

# THE CHAIN LETTER

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

March / April 2008

Issue 199

## PRESIDENT'S REPORT

How time flies. I'm sure I was writing the last report only a couple of weeks ago. The year is now well underway. By the time you read this we'll have had a couple of weekend tours and shall be looking forward to Bike Week and the Queensland Tour.

The handover from the old committee to the new is now complete: yes, Colin is no longer Rides Coordinator. We're now reviewing the committee members' duty statements and shall be trying to improve the way the club is managed. We'll be having several open meetings. These are tentatively scheduled after rides on 6<sup>th</sup> April, 8<sup>th</sup> June, and 26<sup>th</sup> October. These meetings will have an agenda so whilst being open they shall not be a free for all. If you have items that you think need to be discussed by the membership, please contact me.

Whilst the "Future tours" committee has not yet met to discuss the clubs long term strategy, Noel is looking at organising a tour early 2009. This will be a 7 to 9 day tour of the SW with some support. There will be options of tent or hotel/motel accommodation. Planning is at a very early stage. People interested in assisting, organising or participating please contact Noel.

Generally the CTA is not into advocacy, but the issue of glass on roads and paths effects us daily. The committee is therefore contacting several state politicians asking them to support container deposit legislation. A copy of the letter is on the website and later in this newsletter.

I'm sorry; I have to get on my soap box, as issues of safety on rides have once again raised their head. As you are all most likely aware there has been some fairly unfavourable press about cyclists; especially large groups. An individual's inconsiderate or illegal behaviour is seen as a single maverick rider, about to remove themselves

from the gene pool, and ignored. The same behaviour in a group is a "horde of unruly cyclists" and makes the front page.

Please, be considerate of others when you ride. Keep left. Don't stop on the path/road just over a blind crest or around a bend. If you stop waiting for other riders then pull well to the side, out of the line of traffic and preferably off the road or path. Don't ride three abreast on the road. Use the "standard" signals and calls to communicate with other riders in the group. If somebody shouts "car back" then pass it on up the line and move left into a single file. I (and other committee members) do not enjoy having to continually remind people to be aware of other road/path users, keep left, get off the path etc. We'd enjoy dealing with an accident even less, so please, ride safely.

Hope to see you on a ride sometime.

*Tom Hallam*

## LOCAL PARKS PROJECT Non cycling, family fun

<b>Date</b>	March 30 <sup>th</sup> 2008
<b>Park</b>	Faulkner Park Belmont
<b>Time</b>	11:30am onwards
<b>Address</b>	Abernethy Road, Belmont. Located at the eastern end of the Belmont Oasis Leisure Centre
<b>Facilities</b>	Car-park, Toilet & Children's playground
<b>Contact</b>	Lucia 0417 189 385 Look for the green balloons

<b>Date</b>	April 20 <sup>th</sup> 2008
<b>Park</b>	Stirk Park Kalamunda
<b>Time</b>	11.30am onwards
<b>Address</b>	Corner Kalamunda & Canning Road Kalamunda
<b>Facilities</b>	Car-park, Toilet, BBQ & Children's playground
<b>Contact</b>	Lucia 0417 189 385 Look for the orange balloons



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Jeremy ☎ 9493 2237 (H)

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Noel ☎ 9355 2745 (H)

**ADDITIONAL COMMITTEE**

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Roy ☎ 9398 6523 (H)

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

P.O. Box 174 Wembley 6913

CTA Email: info@ctawa.asn.au

Web Site: www.ctawa.asn.au



**NEW MEMBERS**

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

Donald Crombie      Stephen Digwood  
Don Griffin          Tim Guy  
Elaine Johnson      Chris Jones  
Scott King          Cathryn McNaught  
Anne Menoudkis      Dee Ponta  
Bruce Quartermaine      Jennifer Ross  
Andrew Sturman      Nev Taylor

# CYCLING TRIVIA

**Last issue we asked:**

Many many years ago having the gear shifters on the down tube was the standard for road bikes (Kleber still thinks that it is standard), until Shimano came out with the gear levers built into the break levers. Although standard now-a-days, at the time it took the cycling world by storm. In what year did they first introduce their combined gear shift and break system?

Only John Farris (resident club techno-weenie) could give such a long answer to a really quite simple question. In the end though he did get it right by correctly stating that Shimano introduced their integrated brake and gear system (STI) in 1990. It achieved its acceptance in the rather conservative world of cycling after Olaf Ludwig used it in the 1990 Tour de France and said that it was only because he was using it that he won the sprinters' award (The

Green Jersey) that year. When it was first released it was thought that it would only ever be fitted to the absolute top-end professional-quality race bikes and never filter down to the lower end of the market. 18 years latter it is almost impossible to buy a road bike without STI.

**Next Question:**

This next one was submitted by John Faris—self-confessed Techno-weenie extraordinaire, and very proud of it. Following on from the last question—Why do some professional cyclists still have one of the gear shifters on the down-tube, while integrating the other with the brake lever? And if they do, which gear shifter is mounted on the down-tube, and why?

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

**DEADLINES:** Contributions for the next issue (May/Jun) should be sent to the Editor no later than Thursday 17 April

**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.



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## FOR SALE

**Pannier racks**

- (2) rear, good cond - \$20 ea
- (2) front, near new - \$35 ea

Contact: Brad or Lisa 9377 5891 (H)  
or 0411 359 416

**Spin / Exercise bike**

Near new, seldom used. Fully adjustable handlebar / seat positions. Magnetic flywheel resistance adjustment. \$800 or near offer.

Contact: Kleber Claux 9354 7877

**Saddle - Women's**

Black leather. Unique design specifically for women. In mint condition - only test ridden. Still in original box with tags. \$50 ono.

Contact: Karen Date 9228 3838

# KEP TRACK WEEKEND 26 & 27 Jan 2008 (and the Railway Reserve Heritage Trail)



**In the Beginning: ALL CLEAN**

**Top Back: Roy, Back Row L-R: Leo, Mark, Richard, Nev, Mark, Mike, Colin, Jake, Ali, John (yes, hiding just behind Ali—look for the 2nd arm), Karen, David, Graham, Teresa, Simon, Devo. Front Row L-R: Stan, Jennifer, Mal, Liz, Kleber, Reg, Ann. Not shown: Jeremy (taking the picture)**

Kep (Gep) is a Noongar word for water.

Built mainly on rail reserve, the trail has a low gradient and compacted gravel surface. The water travels about 3 kph and we didn't average much better than 12 kph.

Midland to Mundaring: We started at 8:30am on Saturday the 26th of January, at Midland Rail Station. 18 on dirt (Real Cyclists), ably led by Roy, and 6 on clean (even more able), led by Col (he didn't stack, though he was seriously bitten by a bottle of red). Up Clayton St, left to Rason Pde in Bellvue, then right onto the Railway Reserve Heritage Trail. Railway Reserve Heritage Trail does a loop up to Mundaring, Sawyers Valley and then travels North to loop back along Jane Brook and the dirt loop goes 23 km all the way back to Bellvue. So on the way back from Northam some of us took this option along the North side of the loop. Along this track we met around 20 runners from WAMC (WA Marathon Club) out doing hills

training for the mid June 90 km Comrades Marathon in Africa including John Smith age 72 who did the Comrades in '07 in 10hrs 56mins. Most let their tyres down to 35ish, I left mine at 60 and survived.

Mundaring Weir to Mundaring: 7 km is the start of the 75 km Kep track - we missed this section. This first 8 km of the Kep Track is the start of the goldfields water supply pipeline. The railway branchline was built to connect the Mundaring Weir dam site with the main railway line from Perth.

Mundaring to Sawyers: Well fed at the new cafe/bakery in Mundaring (opposite Little Caesars and next door to the usual spot), and met up with roadies (Pretend Cyclists). Then Mundaring Sculpture Park & we were off with tons of energy. Let's go .... let's go .....

Sawyers to Mount Helena, Mount Helena to Chidlow, Chidlow to Woorloo: Interesting huge tree across the path was no match for Neville & team doing

a 15 min work party.



**Later: A Not-so-clean, but happy, Ann  
Check out her feet**



When CTA living legend Kleber looks like this, you know it was a tough ride.

and turns. Stan & Kleber did a magic job shepherding at road crossings and turns as they so often do. What would the club be without them? The state of Roy's left elbow and left knee made us feel that lucky that we survived without a major stack. Lots of close to coming loose. Pea gravel, sharp stones, honky nuts. Magic entry into Northam on the footbridge over the Avon at 5:00pm precisely on Col's suggested programme!



Jeremy, catching some Z's, oblivious to Teresa (or anyone else around him, for that matter)

Wooroloo to Wundowie was tough, as horses had dug up the firm base, and we were battling in granny gear. That loose sand was the worst. At least Reg thought so. His wife Joan in her sedan with cold water was a great second-order to the entire team.

Wundowie to Bakers Hill was tough as the heat was taking a major toll. Desperate. Devo claimed a blown tyre -- and we're wondering about a neat move - letting down the tyre (as he knew a lift was available). Admittedly there were a few actual flats - Kleber, David. Met up with the roadies and agreed the heat was likely to result in a mortality rate. Discussed options.

Bakers Hill to Clackline was tough. Hot.

Clackline to West Northam tanks was tough. HILLS. HOT. Theresa was rather cross when we suggested Bowra and O'Dea rather than RFDS for her strange numbness. Amazingly adept on her hybrid in the dirt. Would you believe Mark pulled a Bob trailer all the way from which he produced ICE at this desperate stage which seemed to save our souls.

West Northam tanks to Northam was tough. Very challenging. I think less than 10 completed this section. You have to do it to find out why. Twists

Commercial Hotel great with cost, food, drink, and helping early start -- bit ordinary with noise & other aspects. **None** of us made it to the Australia Day Concert in the Park 8pm. Sunday 27th most of us started at 6:45am and did some road on the more difficult sections so the heat was not as bad. Met lots of horses Sun-

day. Met only a few other cyclists Saturday & Sunday. Had to suddenly jump out of the way of one nasty scary fast big dirt track motorcycle near Chidlow. Jennifer and I kept going west at Mt Helena, meandered downhill on the North Edge of John Forrest, shortcutting to her home in Caversham by 2:00pm. Conclusion: ANOTHER BRILLIANT WEEK-END  
~John



L to R: Kleber, Nev, Ann, and David., (Noone loved being off-road more than Dave!)



Bike left too long in Nice, France  
(good advertisement for the lock!)



Colin (left), CTA Vice President, has now officially handed over the Rides Coordinator Role, to Jeremy (right). And the answer to "Who's happier" is ME (the editor), because dunning one's partner to meet deadlines can put a strain on **any** relationship. Now it will be Jeremy's turn to call me Madame Lash. And you, the readers, can take comfort that I **didn't** publish the **other** photo that Roy took of these two, as it started from the bottom of the picture above, and went to their feet (and left little to the imagination) ~Deb

## LETTER TO THE EDITOR

In the December issue of The Chainletter's Cycling Trivia the question was asked: What is the absolute maximum number of gears that can be fitted to a bike using commercially available components?

The answer that you printed was 420, based on building a rear wheel using the Rohloff 14-speed Speedhub and a 10-speed cassette.

However, it is not possible to mount a 10-speed cassette on to a Rohloff hub, for two reasons:

1) A Shimano/Campag cassette requires a Shimano/Campag hub assembly to fit to. The thread and fit mechanism are different for a Rohloff hub which only accepts a Rohloff single cassette.

2) A Shimano/Campag 10-speed cassette is over 50 mm wide. A Rohloff hub already requires a rear dropout spacing of 135mm. Even if a 10-speed cassette could be fitted, the entire hub assembly would then take up 200mm plus. I don't know of any commercially available bike that has drop-

outs spaced by that much.

The best solution to the problem, and one that gives the most number of gears is to use the following:

1) Build a back wheel using the SRAM 3x8 Dual Drive (<http://www.greenspeed.com.au/dualdrive.html>)

2) Fit a standard triple chainset.

The above would yield a total combination of  $8 \times 3 \times 3 = 72$  gears.

In addition to the above it is worth noting the following:

a) Certain downhill MTBs are being fitted with a Rohloff hub mounted in the frame itself. A chain takes power from the cranks to the Rohloff, and a second chain runs from the Rohloff to the rear wheel. The reason for this is that a Rohloff hub is moderately heavy, and mounting it mid-frame keeps the weight in the centre of the bike - something that downhillers prefer. In that case, it MAY be possible to also fit a 10-speed cassette to the rear

wheel, but I doubt whether any commercially available frame has the provision to do this.

b) I was hoping that it would be possible to fit a Schlumpf Drive in the bottom bracket as well as fitting a triple chainset (<http://www.sheldonbrown.com/harris/schlumpf.html>). This is an internal, 2-speed gear that fits in the bike's bottom bracket. However fitting it does seem to preclude the fitting of more than one chainring, so I think that the answer above (72) still holds.

Either way, the answer originally printed was not correct - hope this clarifies. ~Tony Bennett

From Colin: I said earlier that this question had generated alot of discussion, and it appears it still is. I am reliably informed by an impeccable source (Colin Pearce) that a 420 speed drive train can be built, and further fitted to bikes such as Greenspeeds and other such recumbents. If this is the case, I am right. If this is not the case, Colin Pearce is wrong. ~Colin

## CTA CONTAINER DEPOSIT SCHEME LETTER

The State government is looking at introducing a "Container Deposit System" (CDS) to increase the rate of container recycling and reduce the amount of litter. The BTA is running a campaign to support the introduction of a CDS. <http://www.btawa.org.au/campaigns/containerdep.shtml>. As broken glass is a major issue for members, the CTA committee is sending a letter (included below) supporting the introduction of a CDS to:

- \* Hon. Alannah MacTiernan, MLA: Minister for Planning and Infrastructure
- \* Hon. Ken Travis, MLC: Upper house member for North Metropolitan
- \* Hon. David Templeman, MLA: Minister for the Environment; Climate Change
- \* Hon. John Charles Kobelke, MLA: Minister for Police and Emergency Services; Community Safety; Water Resources; Sport and Recreation

**Members are encouraged to contact the above and their local members of parliament to encourage them to support the introduction of this legislation.**

---

Dear Minister,

The Cycle Touring Association of Western Australia asks you to support current moves by the Hon. Minister for Environment and Climate Change to introduce a container deposit system in WA as a matter of high priority on Safety, Health, Environmental and Climate Change grounds.

Pedestrians and cyclists are often seriously inconvenienced and sometimes endangered by the high prevalence of broken glass on roads and paths. Walking and riding are two key strategic activities in the government's attempts to reduce reliance on cars and increase physical activity. Both have important long term social impacts.

Whilst the experienced cyclist will take a flat tyre in their stride; it can be a significant obstacle for the inexperienced. Many would-be cyclists don't know how to repair a simple puncture, so they have to take it to a cycle shop to get it repaired. This involves considerable cost and time. There is nothing quite as discouraging as getting halfway to the shops and getting a puncture, or grabbing the bike to go to the shops or school only to find it has a flat. Many bikes sit unused, waiting for somebody to fix a simple puncture. On a good sealed surface, glass is the major cause of punctures.

When confronted with broken glass in their path, many cyclists will swerve out to miss it, especially if it is only visible at the last minute. As overtaking motorists do not leave enough space for cyclists to swerve to avoid hazardous objects this can result in a serious accident.. If the cyclist does not swerve they are still at risk of serious injury caused by the laceration of their tyres or legs.

One of our members was badly cut by flying glass on a club ride. He rode over a big piece of glass in an underpass. It was flicked up by the tyre and cut his leg badly, requiring treatment at the Emergency Department of Fremantle Hospital. Kidsafe, the Child Accident Prevention Foundation, are also concerned about the hazards of broken glass to children running barefoot on beaches and river foreshores. Encouraging the use of non-lacerating container materials will greatly reduce the incidence of serious injury children and other people using public open places.

We ask that the Government facilitate moves which will encourage the use of non-lacerating container materials (like plastic, aluminium or cardboard), and discourage glass containers. A deposit of 50 cents on a bottle and 25 cents on a can or other non-lacerating container would be appropriate. The original South Australian deposit of five cents in 1975 is almost equivalent to 25 cents today, when adjusted for inflation.

Improving conditions for cyclists and pedestrians, by reducing the amount of broken glass, will reduce the costs of path and park maintenance, injury, insurance and will reduce greenhouse emissions by encouraging increased pedestrian and bicycle transport. It would also help reduce our vulnerability to the oil shortages likely to arise in the near future as exports of oil from oil producing countries start to decline.

Yours sincerely

Tom Hallam,  
President,  
Cycle Touring Association of WA



## Lift out Rides Calendar Page for March / April 2008

### 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.

### Sat - Mon March 1-3 Labour Day Long Weekend

This weekend is fully booked, and has a waiting list. You snooze, you lose!

### Wednesday March 5 Evening ride

20-30km Social. Meet at Charles Paterson Park (next to the kids play ground) at 6:00 pm. An evening roll around some of the delightful sights south of the river. As with all of the summer evening rides it will be at a very easy pace so is a great opportunity to introduce others to both the CTA and cycling. Coffee somewhere but I will make that decision on the day.

Leader: Noel 9355 2745

### Friday March 7-Sunday March 16 Bike Week WA

CTA is just one of many organisations that will be running rides during this years Bike week. For details on all the events information is available at:

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

### Sunday March 9 Bike Week 4 Rides and a BBQ

60km, Moderate at 9:00am or 30km Leisurely at 10:15am. This ride was a huge success last year and so it's a similar thing again. 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. This project is sponsored by the Department for Planning and Infrastructure as part of *Cycle Instead* Bike-week 2008.

Leaders: Colin, Mike, Stan and Ann  
9418 1571

### Wednesday March 12 Bike Week Evening BBQ

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

Leader: Noel 9355 2745

### Freeway Bike Hike for Asthma Sunday March 16

The fourth Freeway Bike Hike will be held as part of Cycle Instead Bikeweek 2008. More than 8000 participants are expected to ride along the Farmer and Mitchell freeways from Belmont Park to Joondalup, raising funds for asthma research in the process. The event includes a 30km ride, 10km family ride, 30km sprint cycle race and a 30km inline skate race. \$25 entry fee. New for 2008 is a 60km option starting from the Kwinana train station!!!!

Non CTA

### Sunday March 16 Round the River Backwards

50-55km, Moderate-Brisk. Meet at Freo train station at 8:15 for an 8:30 start. Well we won't actually be riding backwards but we will be taking all the back streets instead of the normal beaten track. Plenty of places for coffee on the way as well as in Freo at the end.

Leader: Grant 9339 4248

### Easter in Manjimup Friday 21-Monday 24 March

Is Easter here again? This time we will be heading off to the beautiful little Southern town of Manjimup. As things are, there will be several choices of accommodation: either the backpackers for approximately \$20 per night, or the Manjimup Hotel for

about \$50 per night. Keen CTA member David Taylor (who's car broke down on the way to OYB last year so rode 170km fully loaded to meet up on the second day) lives about 4kms out of town and knows the area well. There are numerous rides both on and off road of between 30-70km, most of which have a great little spot for a picnic and swim on the way. There are also several longer road options of up to 120kms. Like the Northam weekend non-riding family and friends are not only welcome but encouraged. Numbers are limited, particularly for the backpackers, so get your names in sooner rather than later.

Contact: Colin 9418 1571

### Saturday March 29 CTA supports the Red Cross

Approximately 50km, Moderate?, Join Danish Cyclist Erik Starup for the first few km's of his record-breaking ride across Australia, starting from the Bell Tower in Perth. Meet at 7:30am, for Erik's official start at 8:00am. If Erik ompletes this ride in the planned 54 days, he stands to receive \$15,000 from the last holder of the record. Erik is planning to split the amount between the Red Cross in Denmark and Australia.

This is not the first epic ride Erik has done. From his website you can read about the other major rides he has completed across Alaska, Wales and the US, including other stints in Australia (where he has raised money for the Red Cross Blood Service). His website is:

<http://www.lonebiker.dk/EHJEM/index.html>

CTA supporters will ride as far as Freo with Erik, and stop for coffee while he

continues on his 14,000km ride. We will return to the Bell Tower after coffee. If you purchased a Red Cross jersey (offered via email to CTA members), please wear it on this ride!

### **Sunday March 30 100 km Achievement Ride**

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: Colin 9418 1571

### **Sunday April 6 Bird Ride**

40km, Leisurely. 8:30am start at Loftus Community Centre. As some people know in the club I like to look at birds (of the feathered variety). This ride will be going around some of the major lakes in the area which have some great bike trails and hides. Touring bikes and mountain bikes would be best because some of the trails are not sealed and we might have a bit of wetness. Binoculars would be good and I'll bring my bird books. Yes we will stop somewhere for some goodies.

Leader: Stan 9345 3552

### **Saturday April 12 Century Challenge (160 km) Achievement Ride**

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 Colin at least one week before.** Note there is a \$10 fee for non-members.

Organiser: Colin 9418 1571

### **Sunday April 13 All Clubs Ride**

50km, Moderate. Meet at Armadale RS at 8:30 for a 9:00 start. Several years ago one of the more popular rides of the year was known as the All Clubs Ride. This was where all of the non-competitive clubs (CTA, C 4 P, Action Outdoors, over 55's) would all get together for a ride. We are trying to start this up again. Not a competition, just some fun.

Leaders: Roy and Colin 9398 6523

### **NOTE: TUESDAY April 15**

#### **Social Night: Choosing the right bike frame for your needs**

6:30pm, at The Bicycle Entrepreneur 143 Gt Eastern Hwy Belmont. What are the differences in bike frame design intended to achieve. Track bike, Time Trial, Triathlon, Road Racing, Touring Bikes, Hybrid, Mountain Bike (enduro) to the Down Hill Bike. Looking at the different geometry for achieving the intended result. The design differences between a Time Trial Bike and a Road Racing Bike should be mentioned and what makes them so hard to get around corners? Is it the disk wheels, the aero bars, or the whole package of tight angles combined with the disk wheel and aero bars? The benefits of Aluminium over Steel and visa versa. Carbon fibre compared to Alloy, and Steel. Looking at various examples of bikes mentioned above. A club discount is being negotiated on any purchases from the store on the night. Due to the earlier start time we will have a pizza delivery after the talk.

To assist with organising we request an RSVP by Sunday 13 April  
Contact: Noel 9355 2745

### **Sunday April 20 To the Coast and North**

60km Moderate. Meet at Greenwood Train station at 8:15am for an 8:30am start. First we head west to the coast and then along Ocean Reef Rd and paths to Burns Beach. Then it's inland a bit to a favourite little café in Joondalup before heading back to the start via back roads and a National Park. *(Another of Reg's rides was voted "Ride of the Year" last year, so don't miss this one!)*

Leader: Reg 9300 3007

### **Sunday April 27 5000 in 4 Achievement Ride**

55km, Moderate, 8:30am for a 9:00am sharp start. Meet in the car park behind the IGA store at the corner of Albany Highway and Gilwell Avenue, Kelmscott for registration and map/ride description. This course promises 5,000 feet of uphills and downhills 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: Colin 9418 1571

### **Sunday May 4 Mandurah Flyer**

40-140km, Moderate or more. Meet at

Mandurah train station at 11:10am. With the opening of the new Mandurah line comes many more possibilities for rides. Here is the first. The train leaves Perth at 10:16am and arrives in Mandurah at 11:06am. We will meet at the train station and after a quick top-up of coffee we will ride back to Perth and with a little bit of luck have a tail wind the whole way. For those of us game enough (Kleber) you can always ride down as well.

Leader: Colin 9418 1571

### **Saturday May 12 200 Km 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: Colin 9418 1571

## **PLAN AHEAD**

### **April 26 - May 31, 2008**

#### **National Parks Full Pannier Tour SE QLD - NE NSW**

1500km Touring pace, HILLLLLLLY, Meet at 11.30pm at Perth Domestic Terminal for the Red Eye to Brisbane.

**Sunday April 27** enjoy a ride with the Brisbane Bicycle Touring Association as they show us the best sights and views of their city. Etc, etc, etc.

20 lucky CTA members will be enjoying three or five weeks of freedom as they explore the rain forests and beaches of the East Coast. Some of those participating were on the New Zealand pannier tour of '92, and will be a great help to some of our newcomers to the club on this tour. Wishing you were here.

Da Tour Leader: Kleber Claux

Phone: Is off the hook.

### **On Your Bike (OYB) 2008 Sat-Sun, October 11-19, 2008**

#### **CELEBRATE 20in08 TOUR**

Yes, this is the big one. On Your Bike will be celebrating it's 20th birthday in 2008 as we retrace the route of the original South West Tour of '89. We will be riding through the best country that the South West has to offer, starting and finishing in Dardanup. We will be staying at Busselton, Nannup, Pemberton (with extra rest day), Manjimup, Bridgetown, Boyup Brook and Collie. Brochures will be sent to you in April.

Leader: Kleber 9354 7877

# RIDES TEMPLATE FOR THE REMAINDER OF 2008

Many apologies for not getting this out in the January/February Chainletter, so you could better plan your entire 2008 personal calendar around our cycle offerings. But late is better than never! Below are the rides we have planned SO-FAR. I have highlighted the Achievement Rides, Open CTA meetings, and Social nights. **Be aware this is a template only, and details will change.** Check the write-ups in each issue of the Chainletter, and/or the CTA website, for the most up-to-date specifics about any ride. There are still lots of blank spaces you could help fill in. Please contact our Rides Coordinator Jeremy on 9493 2237 to volunteer to lead a ride!

## Rides Template for 2008—call Jeremy on 9493 2237 to volunteer—your name goes here: ↓

Date	Region / Ride name / Event	Suggested Start/Finish	Start Time	Km's	Grading	Leader
Sat-Mon, Mar 1,2,3	Labour Day Long Weekend	Fully booked, details TBA	TBA	TBA	TBA	Kleber
Sun, Mar 2	Kings Park	Fraser's Restaurant	0830	TBA	TBA	No leader
Wed, Mar 5	Evening Ride	Narrows Bridge South	6:00 PM	20-30	Social	Noel
Fri, Mar 7	Bike Week Breakfast	Supreme Court Gardens	0600-0830	N/A	N/A	Non-CTA
Sun, Mar 9	Bike Week 4 Rides and a BBQ	Fraser's or Deep Water Pt	0900 or 1015	60 or 30	Mod or Leis	Colin, Mike, Stan, Ann
Wed, Mar 12	CTA Bike Week BBQ	Coode St Wharf	6:00 PM	15-20	Social	Colin
Sun, Mar 16	Freeway Bike Hike For Asthma	TBA	TBA	TBA	TBA	Non-CTA
Sat-Sun, Mar 21-24	Easter Long Weekend	Manjimup	TBA	Various	Various	David
Sun, Mar 30	100km Achievement Ride (1)	Armadale RS	0830	30	N/A	Colin
Sun, Apr 6	Bird Ride	Loftus Community Ctr	0830	40	Leisurely	Stan
Sun, Apr 6	Open CTA meeting after ride above	TBA	TBA	N/A	N/A	Tom
Sat, Apr 12	160km Achievement Ride (1)	Lakes BP	0730	160	N/A	Colin
Sun, Apr 13	All Clubs Ride	Armadale RS	0830	50	Moderate	Roy, Colin
Tue, Apr 15	Social Night	The Bicycle Entrepreneur, Belmont	06:30 PM	N/A	N/A	Noel
Sun, Apr 20	Northern Beaches	Greenwood RS	0815	60	Moderate	Reg
Sun, Apr 27	5000 in 4 Achievement Ride (1)	IGA, Kelmscott	0830	55	N/A	Colin
Sun, May 4	Mandurah Flyer	Mandurah RS	11:10	40-140	Moderate/ more	Colin
Sat, May 10	200km Achievement Ride (1)	Midland Police Station	0630	200	N/A	Colin
Sun, May 11	Southern Beaches	South Beach	0800	40	Moderate	Sara
Sat, May 17	300km Achievement Ride (1)	Midland Police Station	0530	300	N/A	Colin
Sun, May 18	Jarrahdale OFF ROAD	Jarrahdale Store	0830	60	Moderate	Rowena
Sun, May 18	2nd ride?					
Sun, May 25	River Area	CPP	0830	50	Moderate	Erica
Sat-Mon, May 31- Jun 2	3 Day Tour	Mandurah	0900	200	Leisl'y, Mod	Colin
Sun, Jun 1	Leaderless	Fraser's	0830	<80	Moderate	N/A
Sun, Jun 8		Perth Convention Ctr	0830	60ish	Brisk	
Sun, Jun 8	2nd ride?					
Sun, Jun 8	Open CTA meeting after rides	TBA	TBA	N/A	N/A	Tom

## March / April 2008

Date	Region / Ride name / Event	Suggested Start/Finish	Start Time	Km's	Grading	Leader
Sun, Jun 15	10000 in 8 Achievement Ride (1) Take 1	Kelmscott RS	0800	110	N/A	Colin
Sun, Jun 22	West Coastal		0830	60ish	Brisk	
Sun, Jun 29						
Sun, Jul 6	East Hills	Midland	0815	70	Brisk	Mark
Sun, Jul 13	5000 in 4 Achievement Ride (2)	IGA, Kelmscott	0830	100	N/A	Colin
Wed, Jul 16	Social Night	Loftus Community Ctr	0700	N/A	N/A	Noel
Sat-Sun, Jul 19-20	Christmas in July	ICY Pools near Dwellingup	TBA	TBA	TBA	Jeremy/Sarah
Sun, Jul 27	100km Achievement Ride (2)	Armadales RS	0830	100	N/A	Colin
Sun, Aug 3	South of the River	Raffles	0845	30	Social	
Sun, Aug 10	South Eastern Suburbs	Perth Convention Ctr	0900	50	Moderate	Jeremy
Sun, Aug 17						
Sat-Sun, Aug 23-24	Weekend in Toodyay	Midland	0800	80+70	Moderate	
Sun, Aug 31	Mundaring	Midland	0830	70	Moderate	Rowena
Sun, Sep 7	East Hills	Midland	0815	70	Brisk	
Sun, Sep 14	Meet Your Fellow OYB'er's	Pt Walter	0830	50	Moderate	Kleber
Wed, Sep 17	Social Night	Loftus Community Ctr	0700	N/A	N/A	Noel
Sat-Mon, Sep 27-29	Queen's Birthday Long Weekend					
Sun Sep 28	Whiteman 'n Back	CPP	0830	60	Leisurely- Moderate	
Sun, Oct 5						
Oct 11-19	On Your Bike					Kleber
Sun, Oct 12	Leaderless	Frasers	0800	70	Mod/Brisk	None
Sun, Oct 19	Leaderless	Frasers	0800			None
Sun, Oct 26						
Sun, Oct 26	Open CTA meeting after ride above	TBA	TBA	N/A	N/A	Tom
Sat-Sun, Nov 1-2	Avon A Good Weekend	Midland	0900	200	Moderate	
Sun, Nov 9						
Wed, Nov 12	Social Night	Loftus Community Ctr	0700	N/A	N/A	Noel
Sun, Nov 16		Canning Bridge	0830	30	Social	
Sun, Nov 25		Deep Water Point				
Sun, Dec 2		Deep Water Point	0830	40-50	Social/Mod	
Wed, Dec 3	Evening Ride	South Narrows	6:00 PM	20-30	Leisurely	
Sat, Dec 6	Pre AGM Ride	Loftus Centre	0830	20-30	Social	
Sat, Dec 6	AGM	Loftus Centre	1000	N/A	N/A	Tom
Sun, Dec 9	Around the River	Point Walter	0830	50-60	Moderate	
Sun, Dec 16						
Wed, Dec 19	Evening Ride	CPP	1800	20-30	Leisurely	
Sun, Dec 23	Christmas Lights	Thornlie	1900	25	Social	Jeremy
Sun, Dec 30	Round the Hills	Armadales	0830	70	Brisk	
Mon, Dec 31	New Year's Eve	King's Park	2200	25	Social	Colin/Deb

## FROM THE DIARY OF A NOVICE PHYSICIAN

David Isaacs, Stephen Isaacs and Dominic A Fitzgerald  
MJA 2007; 187 (11/12): 710-711

### Before work — getting there

Today I realised that the aim of travelling to work is survival. I need to arrive at work fighting fit and raring to save lives.

Most doctors drive to work — on their own, in a four-wheel drive, SUV or large European sedan of sufficient grandeur and engine capacity to illustrate their importance to the rest of humanity, while protecting themselves against the eventuality that they might accidentally run into any of the rest of humanity. Conservation issues like air pollution, noise pollution, consumption of fossil fuel resources, and pedestrian safety are matters of global concern, but apparently do not apply to small, important self-interest groups such as doctors. Once the children have left

home, doctors may exchange the four-wheel drive for a two-seater convertible; it is never too late to have a happy adolescence.

An advanced sense of political correctness had persuaded me to travel to work by public transport instead. Public transport is nature's way of introducing you to your fellow human beings with a degree of intimacy normally reserved for other species — say, locusts, termites and wildebeests. Of course, the money I save by not running a car is picked from my pocket on a regular basis. Each journey is an olfactory kaleidoscope of cheap deodorant, pheromones, body odour, and garlic. After each rush-hour journey, I envy lemmings, who can at least look forward to an end to their travels.

Today, my bank balance and waistline encouraged me to cycle to work. The purpose of cycling is to make you feel

good about yourself and your lifestyle — you are an environmentally friendly urban crusader against pollution. The bonus is that the gridlock of modern city traffic means cycling to work actually saves time. I spent this time donning the protective headwear, luminous protective clothing and protective breathing apparatus that I need to survive cycling to work. The money I save by cycling to work will no doubt be spent on replacing stolen bicycle parts, and chiropractor's bills.

I have discovered that I should aim to arrive at work earlier than my colleagues, so I can glance pointedly at my watch as they arrive. If any of my colleagues consistently arrives before me, I will send them an anonymous note suggesting they get a life.

Travelling to work is just part of the rich tapestry that comprises a working physician's day.



## BIKE SEX MAN PLACED ON PROBATION

**A man caught trying to have sex with his bicycle has been sentenced to three years on probation.**

Robert Stewart, 51, admitted a sexually aggravated breach of the peace by conducting himself in a disorderly manner and simulating sex.

Sheriff Colin Miller also placed Stewart on the Sex Offenders Register for three years.

Mr Stewart was caught in the act with his bicycle by cleaners in his bedroom at the Aberley House Hostel in Ayr.

Gail Davidson, prosecuting, told Ayr Sheriff Court: "They knocked on the door several times and there was no reply.

"They used a master key to unlock the door and they then observed the accused wearing only a white t-shirt, naked from the waist down.

"The accused was holding the bike and moving his hips back and forth as if to simulate sex."

Both cleaners, who were "extremely shocked", told the hostel manager who called police.

Sheriff Colin Miller told Stewart: "In almost four decades in the law I thought I had come across every perversion known to mankind, but this is a new one on me. I have never heard of a 'cycle-sexualist'."

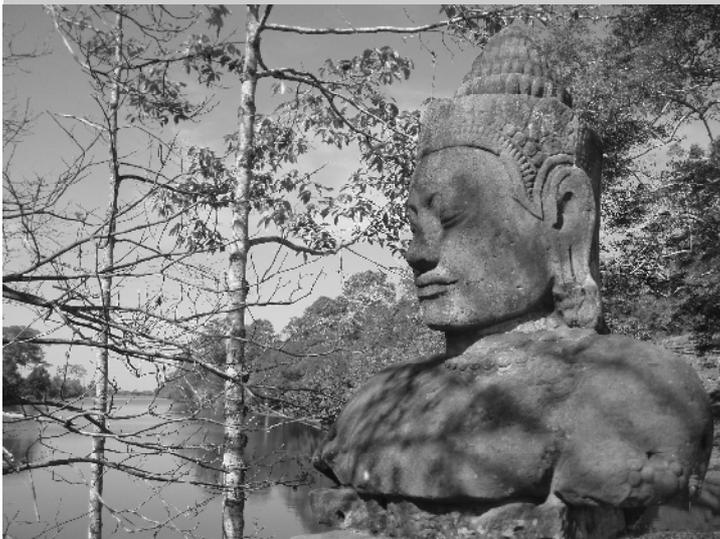
Stewart had denied the offence, claiming it was caused by a misunderstanding after he had too much to drink.

The bachelor had been living in the hostel since October 2006 after moving from his council house in Girvan.

He now lives in Ayr.

~BBC News

## CAMBODIA BY BIKE



I have wanted to go cycling in South East Asia for quite a while but was never quite sure how. The opportunity to head to SE Asia with a study tour from uni was the perfect excuse to tack on a few weeks holiday including some cycling. I did not have a lot of time so the big pannier type adventure was probably not possible this time. So it was onto the Internet to find what commercial tours were on offer. There was a plethora of cycling tours on offer but I finally decided to go with a Grasshopper Tour to Cambodia. This decision was made because they looked like they had good cycling days (shortest 40km longest 105km), it looked well run, they had Trek hire bikes and the price was right. Check out at [www.grasshopper.org](http://www.grasshopper.org)

Max flew up to join me for the Cambodian trip. We crossed into Cambodia overland through the border town of Pailin from Thailand and travelled onto Battambang for a few nights. Cambodia was obviously poorer than its Thai neighbour. Then an amazing 7 hour boat trip to Siem Reap, the start point for the 2 week cycling trip and the centre of the major sites of the ruins from the Angkor Kingdom. We arrived at our deluxe hotel and met the other 8 cyclists, our Western guide Benj and our local guide Rithy.

We spent three days in Siem Reap, mainly exploring the UNESCO listed Angkor ruins and getting a feel for our bikes. Day 2 was a 70km ride out to Beng Malae, another major Angkor site dating back to the 12<sup>th</sup> century. This large site had the characteristic large sculptured figures which had been invaded by the insatiable jungle. A grim sign proclaiming the area had recently been cleared of unexploded ordinances was a reminder of the recent sad history of the country.

We finally cycled out of Siem Reap through the mad traffic that characterises much of Cambodia, and hit the open road ready to head south for the next 8 days, passing through Kompong Cham, Phnom Penh, Takeo and Kampot to the coast 500km away at Sihanoukville. The 9 of us were well matched in cycling speed and we tended to travel as a group. Our entourage included 6 support staff and 2 vehicles (mini bus/sag wagon, and a truck for spare bikes and luggage). Leading us were Visal Prom (Swet) up

front, a young Cambodian uni student, and member of the Cambodian Cycling Club (more on this later) and Benj bringing up the rear.

Every 20km or so the blue truck would be stopped ahead for a refreshment break. This helped us handle the warm weather, keeping us well hydrated and the pace pretty laid back. Cycling with only a camera and your sunscreen was a real delight. It might be difficult to have those 4 panniers on deck again.

Our days usually started early with breakfast before getting on the road to cycle in the cooler part of the day. We stopped at villages along the way, did some touristy things, had lunch in a local restaurant or a take away (delicious noodles from a street vendor). We got to our hotel usually by mid afternoon with time to scrub up, wash out the knicks and explore the town before another delicious evening meal.

Cambodians were incredibly friendly the whole way. One of the best days for me was our ride along a dusty, dirt road which paralleled the mighty Mekong River. It was a day of lots of villages with excited children running out to shout hello at us and then high five us as we went by. It was fun. Cambodia is a rapidly changing society and I feel lucky we visited now as tourism developments are happening quite rapidly with lots of hotels under construction. Touts and begging were still reasonably rare.

Cambodia is also a country of contrasts from fun time with the kids to the sombre memorial at the Choeung Ek Killing Fields where the Khmer Rouge under the dictator Pol Pot killed over 17,000 people during the 4 years of terror to 1979. To the huge ruins of the Angkor Kingdom which could only have been built with a slave society to be able to construct such large temples. Angkor Wat, the most famous temple, is the largest temple complex in the world.

Phnom Penh, the capital of the country, is a city small enough to poke around with on foot or using the ever present tuk tuks. A city full of fading French architecture and new hotels under construction, crazy traffic and market bargains. Fantastic food – fresh prawns and squid, fruit





meant a pace where we could interact with the locals in a country where bicycles are an important part of life. This was a special trip on many levels.

Cambodia is however a very poor country: GDP per head of population is just \$US 1,800 (Australia is \$US 37,500). Swet

smoothies, noodles, curries a plenty.

Our longest day was between Kampot and Sihanoukville. Although it was 105km we got into town hot and dusty by mid afternoon, the fastest yet in Grasshopper's history. There was a real sense of achievement by the group and the swimming pool at our hotel was a welcome sight. Another day at the sleepy beach and it was on the bus back to Phnom Penh and sadly the end of our trip.

I had reservations about being on an organised cycle tour. I have mainly cycled solo on previous adventures. However this short taste of a commercial tour was a great experience. It had all the elements to succeed: a great bunch of fellow travellers, a good pace, excellent support group, good accommodation, good weather, reasonably good roads, mainly flat terrain and reliable bikes. Cycling Cambodia

our cycling guide wants to participate in more competitive cycling however in some ways he is held back by a lack of good cycling gear. Anyone who would like to contribute to a parcel of cycling goodies we are getting together to help support Swet is welcome to contact Max (0409 016 104 or [maxine.drake@gmail.com](mailto:maxine.drake@gmail.com)) or Jude ([j.comfort@curtin.edu.au](mailto:j.comfort@curtin.edu.au) or 0422 654 244).

Overseas travel is always an adventure. Cambodia is worth putting on the list. ~Jude

## 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 roads as a hazard!!!



# 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)



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## Mentioned In Dispatches (MID)



14 year old Jake (left) did a PB of 45km on the way to Northam. Not only was it a PB for distance, but it was done off-road, and in 42 degree heat. Well done! Shown here with proud Dad, Roy (new to the CTA committee since the November elections).

Bravo to Daniel (12) and Becky (10) (both pictured below) who successfully completed the New Year's Eve Midnight Fireworks ride, with no help needed from the 11 adults on the ride (including their proud parents Rosemary and John). This was the family's 1st CTA ride—Rosemary regularly attends Deb's RPM classes in the gym.

A chorus of "ooh's" please, for Erika's new bike, captured below, at the end of the "Rolling on the River" ride on Sunday 11 February. Evidently this wasn't its "maiden" CTA voyage, but it was the first time we got a chance to take a picture! For anyone interested, her new bike is a SUB (Sarah Ulmah Bikes), which are one of the very few womens' specific, quality, racing bikes. Sarah is a recently retired, former world champion, and probably the greatest Kiwi cyclist ever.



# Cycling

great for the  
whole family

cycle instead

BIKEWEEK 2008 MARCH 7-16



## COMBAT CLIMATE CHANGE

# WANTED:

## Bike trailer for Child

I'm looking for a trailer suitable for a 6 month and above child. I'm interested in advice, war stories, offers to lend or sell me one.

Tom Hallam 9444 4107

[thallam@iinet.net.au](mailto:thallam@iinet.net.au)

## 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**

There was an error to the Achievement Ride names printed in the Jan/Feb issue of the Chainletter. The editor apologises, and is reprinting the ENTIRE corrected list below. All those on the list are entitled to merit badges and mugs, for their achievement. Merit badges were posted out to participants not at the AGM, and mugs can be picked up from the Achievement Rides Coordinator, Colin. if you have not yet received your badge, or wish to make arrangements to pick up a mug, you can reach Colin on 9418 1571.

## Merit

- Kleber Claux
- Brad Cleary
- Lisa Cleary
- Devo
- Noel Eddington
- Robert Ghilarducci
- Bob King
- David Lewis
- Paul Loring
- Bruce MacPherson
- Deb Palacios
- Bruce Robinson
- Chris (Jugs) Rowley
- Jeremy Savage
- Rowena Scott
- Irenie Shaw
- Gerard Ten Bokkel
- David Van Zyl
- Ann Wilson

## Challenge

- Michael Antonio
- Dennis French
- Grant Gregory
- Liz Marshall
- Richard Marshall
- Colin Prior
- Bruce Robinson

(There were no Super Achievers in 2007.)

# 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 92 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

