

# THE CHAIN LETTER

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

**November / December 2007**

**Issue 197**

## PRESIDENT'S REPORT

Well it is almost the time of year when we have our AGM. Items to be discussed include the changes to the constitution which were detailed in the September / October issue. They are on the web site if you wish to see more detail. In short, we don't have a choice on these changes: they have been identified by the Department of Consumer Affairs, and if not adopted, that same department will have the power to un-incorporate the Club.

At the time of writing, I am with the On Your Bike Tour. Once again it has been a very enjoyable event. This year there were 134 people taking part in the tour. This has reached the capacity of what many of the venues and the country club caterers can handle. There is a lot of thought going into how the tour progresses from here. This has been going on over the last few years. It is intended that a group will be formed to establish terms of reference which will then be voted on at the AGM. The group will look at how the tour can continue to meet the demand from members and first time tour participants in the coming years. There are a lot of issues to work through if the Club decides run a second On Your Bike Tour. If you would like to be a part of this group, or would like to have some input into this issue there will be a meeting prior to the On Your Bike reunion dinner at Miss Maud's Restaurant in Perth, starting at 5:30pm.

I listened with interest to Mike Turtur on the radio announcing that the Tour Down Under will be part of the Cycling Pro Tour. This is the first Tour outside of Europe to be included the calendar for the Pro Tour. Like many sports they are looking to run an international calendar and to be the first to be included is a huge endorsement of the quality and respect that the Australian Tour Down Under has. Over the last 10 years the organizers have built a reputation to achieve this. To be given 6

months notice further emphasizes the fact. Connie and I look forward one day going over to watch this great event and maybe even riding the stages prior to the Tour coming through.

Still on the international scene, Floyd Landis has been stripped of the Yellow Jersey victory achieved during the 2006 Tour De France. This was following an appeal to the American Arbitration Association who upheld the two year ban after testing positive for synthetic testosterone.

Congratulations to Tom and Leonie on the birth of their daughter Alice Rosemary Tanner. Over the years I have seen a lot of babies, this one is pretty cute. I wish them all the best with what is a pleasant surprise. I could see the under-lying pride Tom had for his little bundle of joy.

With the warmer and dryer weather upon us it's a great time to be out and about, I hope to see you 'On Your Bike'.

*Noel Fddington*



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## FREE TO A GOOD HOME

Not taken yet! Will go into the Quokka free section if not claimed. Camp-stove, and 2 small gas canisters. The club used these while supporting the longer Achievement Rides (200-300km). We have since replaced them with newer, lighter models. There's nothing wrong with the old ones, but the gas bottles will need to be re-certified. Colin 9418 1571

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**NEW MEMBERS**

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

- William Denby
- Ruth Dixon
- Maxine Drake
- Johan Greeff
- Ian Pavey
- Bronwyn Pavey-Smith
- Neil Porteous

# CYCLING TRIVIA

**Last issue we asked:**

Everyone has now heard of Cadel Evans, after his magnificent performance in this year's Tour de France. In what cycling discipline did he start off his career?



The first correct answer that Colin heard was from Jeremy Savage. He correctly stated that Cadel started in mountain bikes. Cadel Evans started his International career as a member of the Australian Institute of Sport MTB team. He was an exceptional Mountain Biker, winning Silver medals at the 1997 and 1999 MTB U23 World Championships, but also won Bronze medals at the 1995 Junior World Road Cycling Time Trial Championships and Junior World Mountain Bike Championships. Since then he has ridden for several professional

road teams culminating in his 2<sup>nd</sup> place in this years Tour de France.

**Next Question:**

Now one for the gear-weenies like me. What is the absolute maximum numbers of gears that can be fitted to a bike using equipment that can be actually purchased at a shop? Is not a one-off home-made job.

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

## 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)

**DEADLINES:** Contributions for the next issue (Jan/Feb) should be sent to the Editor no later than Thursday 14 February

**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.

## 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.

## WANTED:

Second hand 'Trailer Bike' for carrying children (also known as a 'Link Bike' or a 'Tag-along').

Phone Graham on 9450 3545.

## CTA LEGEND—DALE NEILL



Continuing on with the “CTA legend” theme, this next profile is on Dale Neill—the club’s first secretary/treasurer. This story was compiled from numerous interviews and emails. Those contributing the most include Wayne & Trelma Lally, Jim Harwood, Dale himself (unknowingly), Margaret Neill (his wife), Nicole Gentz (the CTA editor back then, now living in Berlin), Mike Brant, and Kleber Claux. Thanks to all of them, and several others I spoke to as well. I tried (unsuccessfully) to contact some other names I was given, (Ian Staniland and Allan Booth).

There were recurring themes from all contributors: Dale’s commitment and involvement with the CTA, his photography, and his gift of gab. (Trelma said it best: “He must have hundreds of friends. Anywhere and anytime is an opportunity for Dale to stop and have a chat.”)

Current members of the club will know Dale best as the photographer with a camera strapped to his back, but Dale (away from the bikes) was trained as a Primary School teacher, and taught in Hall’s Creek, Lombadina Mission (north of Broome) and city schools for 8 years. He then lectured at TAFE in the Professional Photography course, and moved into administrative positions in TAFE while doing photography part-time.

Even in 1972, photography was a passion. Dale originally went to a Belmont-Fremantle cycling race to **photograph** them, but after he saw the ages of the guys racing, decided to join them as a

participant! In those days there were two different cycling organizations - Amateur & Professional. Only Amateurs could be selected to represent WA or Australia in Commonwealth and Olympic Games (as in other sports). Dale cycle raced from 1972-1978 with the Belmont-Fremantle **Professional** Cycle Club. He continued to race for several years after

even enlisted the willing aid of their two children (James & Susan) in the task of folding, stapling, stamping and getting the newsletters ready for posting. (While interviewing Mike Brant I saw his collection of these early CTA newsletters—a real treasure trove...I hope I get a chance to look at them more closely sometime.) Many of the CTA rides (the 50km, 100km, 200km & 300km were Dale’s ideas (modelled after similar CTC’s rides), and he set up the initial parameters for qualification. On the first 300km Achievement Ride, the slower group (6 including Aileen & John Martin, Allan Booth & Margaret) left the GPO Perth at 3am. The faster group left at 5am with a bus as a support vehicle. They arrived in Bridgetown just before sundown, stayed at the YHA and were transported home by bus, except for a few hardy souls who cycled home the next day.

When I first started this story, I didn’t want to spoil the surprise by asking Dale for photographs of himself, but wasn’t having much luck asking around for photos. Nicole wrote “I just looked through all my CTA photos - there aren’t a whole lot of them, and there is only one single one of Dale, and it’s lousy. Actually it was Dale himself who took most of the photos - at least on the SW Tours that he was on.” In the end it was Mike Brant who came through. Many thanks to Mike for going through his boxes of photos to find one I could scan of a much younger Dale.

In 1975 Dale organized the first tour of the South West, and similar SW tours were run in 1976 and 1977. Mike Brant recalled a Mars Bar eating competition during one of the SW tours that had Nicole buying the candy in bulk cases at the Wellington Street markets. He wasn’t sure if there was a designated ‘winner’, but it’s evident the CTA’s tradition of what I call ‘riding to eat, eating to ride’ was well established even then!

The Ironman Tour in 1978 gave me two great stories about Dale. Trelma wrote “Dale is also a great story-teller and has had many of our members in stitches over many hours. On the Iron Man Tour several stages were quite long and we would arrive at our bed for the night in the dark. One night our accommodation was at a deserted house in the wilderness. No electric light, only our torches, a backyard dunny accessed through tall vegetation, and of course no cooking facilities. We managed to find spaces to park our weary bodies and prepared to settle down for the night. But....Dale had other ideas and promptly regaled us with snake, spider and ghost stories until the wee hours.”

Another story from that Iron Man Tour was told to me by more than one of my interviewees, but best recounted by Trelma: “Wayne’s cousin Bev lived on a dairy farm at Witchcliffe and invited them to spend a night there. The kids and I had a bed inside the farmhouse; the fellas were offered accommodation in



A much younger Dale, center.

the tiny wonderfully perfumed dairy. Next morning, Dale as usual, wanted a photo of this beautiful setting and propped his bike up against the fence while he took the shot. We, who knew about these things, waited with baited breath to watch him try to get the bike off the fence and were suitably rewarded with a high pitched yelp when the electricity kicked in!!"

In 1979 (WA's celebration of 150 years since English settlement), the CTA held a 150km Achievement Ride around the Swan River, visiting historical sites as far as Guildford, Upper Swan.

In 1980, Dale and Margaret spent 6 weeks cycle-touring in the UK, where they visited the CTC headquarters in Godalming. In the Cotswolds, they met up with an English couple who had just completed 10,000 in 8 and spent a few hours with them stranded in the back of a broken-down Britrail truck with their bikes. Dale had never heard of the CTC's 10,000 in 8, so enquired all about it and then added it to the CTA's achievement rides in 1981. It was Dale who passed the info to Bob Stockman, who set about doing all the research and route planning in WA. (Dale denies having anything to do with the 5000 in 4—saying only that it "was a later adaptation.")

From 1980 to 1982 The CTA ran Perth to Kalgoorlie tours. In 1983 Dale organized the first interstate tour with 9 cyclists spent 3 1/2 weeks touring Tasmania. In 1984 Martin Bunny organized (with Dale's assistance) the first overseas tour, where 12 cyclists spent 2 weeks cycling around Bali (Marg said it was "fabulous".)

Aside from the tours there were many weekend rides (staying at YHA's or on farms) to York, Moore River, Piesse Brook, Mundaring, Albany, Bunbury and Mumberkine (Carmel Staniland's family farm near Goomalling).

Not content to simply enjoy cycling, from 1981 - 1985 Dale (& Bruce Robinson) represented active cyclists on a new committee formed - the WA State Government Bicycle Policy Committee (the name changed later to BikeWest). Dale tried to introduce on-road bicycle lanes but the committee wouldn't listen. They were intent on getting votes at the next election so were pushing for off-road dual-use paths (using CEP, Commonwealth Employment Programme (work for the dole), funds), hence the cement paths that have abrupt right-angle turns. They insisted that cyclists ride at a maximum speed of 10kph!!! Trelma wrote "He has the brains and the 'gift of the gab' to talk to people in high government places and was a leader in insti-

gating what has now developed into the magnificent Perth Cycleway Network."

In 1982, Dale decided to race again, joining the WA Amateur Cycling Federation. (He had 'retired' from Pro racing for the required 1-2 years when his involvement with the CTA became all-consuming). His first or second race was at Mandogalup, south of Perth. Ian Staniland, Dale and Margaret cycled from Attadale as a warm-up for Ian and Dale to race. Arriving there, Dale was not permitted to race in his cycling shirt as it has advertising on it, so swapped shirts with Mark Bettell ('Beetle'), a great young cyclist who had joined the CTA when 14 years old and rode with them every weekend and tour. Mark's dry comment when swapping shirts was "If you come off and ruin my shirt, you'll buy me a new one." (Mark had worked on paper rounds and part-time jobs from a young age and earned every cent to pay for his own bike and clothing.)

During the race an incident occurred where Dale was 'elbowed', and three riders came down. One walked away, although his bike was a write-off. He never raced again after seeing Dale's injuries. Dale's bike was fine but he was catapulted over the handlebars, hitting the rough blue metal with his head and shoulder. Although wearing a 'hairnet' helmet (which all racing cyclists wore in those days), Dale's forehead took the full blast, giving him severe concussion. He was taken by ambulance to hospital where he was admitted for about a week. He suffered from the concussion for 6 weeks, along with a broken wrist and elbow, and stitches in his forehead, near his eye and on his shoulder (and Beetle needed a new cycling shirt). Dale hasn't raced since but Margaret says "I'm sure he started cycling again before the plaster was removed."

Margaret recounts that many rides ended at their house - with BBQ or hot dogs. One event (shortly after Dale recovered from the accident above) "had Sir Hubert Opperman riding with us, on Dale's bike, from Mullaloo to our house in Trigg; presenting Brevets & medals (for the Audax 200km ride) to participants. 'Oppy' attended a few Bike Week events, riding back to the Parmelia (which caused a stir at the hotel - ask Neil Porteous)."

Dale was made a life member of the CTA in the early 1980's due to his all-

## Mentioned In Dispatches (MID)

consuming commitment and involvement in the CTA (that commitment supported and assisted by his wife & children). He only gave up his involvement because in Sept 1985 he was struck down with Chronic Fatigue Syndrome (CFS) which took him many years to recover.

Kleber (who joined the CTA in 1987) said the CFS "was a blow to a very competitive and capable cyclist." He goes on to say "But his work as a professional photographer, and still being able to drive a car, resulted in him supporting the Albany - Perth Bicentennial Tour in March 1988. His support during the tour was most appreciated when we rode the 136km on day five from Walpole to Pemberton. It was hot, in the mid 30's, the hills were long and steep and some of the riders ran out of water as we approached the lunch stop at Shannon River. Dale came to the rescue, with extra water to fill the empty biddons, and words of encouragement. His photo of the group on that tour, coasting down the hill in the Beedelup National Park towards Karri Valley, is now famous. This photo was subsequently used on the front of the 20th and 30th Anniversary Tour brochures and was the inspiration for the CTA business cards now used with great effect to promote the club. With Dale's health improving over the years, it has allowed him to participate in various club rides and his photos of the On Your Bike tours are legendary."

Dale and Margaret still ride regularly, either single bikes or their light-weight touring tandem. In 1994 Dale & Margaret cycled for 6 weeks through southern France - "proving that Dale could". In 2001 he left TAFE to pursue photography full time. In recent years he has become WA's leading photographic educator, by combining his passion for photography, cycling and travel and leading cycle/photography tours overseas (Bali, Greece, Egypt, & Borneo to name a few). He also does portrait and commercial photography. Nicole mentioned that Dale made super slide shows: "I think the one for the 1976 tour must have been the one with the Lee Marvin song "I was born under a wandering star" - it was a great show." She also mentions an "official club photo album" that Dale put together around 1980". Maybe we could convince Dale to put a retrospective together for us, possibly at a CTA social night?

~Deb



When it comes to CTA entertaining standards, the bar has definitely been raised. Reg (left) and Joan (his wife) take (and serve) the cake—when it comes to entertaining a horde of hungry cyclists. Reg's "To the Pines & Return" ride was a brilliant day, the company, route & scenery topped only by the amazing spread that Joan put on for us at their home. I'm sure I'm not the only one that wants the recipe for that sticky date pudding. It was Reg's Birthday too, so we all sang (yes, off key).

Lance & Patricia's new tandem (below) evoked "ooh's and ah's" from the crowd...perhaps on a social night we could watch you dis-assemble it?



Stuart's Dahon (below left) illustrates a manageable folding bike (compared to the tandem)

Marliese (below) is riding well on her sporty blue and white Giant.

My favourite custom frame from 1996 (lower Right) now sports new paint and



almost all new components (only the seat, fork and handlebars remain unchanged).

No room in this issue, but lots of PB's on OYB will be in the next issue! It was that 98km day (that was actually 103 by the time you rode into town to pick up your lunch) that did it.



# TWO WHEELS TO TOODYAY

There is nothing like the anticipation of getting up early on a Saturday morning to catch a train to meet up with your fellow weekenders heading out to Toodyay. Karen once told me that the CTA club was like an extended family and never more does that ring true for me when I am sitting on the train with her and other members catching up on news.

The gathering of the clan is in full swing once we arrive in Midland. Now this is what I really appreciate about our club - it has something for everyone. Kleber has anticipated that there would be two groups: those that like to set a pace and maintain it and those of us who choose to do it easy.

Stan arrived, along with Dennis, just to see us off. Neither would be joining us on the weekend but nevertheless turned up just to bade us farewell and to take the customary beginning-of-tour photo.

And then we are off.

We were a good-looking bunch. I could not help but admire the matching outfits worn by Liz and Richard and Deb's bike colour. As we headed out of Midland single-file we did look an impressive sight, equally matching the group of road cyclists in their outfits



On the road with (Left to Right) Kleber, Karen and Devo leading the way.

going the other way, pannier-free.

Our check point meet was at Darling-ton with options of either hilly bitumen with You Know Who or taking it a little easier along the less steep railway heritage track with Mark Corbett (who gets three cheers along with Simon for leading and tail-end Charlie-ing the easy group).

After meeting up again we regrouped and headed off to Mundaring for coffee. Driven by the need to have a caffeine fix I joined the pacesetters group. Roy offered to be tail-end Charlie for this stint and I was grateful

for his support and words of encouragement. What I admire is how people like Roy can scoot up ahead and then come back and still make sure I have not passed out on the roadside. Reg, my mate, thanks for your hiccup due to this slight delay I was then able to ride in to the café with the group. Oh what a feeling!!!!

What followed after coffee was the most enjoyable scenic route heading out to Toodyay road.

There is nothing more satisfying then riding at your own pace, talking to fellow cyclists if you choose or just taking



THE USUAL SUSPECTS. (Left to Right) Top row: Karen, Roy, Devo, Mark, Middle row: Maxine, David, Colin, Bob, Richard, Liz, Sue, Simon, Deb, Marlise, Reg, Teresa, Marri, Jude. Front Row, L to R, Kleber, Lucia and Tony.

## Lift out Rides Calendar Page for November/December 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. Downhills 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 November 4 Byford and Back

60-70km, Moderate-Brisk, flat. Meet at 8:15am for an 8:30am start at Byford Railway Station. If you don't like the hills then this is the ride for you. We ride along the back roads twisting and turning all the way to Baldivis. After the mandatory coffee it's up the freeway bike path and back to Byford via a different route. Coffee again at the end if you like. Please be gentle with me though, it's my first time as a ride leader.

Leader: Mike A 9529 4487

### Sunday Nov 11 Swanning up the Swan

30-40km. Leisurely-Moderate. Meet at 8:15AM for a start at 8:30AM from [Charles Paterson Park Burswood](#). I like the upper Swan Valley area so that is where we will go. Up to somewhere around Guilford where we will stop for coffee, then back towards Burswood with maybe another little rest on the way. The pace will be very easy so bring along friends who may like to get in to cycling. Be careful with me though, it's my first time leading a ride.

Leader: Erica 0411 279 627

### Wednesday November 14 Social Night Perth Integrated Health Clinic (PIHC)

Loftus Community Centre, 7:00PM for 7:30PM start. This is a must-see evening on the technical side of sports medicine in cycling. Danae is an Occupational Therapist from PIHC, specializing in cycling. Jill is a Podiatrist, also from

PIHC. Together they will present an 'interactive' seminar on *"The importance of biomechanical stability to enhance your cycling performance."* Topics to be covered include a description and explanation of the neuro-muscular system, postural discussion and checks, the impact of postural imbalance and the possible causes, posture on the bike (with demos on flat and drop bar bikes), how to counteract static posture on the bike, demonstration of neuro-muscular treatment and recommended stretches. Jill will also give a discussion on feet biomechanics and care for cycling, as well as recommendations for choosing cycling shoes.

Questions? Gerry 9453 1441

### Sunday Nov 18 Vanilla Slice

30-40km. Leisurely. Meet at 8:15AM for a start at 8:30AM from Heathcote Park. We had so much fun the last time we went to my favourite bakery that I decided to go there again. Over Wireless Hill and along back streets towards East Freo, before stopping at Prinz of Vienna Café. From there Tony says he knows the way back but this is my ride so we will go the way I decide and Tony can just be tail end Charlie all the way back to Heathcote Park.

Leader: Lucia (Not Tony) 9313 1214

### Saturday November 24 Annual General Meeting

20 km, Leisurely. Meet at 8:30AM for an 8:45 start from the Loftus Community Centre. Return to the centre by 10:15 for the AGM at 10:30. Agenda includes

voting on constitutional changes, progress of the year to date, presentation of awards and election of the Committee for 2008.

Questions? Gerry 9453 1441

### Sunday Nov 25 Mals Melting Moment

35-45km OR 50-60km. Leisurely-Moderate OR Moderate-Brisk. Meet at 8:00AM at Deep Water Point. Our longer course takes us via Shelly foreshore, Roe highway bike path, round Bibra Lake and along some back roads to Fremantle. The shorter one goes straight to Freo along the South Swan foreshore. Coffee and cake at the E-shed or someplace similar and then back to Deep Water Point. Please be kind this is my first time leading a ride too.

Leader: Mal 9358 5257, 0401 103 035

### Sunday Dec 2 The Café in the Hills

45-55km, Moderate, Hilly. Meet at Midland Railway Station for a start after the 8:30AM train arrives. We head off to my newest favourite café in the hills. There are a few up hills and down dales along the way but this ride will be *no faster than CTAs MODERATE pace*. If you have never done a few hills before then this is the perfect way to try it out with plenty of experienced riders to help.

Leader: Colin 9418 1571

### Wednesday Dec 5 Evening Ride

20-30km. Leisurely-Moderate. Meet at 5:45PM for a start at 6:00PM from the Southern side of the Narrows Bridge.

What better way to break up the week than to come along for an easy jaunt around the river? No plans or directions in particular, I'll just make it up as we go along. This is the first of a series of evening ride planned for the summer, a *PERFECT way to introduce your non cycling friends and family to the fun.*

Leader: Colin 9418 1571

**Sunday Dec 9  
Mikes Meander**

50-60km. Moderate. Meet at Point Walter ready to leave at 8:30AM. How far we go and which route we take depends on how we all feel on the day. There are a few things that will not change though: we will have coffee, we will have views of the river and we will have a good time.

Leader: Mike H 9319 9526

**Saturday Dec 15  
Progressive Dinner**

30km Social (\$30per head) Numbers are limited, CTA members only, first come, first served. Anyone wishing to attend MUST BOOK AHEAD for catering and costing reasons for this gourmet 3 course meal while on the bike. Details to be passed on when booking but bring your lights and appetites!

Leaders: Deb, Colin and some surprises. 9418 1571

**Sunday Dec 16  
Gosnells Gander**

50-60 km. Moderate-Flat. Meet at 8:20AM for an 8:30AM start from Gosnells Railway station. Down south we go around the back of Armadale and along back roads down to Byford. It may be hot so a cool drink or the ever present coffee will be needed for the return back to the start. Some of you will recognise some of the roads that we will use but there are a few surprises. Don't worry if you did the ride the night before, we won't be going fast.

Leader: Roy 9398 6523

**Wednesday Dec 19  
Evening Ride**

20-30km. Leisurely-Moderate. Meet at 6:00PM for a start at 6:10PM from Charles Paterson Park, Burswood. You think that Colin could make up an evening ride on the spot? I'll show you how to make it up on the spot! Forget the stress and strain of Christmas shopping

as we wander around discussing the upcoming holidays. Bring the family and friends, we won't be racing.

Leader: Noel 9355 2745

**Sunday Dec 30  
Rolling on the River**

70km. Moderate. Meet at 8:15 AM for an 8:30AM start from Fraser's Kings Park. The ride will take us through beautiful bushlands and give you scenic views of the river and ocean. We wander along the coast then across to the cycle friendly café at Lake Jackadder. Coffee, then back to Kings Park.

Leader: Ann 9444 5160

**Monday Dec 31  
New Years Eve Fireworks Ride**

20km, Social. Meet us at Kings Park Café at 10:00PM for our traditional but very unusual way of celebrating the New Years Eve. We'll sit down for nibbles at 10:00PM then head off at about 10:45PM for a very easy roll around the river to ensure we are down by the water front in time for the fireworks and to welcome in the New Year. Just don't forget to bring your lights!

Leaders: Deb and Colin 9418 1571

**Sunday Jan 6  
BBQ, Swim & Ride**

50km. Leisurely-Moderate. 8:45AM for a 9:00AM start. Meeting at the Melville Aquatic Fitness Centre (Marmion St, near Garden City), we will cycle along and near the Canning River using cycle paths and back roads. We'll stop at Shelley Bridge for a rest, chat and a cuppa, before returning to the Aquatic Centre. After the ride you are welcome back to our house for a BBQ and swim, but please BYO meat, and if you could donate a salad to the BBQ that would be nice. A fridge will be available to keep meat and salads at the start of the ride.

Leader: Mark C 9316 3053

and informative Keep on Riding Social Night was hosted and demonstrated by Colin #2, with Colin #1 supporting with the technical know how of an ex professional rider and bike shop owner. Most of the information will be of great value for the forthcoming tour. It was great to see Maxine Drake, Sue Piesse, David van Zyl, Devo and Colin Prior from our group on the Tootle to Toodyay weekend. It turned out to be a great two days, with the Freemasons Hotel doing a great job as usual with good food and accommodation. It may have been that some of our group had other commitments or insufficient leave, but only Devo and myself represented our group on the "We've Been Sprung" tour. I would like to thank Simon for organizing an excellent seven days of pannier touring and the company of eight other enthusiastic riders. No matter how much touring one does, it is amazing that there are always new ideas and touring tips that can be learnt on such tours. By the time you read this 13 of our group would have enjoyed the On Your Bike 2007 Wandering Valleys Tour. With so many of our group in the one place at the same time, it will allow us to sit down and do some serious planning.

Another tidbit of where we will be going: Over millions of years, water has created a most unusual geological feature: the spectacular Natural Bridge in Springbrook National Park. Here water tumbles through the roof of a basalt cave, home to an amazing colony of glow worms seen only after sunset. Lookouts and lush rainforest also grace this World Heritage-listed haven. This is one of the most popular in Australia.

Save a da money and da leave for da tour. Tour Leader: Kleber 9354 7877

**ITEMS FOR SALE**

- 2 x Thermarest Mattresses – Full Size, very good condition. \$50 each
- 1 x Katmandu ¾ size Mattress – near new. \$25
- Cannondale MT 1000 tandem – forest green, excellent condition, many extras. \$2700

Ph: Lance Whiteford 0409 905 995

**PLAN AHEAD**

**April 26 - May 31, 2008  
National Parks Full Pannier Tour  
SE QLD - NE NSW**

6 months to go, 17 signed up and we are now getting serious about preparation. Many of those that are going on the tour have taken advantage of the numerous events that have been offered over the last couple of months. The very entertaining



Doing what the CTA does best (eating, drinking & talking)  
Clockwise from lower left: Teresa, Sue, Tony, Simon, David, Roy

slowly to the back of the hotel where you are greeted by the sight of an inviting courtyard, a lemon tree bearing fruit, beer kegs and fellow cyclists in various stages of unpacking, and know that you still have time to unpack, shower, order a drink and chat before dinner.

A bouquet to the hotel for selling bottled wine by the glass, full to the brim, for only \$4.50! After a hot shower it is those little things that makes the day all the more sweeter and somehow the memory of sitting on your bike seat for all that time fades into the distance.

As I was leaving our room I was bowled over by one husband who just had to share with me his shower experience. Like me you cannot begin to imagine where Tony's story was going to start but by the smile on his face I just knew it had to have something to do something with music.

in the countryside. If you ever ride with those of us who choose to take it easy, we ensure we stop for all sorts of reasons. So for those who would like to push it a bit and then want to drop back and take it easy we are there for you.

There is also nothing like the smell of baked pies and savouries being enjoyed by those who have arrived first to make the mouth start to water. A million thanks to Jude who saved me the last vanilla slice too. Off the main road a detour gives us a scenic 19kms

quiet road into Toodyay. By now the midday sun has shifted and the colours start to add another dimension to the rolling hills.

As we near our destination it is a very comforting sight to see Colin cycling back towards us just to check we're all okay. The last of us rolled into town around 5pm – ideal as dinner was booked for 6.30pm

You know the end is nigh when you finally sight your hotel, (namely the Freemasons). You make your way

Sure enough, Simon and Tony had been heard singing and harmonizing in the shower. A beautiful sound apparently, so for the rest of us who missed out on this shower experience we got to hear it after dinner.

Ahhh dinner. The 3 course meal went down a treat. Once dinner plates were cleared away, those of us who were left in the dining room made beautiful music. Simon and Tony took us down memory lane with songs that we could all sing, clap and sway to. Everyone joined in – it was a sight to behold, and wonderful to see all those cupboard closet singers come forth too! Teresa and I feel we have so much musical talent in the CTA we have nominated ourselves as the group promoters!

So for those of you who were not on the weekend, watch this space because we shall be calling on anyone who can sing, hum, clap, play instruments and, most importantly, sway, to join us in forthcoming musical evenings! Remember from little things big things grow.

Congratulations also go to Reg and Marlise for achieving personal bests.

It was agreed by all that an early start the next day would help us avoid the worst of the traffic on the main road out of town, and also allow us to return



Clean, off the bike, and drink in hand: Deb, Bob and Reg.

to Midland before the forecasted rain. Rested, refreshed and sustained after a good breakfast kindly put on by the hotel, we set off. We were rewarded with a ride through classic rolling countryside interspersed with a couple of steadier climbs, and for Marri and Simon, a sudden down pour also, before regrouping at Giddganup for lunch.

Following suitable calorific replenishment, some of us bade farewells here, whilst the meanderers were led by Kleber back to Midland.

Nothing like being told you only have 12km of flat road followed by a steep descent into Midland to finish your weekend tour. Boy was it a steep downhill from Red Hill. I know I personally would have enjoyed the experience more if I knew there were no cars on the road. My utopian dream...

Another regroup and the last 2km into Midland seemed a breeze.

And so it ended - another enjoyable weekend away with the CTA.

My thanks to all those who put the weekend together and to all my fellow weekenders for all the great conversation, laughter, advice and camaraderie.

~Lucia

## CTA APPLAUSE TO:

**Yoho Pizza Yollo**  
9756 0616

<http://www.yohopizza.com.au/?pid=2>

Jude says: "make a plug for the following innovative caterers who ..... treated us to a feast in the middle of the forest." Located at the centre of the Southwest in Nannup this is a mobile gourmet wood fired catering business. Using the freshest local and organic ingredients available for wood fired pizza delights. Catering for all events in the South West. Contact Charely or Lisa at the contacts above.

## CYCLE TOURIST OF THE YEAR CRITERIA

The Selection may be based on:

other reasons.

**Tour Achievement:** The person may have realised a personal goal to cycle tour across Australia or overseas and involved the CTA by organising and leading the CTA member tour group through the entire tour. Achievement of a personal challenge without participation of the CTA membership would not be seen as important as meeting a challenge with CTA involvement.

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

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

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

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

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

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

## NOMINATED



**Colin Prior** has been an active member of the CTA since 2001. He is the current Rides Coordinator, Achievement Rides Coordinator, and is also the Volunteer Coordinator for this year's OYB. He has organised and led a number of weekend tours, and also leads Sunday rides on a regular basis.

The A5 handout he suggested we produce for the Great WA Ride Ride in 2006 (CTA membership form on one side, ride listing on the other side) was so successful in raising awareness & interest in the club that the committee has re-used the format several times. Colin's efforts distributing the CTA business cards are legendary, and these have been directly responsible for **many** new members joining the club.

Colin is always willing to stop and help a cyclist in need, be it a puncture, mechanical or medical difficulty (yes, he's even provided 1st aid and called an ambulance for someone with heat stroke). The face he gives to the CTA (a friendly, non-competitive, yet highly competent cyclist) is the key to our future growth, and I nominate him for CTA Cycle Tourist of the Year, 2007.

~Deb

# Annual General Meeting

Saturday, November 24th, 2007

Lofus Community Centre, Loftus St, Leederville (see map)  
Ride from 8:45am, Morning Tea at 10:00 am, Meeting at 10:30 am

## NOMINATIONS OPEN!!!

You can still nominate for Cycle Tourist of the Year and Ride of the Year Awards (up to and on the day of the AGM).

**Cycle Tourist of the Year:** see previous page article and nominations to date.

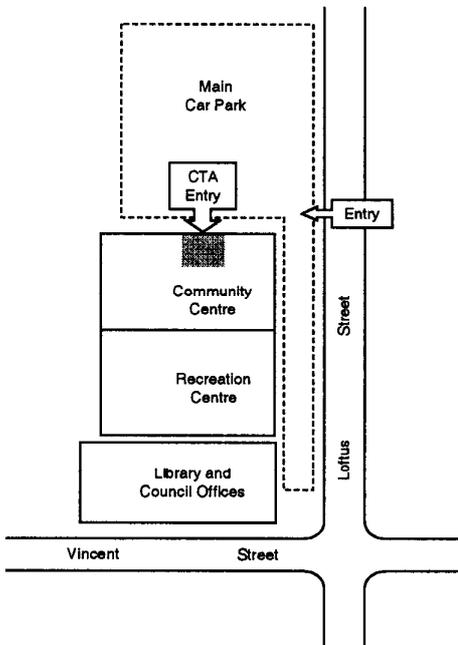
**Ride of the Year:** Although the Committee votes each month on its own favourites, ANY ride during the year can be selected. Choose the ride you enjoyed the most—nice weather, many people, great atmosphere, interesting destination, good food, great company, achievement, or fun? This is an opportunity for you to show your appreciation to a ride organiser, and allow the club to recognise and reward their effort. Note that the On Your Bike Tour cannot be nominated.

Instead of waiting for the day, send your nominations in to the editor NOW, so they can be emailed out to all members before the AGM.

### GRAPHIC DESIGNER NEEDED FOR CTA WEBSITE

It seems we have plenty of computer expertise for our website, but are lacking the graphic design expertise to really make it pop. If you would be willing to volunteer your time please contact Tom Hallam on 9444 4107 (H), or thallam@iinet.net.au

### Map to the Loftus Centre:



- Challenge
- Merit
- Super Achiever
- Cycle Tourist of the Year
- Ride of the Year
- Newsletter Article of the Year

#### Election of Office Bearers for 2007

- General Business
- Changes to Constitution
- Bumper Sticker Slogan
- First Aid Qualifications
- Maps on website

If you have additional agenda items to submit, please call any Committee member (contact details on page 2).

#### Election of Committee Members for 2008:

Nominations for President, Vice President, Secretary, Treasurer and up to six (6) Committee members can be received up to and on the day of the AGM. All nominations shall have a proposer and a seconder, and shall be announced at the AGM. Nominees, proposers and seconds must all be voting members of the CTA.

Our current President (Noel), and Social Coordinator (Gerry) plan to step down from their positions, and replacements will be needed! If you're interested, please contact any Committee Member.

### Agenda items to date:

Minutes of the 2006 AGM

Committee Members' Reports:

- President
- Treasurer
- Rides Coordinator
- Editor & Clothing
- "On Your Bike" Sub-Committee

Awards:

## CONSTITUTION CHANGES

These changes will be voted on at the AGM. Familiarise yourself with them now so you can raise any questions at the meeting. Comments are in **Italics**. While text to be altered are in "Quote marks"

#### Section 12.1

Delete "All changes shall require a two thirds (2/3) majority of the voting Members present at the meeting."

**Insert** "All changes shall require a three quarters (75%) majority of the voting Members present at the meeting."

#### Section 20

**After** The Association may be dissolved or wound up by resolution of any General Meeting called for such a purpose.

**Insert** "To pass a resolution which will dissolve the Association requires a three quarters (75%) majority of the voting Members present at the meeting."

**After** It shall be given to some other association

**Delete** "institute or body" having objects similar wholly, or in part to the objects of the Association, provided that the association,

**Delete** "institution or body" shall prohibit the distribution of its income and property amongst its members,

**After** or it shall be paid to or transferred to some charitable

**Delete** "object,"

**Insert** "organisation," which association, **Delete** "institution, body or object" shall be determined by the members of the Association at or before the time of dissolution or winding up.

Therefore section 20. **Winding Up** will read as follows:

The Association may be dissolved or wound up by resolution of any General Meeting or at a Special General Meeting called for such purpose. To pass a resolution which will dissolve the

cont'd on pg 13

## WANT TO HELP THE ENVIRONMENT? GET ON YER BIKE!

**We should stop abusing the travelers on two wheels - they are a far lesser menace than drivers, writes Catherine Deveny (July 25, 2007).**

THE only people that you will find outdoors at the moment are prostitutes, smokers and cyclists. And it seems in many circles that is how their social desirability is currently rated, in descending order.

I've had a gutful of "cyclists are a menace" comments. A car cuts them off? The driver is an idiot. A cyclist cuts them off? ALL cyclists are menaces and they should ALL be off the road and NONE OF THEM should be allowed to breed. Here's the truth: cars kill, injure, annoy, abuse, cut off and hassle far more cyclists than vice versa. And if you don't believe me, get on a bike.

There are thugs, lunatics, idiots and morons in all areas of life and cycling is no exception. So why is the odd maverick Lycra lout not simply viewed as an exception rather than an accurate representation of the entire cycling community?

You think the Hell Ride goes along Beach Road every Sunday? You should talk to some of the mums and dads, commuters and students who pedal during peak hour and they'll tell you stories of road rage that will make you think every day is a hell ride for them.

I want to say thank you. To all the cyclists getting out there in the wind, and the cold, and the rain and pedalling to work, to school, to get about their daily business. They are cutting down on road congestion, helping the environment, freeing up parking spots and reducing their stress levels through both exercise and the financial bonus of a cheaper form of transport.

Many households could (and do) solve the "no time to exercise, can't afford a second car and no parking at work" equation with a bicycle. Others solve it by buying a second car that they can't afford; which contributes to the national debt and in turn inflation and

then up goes the interest rates as well as our carbon emissions.

Lay off the cyclists. They should be paid for commuting. We should be standing at the traffic lights handing them drinks and giving them towels when they arrive at work. The Government should be doing everything in its power to encourage and facilitate safe cycling in our glorious city.

Good news. Cycling is not just the new golf. Bicycles are the new cars. Australians have been buying more bicycles than cars for the past seven years. More good news. The British Medical Association found that the risk of inactivity is 20 times greater than the health risk posed by a potential accident on a bike.

According to Bicycle Victoria, cycling numbers along Swanston Street (Melbourne's cycling spine) have grown 680 per cent in 15 years. Cycle awareness will increase the more people cycle. People are more conscious of cyclists if their partner, their parent, their sibling, their mate, their children or themselves are out on the road pedalling.

A wonderful culture of cycling is flourishing. A few weeks ago I saw a line of peak hour traffic create a wider birth than was necessary for the stream of cyclists as the road narrowed. And whoever is behind the Free Bike Repairs at the north gate of Carlton Gardens every Sunday should be hoisted onto a sedan chair and given some kind of civic reception.

On May 28, 2006, the first Cyclovia in Melbourne was held. Cyclovia means "life to the streets" and it's been happening for more than 30 years around the world. A section of Sydney Road was closed off to cars from 8am to 2pm and people cycled, rollerbladed and strolled. All you could hear was the clicking of gears and the whoosh of bike tyres. It was marvellous.

Between 1974 and 2003, travel to school by car rose from 22.6 per cent to 70 per cent. Children being driven to school accounts for 18 per cent of peak hour traffic in Melbourne. We are constantly being told that children are

getting fatter and driving cars is now the environmental equivalent to piping cigarette smoke into humidicribs.

Yet there are still plenty of people who could easily walk or ride their children to school at least a couple of times a week who don't simply because they can't be bothered. The most effective way parents can encourage children to ride bikes is by riding bikes themselves. Children should be encouraged to think of their bike not just as fun and exercise but transport.

The Japanese believe that by carrying their babies on their back it teaches the child when to bow. I suggest that parents riding with their children in baby seats and on tagalongs gives them an instinctive understanding of the flow of traffic. Keep in mind that I have no facts to back that up, it's just what I reckon. I suppose that's why this page is called Opinion.

## 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!!!

## 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 7:40—8:00am**

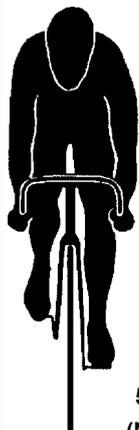
**SBS (TV)**  
**Sundays 11:30am—**  
**12:00noon**

## 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)



*For all your cycling & running requirements*

**Runner's World**

*Perth's specialist running & triathlon store*

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

*Constitution changes, cont'd from pg 11*

Association requires a three quarters (75%) majority of the voting Members present at the meeting. If upon the dissolution or winding up of the Association there remains, after the satisfaction of all its debts and liabilities, any property whatsoever, the same shall not be paid to, transferred or distributed amongst members of the Association. It shall be given to some other association, having objects similar wholly, or in

part to the objects of the Association, provided that the association, shall prohibit the distribution of its income and property amongst its members, or it shall be paid to or transferred to some charitable organisation, which association, shall be determined by the members of the Association at or before the time of dissolution or winding up. In default of any such resolution such payment, transfer or distribution shall be determined by a Judge of the District Court.

## 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

### 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 5000 in 4
Challenge	50km 100km Century 200km 10000 in 8
Super Achiever	50km 100km 200km 300km 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.

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

# MEMBERSHIP DETAILS:

CTA membership is from January 1 to December 31. Fees are due no later than Feb 1st each year. After June, 30, part-year memberships apply (to new members only) and the fees listed below should be halved. Membership forms can be downloaded from our website.

1. Renewal Adult membership \$40.00
2. New Adult membership \$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.

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

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

Current sizes in stock are listed below. Reorders have been placed for OYB, and some already received. We are keeping stock levels quite low, so don't miss out—if you need a size that isn't shown below, call Deb right away!



**Short sleeved Coolmax tops** in yellow with red stripes are \$95 each. Sizes currently in stock: mens S-XXXL, ladies size 10-16

**LONG sleeved Coolmax tops** in yellow with red stripes are \$110 each. Sizes currently in stock: mens L-XXXL, ladies 10-16.

**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. We currently have 115 prs in stock!

**"Take A Look" Mirrors** (rear-vision mirrors that attach to your glasses), 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. Sizes in stock: short sleeve size 16-22, long sleeve size 12, 16-20.

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

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

