

THE CHAIN LETTER

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

Mar / Apr 2007

Issue 193

PRESIDENT'S REPORT

There are lots of trips planned for this year and lots of news so read on. Firstly our numbers continue to grow with 193 members currently, which is 50 more than the same time last year! Planning is well under way for both the On Your Bike Tour (October 2007) and the Queensland/ NSW tour (April 2008).

Connie and I had a wonderful holiday in New Zealand. It surprised me how every street we drove down (sorry we drove) had bike lanes. The other thing that struck me was the speed limit in the cities and towns was 50km/h (and drivers stuck to it). Christchurch only had one bit of motorway and that was 80km/h. It all made for an excellent cycling environment.

Speaking of environment, Bruce Robinson won the Sustainable Transport Coalition individual award at the annual presentation in December. Congratulations Bruce. While on the subject, there is a move to implement a 5c deposit on drink containers, as there has been in South Australia for many years. I would encourage members who have suffered the annoying outcome of broken glass (flat or damaged tyres) to contact their local member. Their addresses are all listed in the phone book. The packaging industry is against any change as it impacts on them collecting the empty bottles (rather than Councils in the recycling bin). So I can see this needs all the supporters it can get if we want less broken glass on roads and paths. A member said to me that over there (SA) the amount of glass (and litter) was much less. The other thing you can do is register as a reporter of litter from cars with the Keep Australia Beautiful Council (WA), at www.kabc.wa.gov.au

It is with sadness that I heard Kerin Sharpe died early in the New Year. Not from a bike accident but while driving on work-related business for Main Roads. Kerin was involved in solving cycling issues for Main Roads for a number of

years. He will be sadly missed by his work colleagues, friends and family.

Bike week is coming up. This starts with the Bike to Work Breakfast on March 9. On March 11 is our Barbeque ride (See calendar for details). Wednesday March 14 is the evening ride. Due to funding cut-backs you might want to bring your own steak if a sausage in a bun is not to your liking. Thanks to the City of South Perth for allowing us to use their BBQ's and waive the social function charges; very positive approach. The last event is the 'Freeway Bike Hike' on March 18. I encourage members to attend as many of these events as they can and to wear their CTA clothing. I have tried to register the CTA WA as a team in the Bike Hike and although it says they have made it easier for teams to register, I could not see how to register the name!

We have lots of weekends away planned this year (more than normal). This is in the lead up to the Queensland / NSW tour. The first is over the Labour Day long weekend. Ann tells me it is fully booked with 30 of us going. Starting in Dardanup and staying in Donnybrook and Bunbury before heading back to Dardanup. The last weekend in March sees a pannier tour to Serpentine. Contact Simon if you are interested. Before the Labour Day weekend is the 50km achievement ride. And after the Serpentine weekend is the 100km achievement ride so, as I say, there is lots planned this year. Straight after the 100km is Easter, in Bridgetown again this year. Come along and see why it was voted ride of the year last year.

So I hope to see you on your bike at one of these rides. Till then, happy cycling.

Noel Eddington



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NEW MEMBERS

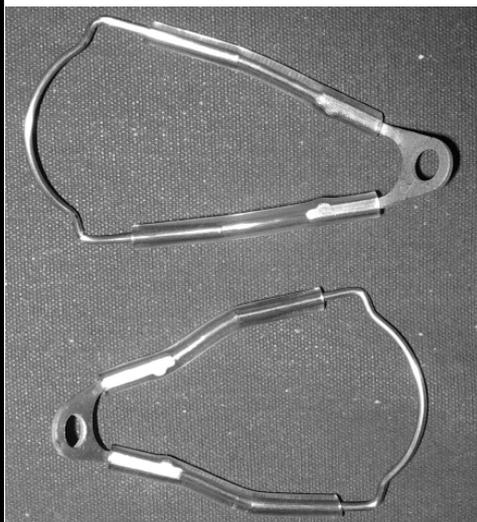
A hearty welcome is extended to new members who have joined since the last newsletter.

- | | |
|-------------------|-----------------|
| Michael Antonio | Robert Boggs |
| Arnold Bosenberg | Gwen Bosenberg |
| Graham Clark | Kerry Cowie |
| Margaret Durnin | Adrian Mazzega |
| Rosalee McAuliffe | Brian McAuliffe |
| Bruce MacPherson | Lea Petchell |
| Jennifer Radisich | Barry Savage |
| Kay Schneider | Larry Schneider |
| Karen Shorto | Helen Stokes |

CYCLING TRIVIA

Last issue we asked:

Although seldom seen nowadays, these used to be almost standard equipment on touring bikes. What are they?



I received 2 correct answers on the same day. One from Tom who said "It's a tyre saver, or flint snatcher. They reduce the likelihood of punctures by knocking thorns glass etc out of the tyre before they are driven into it and puncture the tube." And the 2nd from John who wrote "The items pictured are of course tyre cleaners which are fitted to remove flint and rubbish picked up off the road. They are designed to keep the running surface of the tyres clean

and to try and avoid punctures etc." A few days later Crystál followed on the phone with a similar correct answer. Good work, all of you!

Next Question:

What was the "nickname" given to top-of-the-line Campagnolo equipment from the 1960's to the 1980's? This picture might give you a hint, even though it's only in greyscale, and not full colour.



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 (May/June) should be to the Editor no later than Thursday 19 Apr.

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.

FOR SALE

Womens Shimano SPD Shoes size 37. Never worn. Bargain price at \$60.

Contact: Ann 9444 5160



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AROUND THE BAY IN A DAY



ride to Queenscliff was reasonably challenging due to a fair headwind and much of the leg being completed via the freeway which doesn't offer a lot of scenery or shelter. Lunch was served on arrival in Queenscliff and after this we hopped on the ferry across to Sorrento (a scenic 45 minute trip). Lisa and I took this opportunity to grab a quick catnap as the headwind on the way to Geelong had me feeling a touch weary - and I wanted to be as awake as possible for the last tailwind-fuelled 100km push back to Melbourne on what most people believe to be the more scenic side of the bay.

The last 100km was ridden as expected with the tailwind and many fantastic coastal views (even a couple of climbs with the obligatory downhills following). There was also plenty of support from roadside watchers with banners urging us "don't start slowing, keep on going". Once we hit

With over 14,000 riders participating, this year's around the bay was the biggest yet. For those unfamiliar with this ride held every October in Melbourne, it involves a complete circuit of either 215km or 250km around Port Phillip Bay. There is also the option of a 100km ride from Sorrento to Melbourne, or the 42km bay ride around the city. Lisa and I chose the 215km option leaving from Melbourne and heading to Queenscliff via Geelong, taking the ferry across to Sorrento and then heading back to Melbourne. We waited 2 years to have the opportunity to do this ride, and we certainly were not disappointed.



At 6:00am on Sunday the 15th of October the riders left Docklands in waves of a few hundred or so at a time. All shapes and sizes were present, our two personal favourites being the guy with the dog trailer and canine companion in tow, or the 4 person bike (a much longer version of a tandem) complete with stereo and sub woofers!!! At about the 4km point the riders heading to Sorrento first peeled off. Our group was treated to the first highlight of the day - an early morning ride across the Westgate Bridge, taking in the views and enjoying the only day of the year when it's possible to do this on a bike. After this point the rest of the

Frankston and had 50km to go we used the tailwind to push as hard as possible and arrived back at Docklands with a sea of other riders about 11 hours after we left. This was a fantastic way to be involved with one of the biggest rides around and the free muffins being offered up at the finish line went down a treat!! Hope to be there next year for another lap of the bay!!

~Brad and Lisa



Around the Bay 2007 should be held on Sunday 14th October. This conflicts with On Your Bike (Oct 6-14), but if you aren't going on OYB, and are interested in entering as a team (minimum 5 riders), please contact Brad via email on October14@Eftel.net.au. Entries will need to be completed around May 2007. Brad will be happy to answer any questions you may have about the ride.

INTERNATIONAL DAY OF ACTION ON CLIMATE CHANGE: *WALK AGAINST WARMING*



4WDs!). The best part of the march was having traffic stopped, by a cyclist, for pedestrians and cyclists (Is this a first in WA?).

Speeches ranged from Green groups, prominent locals, eg Peter Holland, Synergy, (the old SECWA) promoting green energy, and even the farmer's federation. Last year for the first time, across the whole of WA, more rain was received outside the cropping period, than during the cropping period. This is likely to be even more extreme this year. Farmers acknowledged their livelihoods were at stake and their professional organisation is now committed to working towards greenhouse solutions. Now we only need to get the metropolitan planners to recognise global warming and work towards a less car based Perth (see other article on Bruce Robinson's award).

On the 4th November 2006 we (and a few thousand others) went on a march through Northbridge to speeches at the open space in the Perth Cultural Centre <http://www.walkagainstawarming.org/>

It was great to see thousands of people who cared enough to get out and make a statement. Our bright orange CTA tops fit the colourful and bright theme, and attracted interest from a number of

people, including a lapsed CTA member surprised to find "CTA was still going!"

There were many others with bikes, including police (great to see them on a bike for once) who were required to prevent any problems from the crowd, consisting mainly of mature people, many with children and grandchildren (Those prams are as dangerous as

Transperth were giving tours of a hydrogen fuel cell bus; oh for a time when all vehicle emissions consist of steam, rather than diesel particulates and partly combusted petrol & LPG (do I smell a BBQ?).

All, in all it was a great day with many bike friendly people. We'll most likely be riding to this years walk: interested people are welcome to join us.



For more information please see: <http://www.walkagainstawarming.org/>.

~Tom Hallam & Leonie Tanner

COWABUNGA!

The British Journal of Sports Medicine 2006, reports that a daily dietary supplement of 10 grams of cows' colostrum improved the performance of road cyclists by 2%. So a rider who would normally take 3 hours to travel 60 km would be able to cut 3 minutes 36 seconds from her time. Alan Duff can undoubtedly supply it and it can be a third option for Ron Bowyer's porridge. It is also currently legal for Achievement Rides including Le Tour de France.

~Dr. Max

And Ron Bowyer adds "If they all chose the new option, we'd have to declare that a 'colostrophe'."

BOB STOCKMAN-CTA LEGEND

If you've ever ridden the 10,000 (feet) in 8 (hours) Achievement Ride you've probably wondered what sadistic mas-termind (some would use another word) designed it. Experienced over-seas riders have described this event as the toughest they have ever encountered, and the man behind it is CTA legend Bob Stockman. Bob first joined the CTA in 1978 or 79. He participated in many long rides, including the inaugural CTA Perth to Kalgoorlie 7-day tour in 1980, The Albany to Perth Ride, and numerous hill climb events. He served as CTA President and Secretary, and was awarded Cycle Tourist of the Year in 1985. Fellow riders admired and envied his remarkable all-round ability as a master hill climber, off-road mountain bike rider, and long distance Audax cyclist. Bob planned and developed the original 10,000 in 8 in the Roleystone area.

I've always called Kleber "the Mountain Goat", but he corrected me--it seems that moniker belonged first to Bob, because of his love of riding in the hills. Kleber added the following about Bob: "Living in Carmel and running a very successful BMW workshop in Midland, made for plenty of opportunity to ride to and from work and develop his stamina. He was a very generous man, storing the CTA trailer at his workshop and using it at a 3:00am start - 12 midnight finish for many of the 400km Audax rides. He was instrumental in developing the 10,000 in 8 and would have had an input in establishing the Super Achievement Series with John Martin. He supported the club for many years on committee, leading rides and tours, support for many of the Audax and Achievement rides and rides coordinator. He was a very competitive cyclist at a time when the CTA ran time trials, hill climbs, the Achievement Series and Audax. He with his teenage son Ben, completed the Super Achievement Series one year when the riders had to participate on the day irrespective of the weather. He would have been one of the first cyclists in WA to go off road when the Mountain Bike craze hit Perth in the 80's. He organized off road weekends away and many Sunday rides starting from his home at Carmel. We would set off from his home with his large black dog

running with us all the way to Mt. Dale and back. The dog was amazing. On our return Bob's wife Betty would have a wonderful meal waiting for the exhausted mob. It was a very special time in the history of the CTA which I was privileged to be part of."

Ron Bowyer added: "He's the sort of guy who just can't retire. After selling his very successful car servicing business in Midland, ostensibly to go into retirement, he opened up another in Maddington just a few months later. That was also successful, but he sold that some years later. The next I knew, he was working as a lecturer at Midland TAFE, imparting his knowledge on vehicle servicing to students."

Neil Porteous says Bob has a sharp wit and a brilliant sense of humour, and that the following story is often recalled when some of the old-timers meet. "On one long weekend in the early 80's, a big group of CTA riders of all ages from mid-teens to early 50's over-nighted at the now-demolished Bickley Valley Y.H.A. hostel. We had all carried a heavy load during a hard ride, and the leader warned us that the next day's ride would be more challenging and that it would be advisable to turn in early in order to get a good night's rest. We all heeded this advice, and there was none of our usual rowdy skylarking. By lights out we were all in our cosy sleeping bags. It was a quiet night and the isolated rural setting guaranteed no traffic noise. Our regular CTA snorers created the only background noise. We were all sound asleep when in the middle of the night we were unexpectedly awoken by an unbelievably loud thud, similar to that made by a sack of potatoes falling onto a wooden floor from a considerable height. In an instant we were all wide awake and calling out. Pandemonium broke out until finally a torchlight showed the location of the light switch in the unfamiliar setting. Even before the lights went on we heard the super loud moaning interspersed with shrieks of pain coming from the middle of the dormitory. Pajama-clad sleepers from the adjoining dormitory rushed in, their faces filled with fear and astonishment. At our feet on the wooden floor lay 14 year old Ben Stockman, who had fallen

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BRUCE ROBINSON WINS "2006 SUSTAINABLE TRANSPORT AWARD"

As many of you are aware, Bruce Robinson has been active over a number of years in the areas of "Cycling", "Sustainable Transport" and "Peak Oil". As a result of these efforts he was recently awarded the "2006 Sustainable Transport Awards: Outstanding Individual" (see: http://www.stcwa.org.au/index.php?option=com_content&task=view&id=52&Itemid=116)

A number of items of special note were cited in his nomination including:

- * Established the *Cyclists' Action Group* in 1979;
- * Founding Committee member of the *STC* in 2001;
- * 2003 Bruce was awarded a Centenary Medal for "service to the promotion and advancement of cycling as an effective mode of transport";
- * Active over a number of years in the formation of "Perth Bikeplan", "Bikewest", "Bicycle Transportation Alliance" and "Perth Bicycle Network";
- * Founded the Australian chapter of the *Association for the Study of Peak Oil and Gas (ASPO)* in 2005.

Congratulations Bruce, it's great to see an individual making a difference.

~Tom

from the top bunk, probably in the middle of a nightmare. It took poor old Bob some time to quieten down his solidly built and badly bruised son. Bob had great trouble suppressing his strong desire to laugh out loud while consoling his frightened and sore boy. Our quiet night and restful sleep were sadly interrupted in spite of our best intentions. Fortunately, Ben suffered no serious injuries and was able to complete the long weekend tour."

Bob's son-in-law John Moralee sent the enclosed photos, and wrote: "The bike is Bob's former CTA ridden bike which has covered more miles than I could ever ride in my life time, although I can only aspire to reach his tally. But how do you top the guy that invented and mastered the original 10,000 in 8 and now at 64 years young still considers 50kms a short ride? Two years ago I painstakingly restored the bike to its former glory and presented it to Bob on his 62nd Birthday. The bike had been out of his possession to another family member for some years and he was totally shocked to see it again.

The bike was made in the years when Reynolds 531 double butted tubing was the source of a great bike. The bike itself was originally built from the frame up by Bob. It is an English Tonard frame from London purchased from the Bike Peddler in Midland in around 1976/78. It is fitted with Galli Paris-Roubiax rims with Miche Primato hubs assembled by Bob and now fitted with new Clements singles, Shimano 600 derailleurs, Dura-Ace down tube shifters, Suntour Superbe brake set,



Superbe Racing Equipment crankset, SR seat post, Fiamme bars, Campagnolo pedals and to top it all off a new San Marco "Rolls" seat.

The bike is still ridden on occasions by both Bob and myself with great pleasure, and it's amazing how something close to 30 years old can still be so good to ride. Bob upgraded to a new road bike earlier on in 2006 and now enjoys a Cannondale CAAD 8, but still enjoys riding the 'old faithful'. You will notice in the attached picture of Bob and I, that Bob now proudly wears the tortoise jersey we gave him, however unfortunately the old story of the tortoise and the hare still remains every time we ride together." John later explained the tortoise and the hare for me: "Me being the younger and far more novice rider is always speeding off until we hit the hills, hence I am the

hare. And Bob being the constant and steady rider is always finishing ahead of me at the end of a ride, especially in the hills. We bought him the tortoise jersey as he might seem to attack a little bit slower, but ultimately always wins in the end! I guess that's what years (and years) of riding does for you."

Bob now lives in Clackline, just out of Northam. He has no idea we're running this story, but he'll be getting a copy in the mail, and I hope he enjoys it! I also hope he'll join us on the road again soon.

Many thanks to John Moralee, Neil Porteous, Ron Bowyer and Kleber Claux for their help on this endeavour.

~Deb



Lift out Rides Calendar Page for Mar/Apr 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.

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.

Wednesday March 7 Evening Ride

25-30 km Leisurely. Meet at the Southern end of the Narrows Bridge at 6PM and enjoy the wonderful Swan river at the best time of the day at the best time of the year. Bring your lights as it will be getting dark by the time we finish.

Leader: Colin 9418 1571 (H)

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. Call Colin if info needed: 9418 1571 (H)

Wednesday March 14 Bike Week Evening Ride

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

Leader: Noel 9355 2745 (H)

Sunday March 18 Freeway Bike Hike for Asthma

Non CTA event, so wear your CTA shirts if you have 'em! \$30 entry fee, Check their website for more details: www.freewaybikehike.com.au

Wednesday March 21 Social Night—Packing Panniers for Touring

Some of "those in the know" have kindly consented to give a talk on pannier and trailer touring. Come along and ask questions or add your own pearls of wisdom. Some sample packing set-ups and equipment will be discussed. This information will be a boon for the many upcoming tours.

Contact: Gerry 9453 1441 (H)

Saturday-Sunday March 24-25 "They Ain't Heavy" Pannier Tour

Approx. 35km each day, Leisurely. This overnight pannier tour has been designed for first time pannier tourists. It runs from Saturday lunchtime to Sunday lunchtime. Contact Simon for details.

Leader: Simon 9271 2959 (H)

Sunday April 1 100 km Achievement Ride 1

100km Moderate. 8:30am for a 9:00am sharp start. Meet at Armadale Railway Station for registration and map/ride description. A pretty, but demanding ride going up Bedforddale Hill, past Glen Eagle, then onto Jarrahdale and Serpentine Dam before returning. The time limit is 6 hours 40mins (average 15km/h). Note there is a \$10 fee for non-members.

Organiser: Tom 9444 4107 (H)

Friday to Monday April 6-9 Easter at Bridgetown

Come and spend Easter in Bridgetown. Rides will be organised for Saturday and Sunday and there is always a great downhill back into town!! Ballingup, Nannup and Boyup Brook are all within day-trip distance. Bring walking shoes as the Bibbulmun Track is near by. We will be staying at Bridgetown Valley Lodge. The cost will be \$35 per night including breakfast. Bookings & deposit to the organiser by March 25th.

Organiser: Noel & Connie 9355 2745 (H)

Sunday April 8 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.

Saturday April 14

Century Challenge (160 km) AR

100 miles, Hard, 7:30am for an 8:00am sharp start. Meet at the Lakes BP Service Station on Great Eastern Highway for registration and map/ride description. The scenic course includes Wooroloo, Avon Valley, Northam and York. The time limit is 10 hours 40mins. **Anyone planning on doing this ride must register with Tom at least one week before.** Note there is a \$10 fee for non-members.

Organiser: Tom 9444 4107 (H)

Sunday April 15

A Northern Wander

30-35 km Social. Meet at Charles Veryard Reserve, North Perth at 8:15am. No further details at this printing as Karen is away in New Zealand!

Leader: Karen 9228 3838 (H)

Friday to Sunday April 20-22

Weekend in Williams

70kms, moderate. Join country CTA members in Williams for two days of cycling and fellowship. If you live in Perth, you can do the 2 hour drive to Williams on either Friday evening or early Saturday morning. Members of the CTA living elsewhere in country WA are also encouraged to attend. Car pooling may be the way to go. The ride on Saturday starts at 10.00am. This allows for the Saturday morning travellers to arrive. Morning tea or late breakfast will be at 9.00 am before we start. The ride will be a 70km, circle route with lunch in Narrogin. A BBQ tea will be held Saturday night. Sunday's ride will be decided on the weekend. Accommodation will be at the Williams Motel and Shady Caravan Park. Prices follow:

Camp Ground (with Camp Kitchen on site. book through Allan):

Un powered tent site: \$15/night for 2 ppl.

Powered tent site: \$20/night for 2 people.

Motel units (book direct, 9885 1192)

Queen Room: \$80/night.

Twin Room: \$90/night

Leader: Allan 9885-8067 (H)

Sunday April 29

5000 in 4 Achievement Ride 1

55km, Moderate, 8:30am for a 9:00am sharp start. Meet in the car park behind the "Supa Valu" store at the corner of Albany Highway and Gilwell Avenue, Kelmscott for registration and map/ride description. This course promises 5,000 feet of uphill and downhill around Armadale and Roleystone. The time limit is 4 hours, and once again, even though that's only an average of 14km/h, it will feel like more.



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

Organiser: Tom 9444 4107 (H)

Sunday May 6

Up Up and Away We Go

Approx 80km. Brisk and Hilly. Meet at Midland train station at 8:45 for a 9am start. We will climb the scarp to Mundaring via Darlington and continue along the ups and downs around Mundaring Weir, Piesse Brook and Canning Road to Kalamunda. There will be a well earned "Pit Stop" at a cycle friendly café and then it is all down hill back to Midland. This ride is intended as a training ride for those contemplating the 200km next Saturday.

Leader: Pocket Rocket 9444 5160 (H)

Wednesday May 9

Social Night—Tour des Patisseries & How to Plan an Over Seas Holiday

7:00pm Loftus St Community Centre. Hear about the advantages (and tribulations) of cycle pannier touring in Europe when Mike Norman and Grant Gregory conduct a "slide night" of their "Tour des Patisseries". Mike, with his daughter Lisa, Grant, and Terry Manford self-guided pannier toured six regions of France in late 2006, cycling 2000 km. Have your questions answered on pannier touring Europe staying mainly in camping areas and transporting bikes on planes and trains. See article Jan/Feb 2007.

Contact: Gerry 9453 1441 (H)

Saturday May 12

200km Achievement Ride

200km, Hard, 6:30am for a 7:00am sharp start. Meet at the car park off Morrison Rd (adjacent to the Midland Police Station) for registration and map/ride description. This is a challenging ride that takes in Toodyay, Dewar's Pool, Bindoon and the Chittering Valley. The time limit is 13hours 30mins (average 15km/h). Note there is a \$10 fee for non-members.

Organiser: Tom 9444 4107 (H)

Sat-Mon June 2-4

Foundation Day Tour

Building from the 2-day pannier tour in March, join us for a 3-day tour through the Jarradale/Serpentine area. More details closer to date.

Leaders: Simon & Colin 9418 1571 (H)

Sat—Sun September 1-9

"We've Been Sprung" Pannier Tour

Presently being planned, around Cape Leeuwin. A tentative itinerary is Busselton to Dunsborough (35km), rest day, Margaret River (39km), Hamelin Bay (41km), Augusta (19km), Sues Bridge (51km), Nannup (54km), then back to Busselton (58km). Expressions of interest & offers to help (and money!) gratefully accepted.

Leader: Simon 9271 2959 (H)

SE Queensland - NE NSW Full Pannier Tour April 26—May 31, 2008

Only 14 months to go before the start of the Tour. Now is the time to start coming along to the weekends away and the Social Evenings. This will give you a good understanding of your bike and equipment needs as you progress through the year. Don't forget to ask the "Experienced Tourists" how, why and where. Their experience and knowledge will be invaluable to you. And don't forget, the Tour can cater for participants that have 3, 4 or 5 weeks of leave available.

Many of the National parks that we can visit will give us the opportunity to "get off your bikes", and spend a day exploring the waterfalls, gorges and rainforests that abound.

Experience has shown that a group of about 15 participants makes for a cohesive and harmonious tour. With this in mind, it may be necessary to limit the places available. I will be starting to take the details of those club members that intend participating in the Tour

I am in the process of researching and correlating the route options that will be discussed amongst the intending participants closer to the Tour date. This will allow participants an opportunity to have an input as to what areas the Tour will cover.

Save a da money and da leave for da tour.

Tour Leader: Kleber 9354 7877 (H)

PLAN AHEAD

Mentioned In Dispatches (MID)

Max Kamien reports that Richard Jeffery of fractured hip catastrophe (OYB 2006) wishes all to know that he has recovered enough to ride 100km a day against the wind and through bush fires. He will definitely be ready for OYB 2007.



First time ride leader Sam looking very smug, and rightfully so. Don't Blame Me I'm a Scientist, Not A Cyclist



Another first time ride leader, Gerry (of Gerry's Gentle Jaunt). He's also our new Social Events Coordinator.



Knobby, Kelly and Christie all achieved PB's for distance (82kms) on Sam's ride.



Well done to new member Bruce, for achieving a PB of 90kms on Hotter Than Hell In the Hills on Sunday Feb 11. His previous best was 60kms on the flat.

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



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)



TOURING EQUIPMENT FOR SALE

Pre-loved, and little used:

- One Blackburn "Lo-rider" front pannier rack - black
- Two pairs (i.e. 4 pieces) Wilderness Equipment panniers to suit FRONT racks; approx 230mm wide x 320mm high x about 110mm deep [assuming a plain cubic load!] with drawstring closure, elasticised top cover; outer zip pocket; mesh end pocket; HD hanger clips, hold-on straps etc. Colour - red, **all in perfect condition**, used for [unfortunately] only one 14 day tour around part of Bali and Lombok in 1994 or thereabouts.
- One alloy rear rack - looks rather like a copy of the standard Blackburn rear rack of the early 1990's; colour clear anodised.
- One black top bag for rear rack - black; slightly padded to keep its shape and to keep things inside cool. Holds on via Velcro straps. It was always very handy for day rides if one does not have the more expensive Wilderness Equip bags [which suspend from the handlebars with their bent alum rod "fork" hanger].

If any CTA cyclists are interested please call ASAP as we are about to be "homeless waifs" and will be gone on our 18 month caravan trek around OZ by 1 April and we have to sell up everything!

Best regards to Kleber and any others of the old wrinkly brigade who rode with us in the mid 1980's thru to the early 1990's. Best luck with your rides programs and never give up the CTA long distance tours.

Martin Bunny,
1128 Estuary Rd.
BOUVARD WA 6210
ph: (08) 9582 1950
email: rosedene@westnet.com.au

Perth Bike Maps are now available on-line at:

<http://www.dpi.wa.gov.au/cycling/14679.asp>

Various other maps and guides are also available on-line from
<http://www.dpi.wa.gov.au/cycling/1518.asp>

2007 streetsmart maps will have 4 pages covering bike maps in Perth area

SIGN-IN SHEET FOR RIDE LEADERS

As voted at the AGM, the club has initiated a sign-in sheet for all rides. The purpose is several-fold. 1. It gives us attendance figures for our rides. 2. It tells us how riders heard about the CTA, so we can track the effectiveness of our advertising. 3. It reinforces to new riders, that they are responsible for their own road safety. 4. It reminds the ride leader that any incidents during the ride should be reported back to the committee. These sign in sheets are on a 6 month trial until end June 2007. The Rides Coordinator is ensuring these get to all ride leaders. As of this writing (Feb 4th), it has been well received by all participants.

Cycle Touring Association of WA

Ride: _____ **Date:** _____

Ride Leader/Leaders: _____

Read carefully then sign:

I, the undersigned, am aware that during any ride certain dangers exist that are inherent to riding a bicycle. By my participation in this ride I certify that I am aware of all the inherent dangers of bicycle riding and the relevant road legislation applicable to bicycles. I also understand that I agree to the Constitution of the Cycle Touring Association of WA.

I understand that it is not the function of the ride leader to serve as a protective guardian of my safety. I am in good physical condition and am sufficiently competent to handle the bicycle in all conditions that I can reasonable expect to encounter. I also understand that I am responsible for the operating condition of my bicycle. I understand that helmets are required to participate in any CTA ride.

I understand and agree that neither the Cycle Touring Association of WA, its officers nor ride leaders maybe held liable in any way for any occurrences or accident in connection with the ride. I further agree to hold harmless the Cycle Touring Association of WA, its officers agents and ride leaders from any claim by me, my family, estate or heirs arising out of my participation in this ride.

I am of lawfully and legally competent to sign this affirmation and release. I understand that the terms of this document are contractual and that I have signed it of my own free will. (Parent or legal guardian must sign for persons under the age of 16.)

Ride Leader

If during the ride there are any incidents or accidents that, in your considered opinion, should be formally presented to the committee then make note at the bottom of this sheet. Issues that could be of importance include but are not limited to, accidents, complaints by members of the public, incidents with motor vehicles etc.

Signature:	Name:	Phone:	How I heard about CTA
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

DON'T LOSE YOUR HEAD—THE HELMET DEBATE

CON Study shows helmets increase cyclists' risk—

Stephen Cauchi and Clay Lucas, September 17, 2006

HERE'S a road safety message you won't hear too often. Cyclists who wear helmets are more likely to be hit by vehicles than those who don't. Why? It seems drivers will give riders without helmets more leeway because they perceive them to be less experienced, says a study by Bath University in Britain. The research, published in the journal *Accident Analysis and Prevention*, is fuelling a debate in Britain as to whether helmets should be made compulsory (they currently are not).

Even in Australia — which in 1992 became the first country in the world to make helmets compulsory — many cyclists and researchers believe helmets should be optional, arguing they discourage cycling and have not proven to be safer. Dorothy Robinson, a statistician from the University of New England in NSW, argued in the *British Medical Journal* in March that helmets should not be compulsory.

Epping cyclist Adam Banden, 26, who works as a bike messenger, said it was safer to wear a helmet. But he supported the British results. "In my experience it doesn't make much difference in city riding ... in the city there's not much leeway to give. Out of the suburbs, where there's not too much traffic, it might make a difference ... out where there's more space ... they tend to give more leeway to people without helmets."

The British study, carried out by traffic psychologist Ian Walker, used a bicycle fitted with an ultrasonic distance sensor and video camera to record data from 2300 overtaking motorists. He found two pieces of evidence against helmet safety. First, motorists passed, on average, eight centimetres closer when he was wearing a helmet. Second, he was hit twice — once by a truck, once by a bus — each time while wearing a helmet.

The British research comes as a new Australian report into cycling deaths has found that slashing speed limits on Melbourne's roads would stop cyclists

being killed.

The study, by the Australian Transport Safety Bureau, found that only four cyclists out of 665 killed between 1991 and 2005 were hit by cars travelling in a 40 km/h zone. But more than half the riders killed were hit by cars travelling in a 60 km/h zone. The research has led to calls from bicycle groups to introduce more 40 km/h zones in Melbourne.

"Anyone who rides a bike, and anyone who walks across roads, should welcome 40 km/h speed limits, because they turn a fatality into an injury. It turns severe injuries to minor injuries," Bicycle Victoria chief Harry Barber said.

The report also found that most riders killed on Australian roads were hit from behind by cars. Country cyclists were particularly at risk, with two-thirds of the 56 riders who were killed from behind dying on rural roads. Fewer Victorians are getting hit from behind compared to during the 1990s, most likely thanks to reductions in speed, drink-driving and driver awareness of cyclists.

- Cyclists make up 3 per cent of deaths on Australian roads.
- 80 per cent of cyclists killed on our roads since 1991 were men.
- Teenage boys aged 15 to 19 made up more than 10 per cent of cyclists killed.
- Drivers who hit and killed cyclists blamed poor visibility as the main factor in the accident.
- In 48 bicycle fatalities between 2001 and 2004, 18 riders were not wearing helmets.
- In 60 per cent of fatal bicycle crashes, the cyclist was at fault, particularly at intersections.

~~~~~  
**PRO** Pictures speak louder than a thousand words. These photos are from Sam's ride (January 7th). A new CTA member was riding at approximately 10-15 km/hr on the bike path. When he turned right onto another bike path, his front wheel hit a small patch of sand, and slipped out from underneath him. He fell to his right, hitting his head quite solidly on the path. Shaken, not

stirred, but otherwise unhurt, he was able to continue the ride after a moment's rest. His helmet, as shown below, didn't fare as well.



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

Last issue:



Gawd, it got so numb cycling today I must check it is still there!

Congrats to Mike N. for his winning submission: "Gawd, it got so numb cycling today I must check it is still there!" Mike, contact me for your pair of CTA socks! Honourable mention goes to a non-member, Leonie (Tom's other half), who submitted "Feet? I know they're down there somewhere...I just haven't seen them in years."

and tell us what you have to say about the photo below. (It's Mark C in case you're wondering.)

Send us your best caption and win a pair of CTA socks. Email [info@ctawa.asn.au](mailto: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

This issue: Put on your thinking caps



## FUTURE TOUR EXPRESSION OF INTEREST

New Zealand 2008. The CTA visited the South Island in 1992. Since then, a number of members have visited NZ and we have all read their exploits!

Do you want to go? I do! So in 2008 I'm visiting New Zealand between the months of January and March and will be back in Oz in time for "Le Tour 2008" Current thinking is to do some cycling, sea kayaking and train journeys on both islands.

Are you interested? If so contact Tony via phone 9881 2331 (H) or email on [tony.humphreys@mainroads.wa.gov.au](mailto:tony.humphreys@mainroads.wa.gov.au) and we can start our planning.

## CTA BUMPER STICKER

Would you buy/display a CTA Bumper Sticker? The Committee is considering this additional means of getting the club name out there. Send us your ideas for slogans, serious or otherwise. Email to [info@ctawa.asn.au](mailto:info@ctawa.asn.au) or call Deb (pg 2)

## HELP!!!

The club is desperately in need of volunteers to plan, prepare, and make happen the BBQ portion of the Sunday March 11 Bike Week BBQ. We need cooks on the day, folks willing to shop and/or do food preparation beforehand (that's storing food, slicing onions, whatever it takes to get it ready and to the location in time to cook). DPI has cut funding to us this year, so it won't be anything terribly fancy, and we can't afford to reimburse volunteers as we have beforehand, but we'd still like it to happen! If you can help, please call Noel on 9355 2745 (H), thanks.

We are also seeking volunteers for Sunday rides geared towards Families/Children. Anyone under the age of 16 must be accompanied by their parent or guardian, so you're not baby-sitting, but we'd really like to see more rides offered suitable for younger cyclists. This would be the perfect "dress rehearsal" for a new ride leader—just keep the route short and flat. Committee members may be available to help—contact Colin (pg 2) to discuss .

## CTA APPLAUSE TO:

**GULL SERVICE STATION  
164 Brookton Hwy  
KARRAGULLEN  
9397 5932**

On the 4 Feb ride (75 or 140km), when the temp was "bloody hot", the attendant at this servo wouldn't let the CTA riders fill their bottles from the tap. Instead, he took all the bottles and filled them with filtered water instead! Now *that's* good service!

# Bikewest



## cycle instead



Department for Planning and Infrastructure  
Government of Western Australia

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

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

Remember, you can now report glass on the roads as a hazard!!!

## The CTA Achievement Ride Series

The CTA conducts a series of "Achievement Rides" each year. These rides provide you with a graded set of challenges. Each ride must be completed within the set time limit, but is otherwise non-competitive in nature. Each ride is supported by a volunteer and the series is coordinated by the "Achievement Rides Administrator" (see pg 2 for contact details).

The rides are run twice a year ("Take 1" and "Take 2"). "Take 1" rides are always run, but you should register at least 10 days beforehand. "Take 2" is only run if at least 3 people are registered 2 weeks beforehand so you must register. To register phone or email the "Achievement Rides Administrator".

### Ride Time limits

To be considered "successfully completed" a ride must be completed within the time limit. Upon "successfully completing" a ride you may purchase a cloth badge at a cost of \$5 each.

| Ride (Normal)              | Time Limit     |
|----------------------------|----------------|
| 50km                       | 3 hrs 20 mins  |
| 100km                      | 6 hrs 40 mins  |
| Century (100 miles/160kms) | 10 hrs 40 mins |
| 200km                      | 13 hrs 30 mins |
| 300km                      | 20 hrs         |

| Ride (Hills)                       | Time Limit |
|------------------------------------|------------|
| 5,000 in 4 (5,000 feet of hills)   | 4 hrs      |
| 10,000 in 8 (10,000 feet of hills) | 8 hrs      |

For any additional information, please contact the "Achievement Rides Administrator" see page 2 for contact details.

## FROM OUR SAFETY OFFICER:

Bruce Robinson says: "The new orange CTA high-visibility clothing is fluorescent. It converts some of the ultraviolet light in daylight into visible light, so fluoro clothing looks noticeably "brighter" and more visible on the road than ordinary fabrics. White clothes washed in modern washing powders with fluoro ingredients glow blue in UV lights for the same reason.

Fluorescent fabrics fade more rapidly than normal colours, as fluoro dyes are less stable than ordinary colours. Hence it is a good idea to avoid any extra exposure to sunlight when the road shirts are not being worn. After washing them, it is best to dry them in the shade, not in the sun, and they should be stored out of direct sunlight, preferably away from high light levels.

### Ride Series

The rides are grouped into series, and an award is available for "successfully completing" a series. A member can only nominate for one award per year.

| Series         | Rides                                     |
|----------------|-------------------------------------------|
| Merit          | 50km 100km<br>5000 in 4                   |
| Challenge      | 50km 100km<br>Century 200km<br>10000 in 8 |
| Super Achiever | 50km 100km<br>200km 300km<br>10000 in 8   |

A longer ride may be substituted for a shorter ride as long as it is of the same type (eg Normal / Hills)

### Using Brevets

If you are unable to attend one of the official CTA rides, then you can complete the ride using a CTA brevet card. Brevet cards and route descriptions are available from the "Achievement Rides Administrator". Completed cards must be returned to "Achievement Rides Administrator" as soon as possible after the ride (within 2 weeks) and absolutely no later than **four** weeks before the AGM (so turn them in before Oct 27, 2007).

### Support for Achievement Rides

If you can help support any of the Achievement rides, your mileage (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.

# 2007 FEES DUE NOW:

CTA membership is from January 1 to Dec 31 each year, which means your 2007 Fees are due. If you were a member in 2006, your last issue of the Chainletter would have included a renewal form. Membership forms can also be downloaded from our website.

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

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.

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 Knicks on Closeout Sale

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** with 1 red & 1 yellow side panel are on sale for \$50 each. No reorders are planned. Only 4 pairs left (1 Small, 1 Medium, 2 sz 14)

**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.

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

