin 1) for coming up with a replaceable chain link for Colin Prior (Colin 2), so that the Midland Meander on 10 December could continue when Colin2's chain broke. From Colin 2 "NOONE carries a replaceable chain link, except Colin Pearce.....and me now."

Let us know if you have achieved a (PB) in distance (no times please), and we'll put you in the newsletter.

Cont'd from page 5

we rode to the camping area 4 km out of town, we were hit by a violent thunderstorm with lightning striking all around us. We took refuge under a concrete bridge and joined about 15 local cyclists on their way home from work. After touring the town (including the beautiful canalised area of "Petite France") we rode across the empty border post to spend the afternoon at a large country town in Germany. From there, we commenced a 170 km "Alsace Wine Route", passing through exquisite country towns and row upon row of grape vines. The first day, we lost the bike route and went 24 km out of our way before we realised our error (it is easy to do), and swore we would pay more attention to navigation for the rest of the trip. At Molshiem, navigating through the large town was so difficult that we had to ask for guidance. A man who we approached for directions ran home, got his bike, and guided us right through to the start of the bike path on the other side of town! At the camping area in the beautiful town of Obernai (one of our favourite towns in France) we saw the notice about a Flower Festival (showing floats and bands) happening next day at the nearby town of Rosheim. So we immediately switched our plans to attend it (you will have to see our slide show at the forthcoming CTA social night to see what a fantastic event this was!). The advantage of not booking any accommodation in advance was becoming even more apparent and our itinerary continued to remain flexible for the rest of our trip (apart from catching the return flight at Nice!).

After we completed the wine route, we rolled into the city of Mulhouse, decided we did not want to stay there and within an hour we were on a 150 km train ride to the large city of Dijon. Next day we did 40 km riding around Dijon, and celebrated Grant's 60th birthday at Place Emile Zala there. From there we started our second big ride - the "Canal de Bourgogne" from Dijon to Migennes. Apart from the beautiful canal with its many lochs, loch houses and barges, there were many amazing things to see, such as one of the first hospitals in the world at Tonnerre (built in 1295, and still in remarkably good condition) and 14th century pre-industrial revolution

iron foundry at Buffon (where we had a long chat with the 6th and 7th generation of the last owners, as their home

on the grounds was open just for that day). We also saw where the canal, dug by hand, went straight through the mountain for 3.2 km at Pouilly-en-Auxois.

When we got to Migennes, we caught the train to Fontainebleau where most of the kings and queens of France once lived. Walking through the palace and the grounds was a full day trip - it has 1,900 rooms! Every room has a huge "Wow" factor - each one different, with exquisite artistry from the floors, to the walls, to the ceilings. Probably the most impressive building we had ever seen - we were blown away by the absolute magnificence of the building and its furnishings. Some of the big moments of French history have also happened here. Finding camping at Fontainebleau was impossible, but again, the French came to our aid. A cyclist guided us on her bike right through town to a road that led to an excellent camping area on the River Seine 4 km out of town.

From Fontainebleau, we had a 500 km train trip to Les Eyzies via Paris. At Paris, a kind passenger guided us from one large station to another one 2 km away through busy streets to make the connection. We had real dramas on the following train trip (we should sell the film rights!). You will have to come to the CTA slide night to hear that story! Anyway, we FINALLY got to Les Eyzies and started a 400 km ride through the Dordogne-Perigord area. This area had it all - ancient castles filled with medieval armour, grand chateaux, ancient cave art and beautiful cliff top (or cliff over-hanged) towns. Here we were hit by a few days of seriously wet weather. After an evening setting up our tents in torrential rain, the next night we let our hair down a bit in a mid-priced hotel - complete with a hot bath, pre-dinner drinks, meal in the restaurant and brandies. Unfortunately, when presented with the bill the next day, we discovered it had cost us almost the same as a week's camping! Memorable though!

We made our way south to the city of

CTA APPLAUSE TO:

The Merchant Tea & Coffee Co.
42 Haynes St
KALAMUNDA
9257 2611

For outstandingly quick and thorough service when 25 CTA riders dropped in totally unannounced on Sunday November 5th. Not only did they fill orders extremely quickly, they brought water around, **and** offered to fill water bottles. CTA will be planning additional rides specifically to visit this coffee shop!

IGA
916 Canning Hwy
APPLECROSS
9316-3533

For allowing us to use their toilets before Tony & Lucia's Sunday morning ride, when a certain, unnamed petrol station **just next door** wouldn't, even after I offered to make a purchase!!! And no, it wasn't out of order—they just didn't want us using it!

Canning Bridge Bootmaker
Shop 7, 4 Sleet Road
APPLECROSS
9316 1346

For general repairs to pannier bags, stuff bags, tents etc, or anything which may require some sort of stitching. They were able to effect a near invisible repair to some torn stitching on one of Grant's pannier bags, a job deemed impossible by some other similar providers. He has since discovered that they are one of only three "real bootmakers" left in Perth and are in no way associated with any of the franchises allegedly providing similar services that one commonly sees in supermarkets.

Bikewest



cycle instead

 Department for Planning and Infrastructure
 Government of Western Australia

www.dpi.wa.gov.au/cycling

Cahors (with its magnificent medieval bridge) then caught the train to Toulouse, where they manufacture the A340 planes. We arrived late in the day and had major dramas finding the camping area, which was a long way out of this very large city. We spent the whole of the next day riding around Toulouse (with its grand Basilica Saint Serin, consecrated in 1096) then started our 4th major ride, the Canal du Midi.



When we started this ride, we thought we had died and gone to heaven - the canal was beautifully tree lined mile after mile, with a nice wide bike path, excellent scenery and a box of French pastisseries strapped to the front pannier rack! We camped at many beautiful towns along the canal, including the town of Carcassonne with its medieval walled town complete with 52 towers spread over 3 km of ramparts. One night we camped "savage" next to the canal in part of the canal that was quite remote from civilisation (by French standards). The canal ended at an amazing seven lock system at Beziers, where we camped savage again because we could not find an official camping area. But we were up early to see many boats negotiate the lock system.

From Beziers, we caught the train to our 5th big ride. We arrived at Nimes to start a feast of Roman history - from the Arena built in 15 AD at Nimes (where gladiators fought) through to the Pont du Gard aqueduct built by Emperor Augustus in 19 BC (the camp area was only 1 km away) then to Avignon with its "Palais des Papes". At Domazon, at the "Musee Motor et Velo", we were treated to the history of cycling from the 1830's right up to the present day, with an amazing array of strange bikes and motor cycles.

Our final train leg was from Avignon to the Mediterranean city of La Ciotat. More train dramas - the train was full of other French cyclists, so there was no proper place to put our bikes. When we got to La Ciotat, we were greeted with a high camping spot overlooking the Mediterranean Sea and city. We sipped wine and ate a hearty meal as we watched the sun go down. Next day, we started a 500 km ride along the Cote D'Azur to the Italian border (which we crossed), including a side trip inland to visit the perched medieval towns of Peillon and Ste Agnes with its spectacular lookout. Our time was spent gasping at huge power boats and maxi yachts in big marinas and the many beautiful towns with restaurant lined promenades overlooking the Mediterranean Sea. We found some excellent bike routes, including one where the dedicated bike path had its own

tunnel through the mountain! Our high point was the Col de la Madone at 925m. We plummeted from this Col to sea level at Mentone, the brakes pumping all the way on the steep twisting decent in attempt to stay upright while taking in the views.

At places like Cannes, St Tropez and Monaco we mingled with the rich set - they walked around in designer labels, we walked around in cycling shorts. They ate at the numerous beach front restaurants whereas we sat on a sea wall or park bench cutting up baguettes and filling them with goodies from the local market. They were having fun spending a lot of money but we were having fun spending not much at all!! At Monaco, Grant was cheeky enough to park his bike between two Ferraris parked in front of the infamous Monte Carlo casino.

We returned to Nice where we booked a cheap hotel room near the railway station for the last couple of days. From Nice, there was a bike path all the way out of town to the entrance door of Terminal 1 at the international airport, where a baggage service wrapped our bikes in plastic for the return journey.

From there, we flew into the stifling heat of Dubai, and put our bikes into storage at the airport. The desert safari (which was really a hoon over the high sand dunes in an air-conditioned 4WD), followed by an evening meal sitting on acres of carpets laid over the sand, was the highlight. We saw how it was open slather on the roads, confirming our belief it was not a good place to ride a bike.



All in all, we had an amazing holiday at a bargain basement price. In 2000 km of cycling over six and half weeks, riding 30 km to 80 km per day, no one got sick or hurt, we had no major bike problems and nothing got stolen. Our itinerary allowed us to see six totally different areas of France, and our trip planning had been spot on. We came back really understanding that if you have a moderate level of fitness and bike handling capability, and take basic precautions on the busier roads (which are sometimes unavoidable), travelling by bike with panniers is THE way to see Europe, and probably many other parts of the world as well. ~ Mike

SEND US THE BEST CAPTION AND WIN A PAIR OF SOCKS!



There were NO submissions for a caption for the photo above....most disappointing. We're giving this feature one more try, with the photo to the right, of Tom during OYB 2006. Send us your best caption and win a pair of CTA socks! Email info@ctawa.asn.au, attention The Editor—or call me on the number listed on page 2. Feel free to submit any great photos too.

~Deb



MY COMMUTE TO WORK

I have several routes that I use for my commute, and all involve bike paths pretty much all the way. It makes my journey quite pleasant not having to contend with sleepy drivers in the morning and tired ones in the afternoon. I am also reasonably lucky as I usually get wind assistance (weather

choose on the day really depends on what time I get up, whether I am training for the achievement series or what the weather is doing. Most routes however take me one way or another to the foreshore of the Swan River. I start in Joondanna and cycle along quiet back roads through Mt Hawthorn

in the water to see if there are any dolphins swimming around. Over the year I have seen a pod of dolphins swimming and playing in the river about a handful of times. One time they were so close to the waters edge that I was able to lean right over (and not fall in) and see them directly below me. It



to Leederville. Here I would boast to my driving colleagues as to what they had missed being in their cars. Another morning as I was riding this section along Mounts Bay Road there was a huge flock of birds about a meter above the water's surface flying out to the open section of the river. It was an amazing sight as they were all in a formation and it looked like a big triangular kite moving above the water. I guess they were all slip streaming each other just like us cyclists do! At the end of Mounts Bay Road I negotiate the last set of traffic lights and then other wild life – students when they are in semester at UWA. After that it is a short ride up the road to where I work in Nedlands. The bike is put in the bike lock up room and then after a nice hot shower I contemplate the day ahead.

~Ann

variety and not from my body!) both to and from work with the strong "Nor-Easterly" in the morning and the "Doctor" in the afternoon. The route I

once at Parliament House it is a nice down hill to the "Narrows". One more road to cross and then I am onto the foreshore of the river. I look carefully

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

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.



President's address cont'd from Page 1
 as a base for Mt. biking and road rides. As always, Kleber organised a fabulous weekend. Ann organized the only pannier ride for the year: The Avon A Good Time Weekend. It has been a busy year. I thank the organizers of those weekends for the time they put in to make these weekends happen.

Thanks to Basia and her team for 'A Toast of Batavia Tour'. It was a shame the wind was against us every day. Planning is also under way for the 'Wandering Valleys Tour'. Returning to the South West wheat / sheep region. Allan promises the winds won't be against us every day as he is going in the opposite direction to the weather systems!! We will wait and see. The tour will start in Wandering, and continue on to Narrogin, Darkin, Collie, Boyup Brook, Collie Williams, Boddington and back to Wandering. The rest day will be in Boyup Brook.

So what does the year ahead have in store for us? More of what we enjoy; cycling and cycle touring. We will plan some more night rides to take advantage of daylight savings.

We have formed a sub committee to look after the planning for the Queensland tour. The dates have been set as 27th of April to the 31st of May 2008. Start saving your leave from. Leading up to this tour there will be more pannier tours. Stay tuned for articles in future newsletters.

Bridgetown being such a successes we will go there again for Easter.

The social nights will have information on pannier touring and traveling with bikes, bike maintenance and tips and tricks on staying fit and training for a big ride.

The achievement rides remain as personal challenges for members. These range in distance from 50 to 300km. With the series of rides having maximum distances of 160 km for the Merit Series, 200km for the Challenge Series, and for the ultimate personal achievement the Super Achiever Series includes a 300km ride with a maximum time limit of 20 hours. 2006 saw 3 intrepid riders complete this ride series. Congratulations to Ann W, Mark E, and Colin P.

I wish You all a happy Christmas and a Safe and healthy New Year.

Noel Eddington

CONGRATULATIONS!

Congratulations to Mike Holland & Janet Deverill on the birth of their daughter Amelia Holland, born on Dad's birthday 24 October, at 3:30 pm



CORRECTIONS

Thanks to Ann for pointing out the following errors in the last issue:

Page 6: The photo of Karen was for the "2005 Tourist of the Year" not 2006. Also in that article, I incorrectly stated that the Cycle Tourist of the year would receive a voucher to a local bike shop. It should have been an Honorary 1 year membership.

Page 9. Previous winner (Cycle Tourist of the Year) Tony Humphreys name was spelled incorrectly (sorry Tony!)

For all your cycling & running requirements



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Perth's specialist running & triathlon store

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

2007 Fees Due:

CTA membership is from January 1 to Dec 31 each year, which means your 2007 Fees are due **now**. If you are a current member, this issue of the Chainletter will include a renewal form—please check the details we have on file for you, and correct or confirm.

- 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, part-year memberships apply and the above fees should be halved.

If you went on the **On Your Bike** tour in 2006, you will get a complimentary club membership for 6 months.

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

Raising Awareness of the Club

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. No reorders are planned—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 With or without helmet adaptors, \$20 each.

Long sleeve full-front zip & Short sleeved polo shirts, both in high-visibility, neon orange, quick-dry 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 casual shirts are functional both on and off the bike. \$35 each, and \$5 more gets you your first name embroidered on the front. **Reorder planned soon for sizes no longer in stock—pre-payment will be required. Contact Deb NLT Jan 15!!!**

Contact Deb on 9418 1571 (H) if you'd like to try anything on. Payment can be made via cheque (payable to "CTA Clothing") or via the internet, however call Deb first to confirm availability of stock.

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

