THE CHAIN LETTER

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

November / December 2008 Issue 203

PRESIDENT'S REPORT

I'd like to start by thanking everybody involved in "On Your Bike" (OYB) over the last 20 years for the great job they have done. It really is something very special and a credit to you all that it's been such a success for so long and continues to be fantastic. I'd also like to congratulate Kleber on receiving "life membership" to OYB

Those of you who were at the 20th anniversary dinner would have seen a procession of great rides and an incremental transformation of OYB into what we see today. As I listened to the tales, I wondered what it is that makes OYB so special and different from other tours. It struck me that there was a great sense of participation, of willingness to get in there and help, of volunteering.

Volunteering in the basis of the CTA and an integral part of touring as a group: we all have to help each other, to work together, to reach a common goal. When I refer to volunteering I'm not just thinking of the Committee, the official volunteers, the ride leaders, or the "Klebers" (and others) of the club. They are very important, they are essential to the functioning of the club and I don't intend to downplay their role, but you can find people like that in any club. What I'm really thinking of is the attitude so prevalent in CTA members of getting in there and giving a hand.

It may be asking somebody stopped at the side of the road if they need help, or saying "Hello" to a new member. All the little things add up and form the character of OYB and the CTA. It's the willingness of participants to be involved and lend a hand that makes OYB and the CTA so special.

On the 5th of November there is an open meeting. At this meeting we hope, once again, to canvas the membership for feedback from this year's tours and garner ideas for next year's.

The club has it's AGM on the 6th of December. There are a number of positions available. The various committee roles are outlined in this newsletter. There shall be a lunch (possibly a BBQ) after the meeting. Please try to attend, and if you are interested in any of the positions please contact me or the current position holder for details. We're desperately searching for next year's Editor.

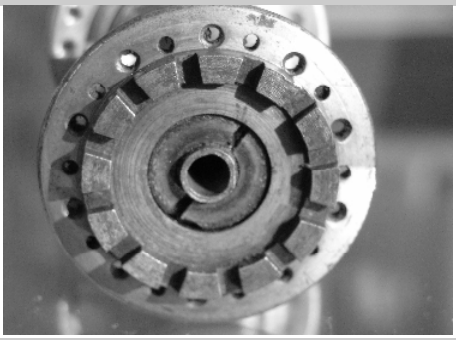
The 2009 Freeway Bike Hike for Asthma has been set for Sunday 22nd March 2009 and will feature the 10km Family Ride, the 30km Ride through the Tunnel, and the much anticipated 60km Hike from Kwinana to Joondalup. Volunteers are needed, please see:
http://www.freewaybikehike.com.au/index.php?pageid=56

Since I last wrote, I have flown around the world, spending most of my time in Canada. It's fantastic to see cities where bike riders and pedestrians are not second class citizens. Vancouver has separate bike and pedestrian paths and in some areas separate roller blade paths! Many of the busses have bike racks on the front. In Jasper most prams were bike trailers and about 1 in 4 bikes had trailers behind them. The Rockies where just crawling with Cycle Tourists.

I don't have the space to go into more details here so I'll leave that for an article in a later edition.

Tom Hallam

PS: Can you identify the following object:?:



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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.

Christopher Clark
Stan Corney
Peter Garett
John Reyburn
Jane Thompson
Stephen White
Caroline Williams***

(***payment rcvd but we need your membership form posted please!)

CONGRATULATIONS TO JANET & MIKE

Janet writes: "The latest addition to our family is little Julian Holland. I'm allowed to say he's gorgeous (as I'm his mother). He was born on Wednesday 10 September 2008 at 9.34pm at Kaleeya Hospital. He was born a little bigger than I expected him to be. He weighed in at 3.65kg (8 lbs). He has dark hair and a bit of jaundice and doesn't look that Chinese yet.

I'm feeling so much better now that he's out. I don't drag myself around quite as much as I did with the extra pregnancy weight. I feel like I'm getting my body back and I can actually do things now, like picking up Amy's toys off the floor. Mike and I are very happy now with our little family. I guess the first few days/ weeks(?) are like a honeymoon period."

From the Editor: Maybe we could get a photo for the next issue?

HOUSE KEEPING

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

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Tel: 9430 5414 Fax: 9430 4062

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 9354 7877

2 person Macpac tent,
2 vestibules/entries, ground sheet VGC discounted to $250 ($750 new)
Contact: Lance 0409 905 995

DEADLINES: Contributions for the next issue (Jan/Feb) should be sent to the Editor no later than Thursday **11 December.**

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.

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

ROBIN BELL IN BEIJING

These two emails were forwarded by John Bell, from Robin, his 30 yr old son, who was on the AU Canoe Slalom Team in the Beijing 2008 Olympic Games. Proud Dad John wrote: "Robin claimed World Champs Canoe Slalom silver in 1999, gold in 2005, bronze in 2007— and in his 3 Olympics: 7th, 4th & 3rd -- at last a medal in Beijing!"

Friday 8 Aug '08

Hi all. The Olympics are upon us. The Aussie team is gathering in a few hours for the opening ceremony, to be lead by our fearless flag bearer James Tomkins.

Last night we had the team function where we met the PM, some Royalty and a few other namely guests. I had a good chat to Johnny Howard after he was loitering there a little too long.

Training is starting to pick up. I had a tough first 5 days. Waking up with what felt like a small hangover. It's been that long since I have had a beer I would be only guessing at this. The heat and travel has knocked most people around. I have been the hottest I have ever been on the water. The sun heats up the smog and the humid pressure cooker begins. We have been using ice vests and gatorade slushies trying to cool down and recover after sessions. The biggest problem is trying to freeze these over night. Seems hit and miss, with 50 rowing and 15 canoeing ice vests lumped together.

The whitewater here is very tough. You have to fight for every inch of the course. Its a raging war between you and the water. You have to adapt very quickly to the water around you the entire run. Most courses have small sections that are tough, but here it's constant from top to bottom.

The rowing, sprint canoeing and Slalom Canoeing course is about 50 minutes by bus. They gave us the hardest buses to sit on, complaints by nations have fallen on deaf ears with the Chinese. We have seen about 6 major accidents on the highways between the slalom team members. The buses just manoeuvre between the debris and carry on. The incident is cleaned up very rapidly with a saturation of police and volunteers. The volunteers march in formation a little too well. I am not sure how many actually volunteered.

So far it has been a fantastic time. The slalom team met a lot of media when we arrived. I had to do a press conference with a few sprint paddlers -- Clint Robinson, and Hannah Davis from the ladies K4. It was amusing talking about the water quality and other issues, taken out of context the next day in the newspapers.

From here, I will be attending the opening ceremony. Hopefully in bed before midnight. Training short sprints tomorrow afternoon and boat scrutneering, last session on the water. Sunday is course construction and demonstration day. Monday qualifying racing starts at 3pm second runs 2 hours later. Tuesday same time but so much more on the line. Cheers

22 Aug '08

Hi. Thanks for all the messages through my Olympic campaign. It has been an unbelievable ride for the slalom team. 2 medals from 4 classes, awesome. The Australian slalom team is ranked 3rd in these games, behind Slovakia (3 Gold) and Germany (1 Gold). Well above France the coaches keep smiling about.

The venue was brilliant. It had a 12 thousand person capacity grandstand which was right on the white water. Most people could see 90% of the course. The actual whitewater is the toughest in the world. They have written China in foot high concrete on the bottom which sends the water in random directions creating a massive challenge. The international canoeing body ICF had appealed to the Chinese officials to change it, there was no love.

The ICF set the course so we knew it was going to be a relatively easy gate setup on the hard variable water, they had no option. With only 1 wave surf in the final coach Ben and I were hoping for a little more use of the features. The water proved to be so hard and variable, mixed in some Olympic pressure the big mistakes started flowing. 3 medal potential athletes missed the semi final in both the mens and ladies kayak.

The first big fatality in C1 was Tony Estanguet, the 2000 & 2004 Olympic Gold medalist knocked out after the semi finals. I was positioned 5th after a 2 second penalty knocked me from 2nd going into the finals. It was always going to be hard to push for gold from 5th. I knew the minor medals were achievable with a good performance.

I had a good run, I was hit by the 'stir-fry' wave and dropped a bit of speed, other than that I was really happy. Dave Florence from GB followed me down and went into the lead by just under 2 seconds. He was killing me both runs from gates 6 to 9, I tried to pull some back but struggled all week through this section. I had him on all the other splits.

Sitting at the finish was similar to Athens for me, my fate was in other racers hands, somewhere Idon't like to be. I was in 2nd with 3 boats to go. Polish, Czech and Slovakia. I thought I would take the Polish, but was unsure of the Czech and knew the Slovakian was good. I watched the Polish guy loop around for gate 15, and Jezek the Czech a good mate of mine came unstuck on the cross from 3 to 4. Michal Martikan from Slovakia was awesome. He put down 2 fast runs that won him his 2nd Olympic Gold to go with his 2 Olympic Silvers, dating back to Atlanta, impressive.

It has been 9 days since my race, and I am struggling. There has been some sickness floating around the Australian team. I had a few nights with 17 mates who watched the event. They were awesome dressed in fluro green and gold, I could see them while warming up 600m away.

I will be back in Sydney on the 26th, and I am touring the country for the welcome home parades, Sydney, Melbourne, Hobart, Adelaide and Perth. All this happens in the 3rd week of september. I should also be in Perth for the first week of October.

Cheers *~Robin Bell*

NOW THAT'S CYCLE TOURING

This is a bit late also, but as I said before, there was NO room in the last edition! CTA member, David Lewis rode across Canada solo on his Trek touring bike.

He flew to New York in June. When he emailed Bruce in August, he had ridden to Nova Scotia, then Quebec, Montreal, Ottawa & Winnepeg. He replaced his tyres after 7,500 kms. I spoke with him in Perth in late September, and he added this: "My only regret is that I didn't cycle all the way down to LA because if I had pushed myself a little bit more I wouldn't have wasted a week in Seattle and 8 days in LA, I was just hanging around waiting for my flight and I have heard it is a brilliant ride down the West Coast, maybe next time." He also added a link to the photos he took on the ride: http://picasaweb.google.com.au/davidphiplewis/AcrossCanada200802?authkey=uvDTyw42Ops#

Maybe we can talk him into a story with photos, or a slide show for a social night?

WITH FREE BIKES,
CHALLENGING CAR CULTURE ON CAMPUS

By KATIE ZEZIMA, NY Times, 19 October 2008

BIDDEFORD, Me. — When Kylie Galliani started at the University of New England in August, she was given a key to her dorm, a class schedule and something more unusual: a $480 bicycle.

"I was like, 'A free bike, no catch?' " Ms. Galliani, 17, a freshman from Fort Bragg, Calif., asked. "It's really an ideal way to get around the campus."

University administrators and students nationwide are increasingly feeling that way too.

The University of New England and Ripon College in Wisconsin are giving free bikes to freshmen who promise to leave their cars at home. Other colleges are setting up free bike sharing or rental programs, and some universities are partnering with bike shops to offer discounts on purchases.

The goal, college and university officials said, is to ease critical shortages of parking and to change the car culture that clogs campus roadways and erodes the community feel that comes with walking or biking around campus.

"We're seeing an explosion in bike activity," said Julian Dautremont-Smith, associate director of the Association for the Advancement of Sustainability in Higher Education, a nonprofit association of colleges and universities. "It seems like every week we hear about a new bike sharing or bike rental program."

While many new bike programs are starting up, some are shutting down because of problems with theft and vandalism. The program at St. Mary's College in Maryland was suspended because bikes were being vandalized.

"Ours was one that was totally based on voluntary taking care of the bike," said Chip Jackson, a spokesman for St. Mary's, "and I guess that was maybe a tad unwise. So the next generation of this idea will have a few more checks and balances."

At Ripon, and the University of New England, officials say that giving students a bike of their own might encourage them to be more responsible. Ripon's president, David C. Joyce, a competitive mountain biker, said the free bike idea came in a meeting about how to reduce cars on campus.

The college committed $50,000 to the program and plans to continue it with next year's freshmen. Some 200 Trek mountain bikes, helmets and locks were bought, and about 180 freshmen signed up for the program. "We did it as a means of reducing the need for parking," Dr. Joyce said, "but as we looked at it from the standpoint of fitness, health and sustainability, we realized we have the opportunity to create a change."

The University of New England here in Biddeford had a similar problem — too many cars, not enough space and a desire to make the campus greener. So it copied the Ripon program, hand-

ing out 105 bikes in the first week of school. Because of the program, only 25 percent of freshmen brought cars with them this year, officials said, compared with 75 percent last year.

"We felt the campus could devolve to asphalt parking lots, and a lot of people didn't want that to happen," said Michael Daley, head of the university's environmental council and a professor of economics.

The bikes are marked with each student's name.

"I don't have to fill it with gas, and it doesn't hurt the environment," said Kaitlyn Birwell, 18. "With a car, you need a parking permit, gas, and it breaks down. I'm a college student and don't have the money for that."

Michelle Provencal, 18, said she hopes her bike will help her avoid a dreaded side effect of being a college freshman. "Maybe instead of gaining the freshman 15 I'll lose it," Ms. Provencal said.

When Mercer University in Macon, Ga., asked for donations of old bikes, it received 60, which are being fixed up and painted orange and black, the university colors. Forty are available for weeklong rentals, and Mercer has organized mass rides to downtown Macon, about three miles away, to promote the program.

"A lot of students haven't ridden a bike since middle school or even younger, but when they get back on it their faces light up," said Allan J. Rene de Cotret, director of the program. "So why not leave your car parked where you live or back home with your parents and ride your bike around campus?"

Emory University has partnered with Fuji Bikes and Bicycle South, a local bike shop, to provide 50 bikes that can be rented at no charge at six spots on campus. Students can also buy Fuji bikes at a discount and receive a free helmet, lock and lights from Emory.

Students, faculty and staff can go to a rental station, show their Emory ID and check out bikes. The program plans to add 70 more bikes and four checkout points in the next year. In addition, about 150 bikes have been sold through the partnership in the past year, said Jamie Smith, who runs the program, called Bike Emory.

"We like the idea of bolstering the cycling culture here," Mr. Smith said, "and ultimately it supports alternative transportation."

Bikes at some campuses were treated as toys rather than transportation. Others were difficult to maintain or were not used.

"The kids weren't taking care of the bikes, leaving them wherever instead of parking them in the bike racks," said John Wall, a spokesman for Juniata College in Huntingdon, Pa., which eliminated its two-year-old bike-sharing program this year. "The other problem was that the bikes weren't the greatest to begin with. They were donated by Wal-Mart, and others were rehabbed. They had also been out in the weather. It just didn't work out."

The elements are a concern at other universities as well. More than 150 students at the University at Buffalo signed up for a city bike-sharing program that has drop-off points on campus, but it suspends service from November to April.

"It's hard to maintain all the bikes during winter, and usage drops dramatically," said Jim Simon, an associate environmental educator at Buffalo.

Here at the University of New England, officials wonder what will happen when snow starts falling, but they are looking toward bike-sharing programs in cities like Copenhagen and Montreal as proof that they can work in the cold.

St. Xavier University in Chicago this month is unveiling the first computer-driven bike sharing system on a college campus.

Students can wave their ID card over a docking port. The port is attached to a rubber tube, which can be used as a lock and opened by entering an access code. Students must enter the bike's condition before it can be unlocked. The system is used in Europe, but with credit cards.

The first 15 minutes are free, and users pay 60 cents for each additional 15 minutes, or $2.40 per hour. All 925 resident students automatically become members through their ID cards. The system was intended to be environmentally friendly, with solar panels powering the ports.

A tracking system similar to G.P.S. will keep tabs on the bikes.

"You can't throw it in Lake Michigan," said Paul Matthews, the university's vice president for facilities management, "because we'll know if you throw it in Lake Michigan."

BICYCLE AND CAR PRODUCTION SINCE 1950

Sep 22nd 2008, From The Economist

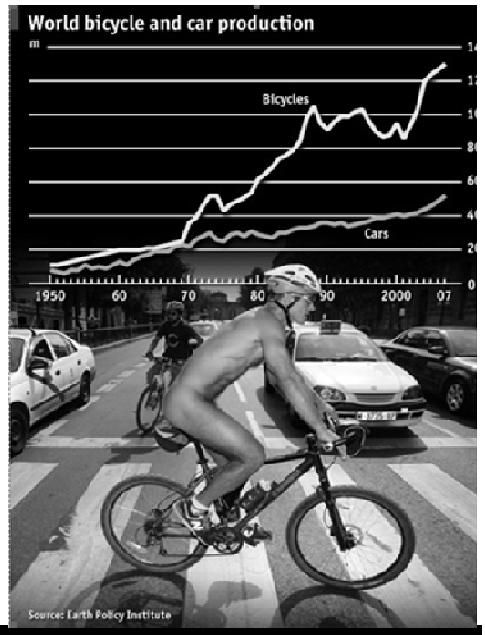
FAT-BUSTING but not wallet-busting, the humble bicycle is an increasingly popular choice of transport.

Around 130m bikes rolled off production lines in 2007 and even more are set to be made this year.

Bicycle and car production grew pretty much in tandem in the two decades beginning in 1950.

Since 1970 bike production has nearly quadrupled while car production has roughly doubled.

Much of the recent growth has been driven by electric bikes; production has doubled since 2004, to 21m.



IAN HIBELL, A LONG DISTANCE UK CYCLIST, DIED ON AUGUST 23RD, AGED 74

9/11/08 From *The Economist*

IN A man's life there comes a time when he must get out of Brixham. He must leave the boats bobbing in the harbour, the Devon cream teas, the holiday camp and the steam railway; he must bid farewell to the nine-to-five job at Standard Telephones and Cables (STC), up the A379 in Paignton, and hit the more open road.

Some might get no farther than Bristol. But Ian Hibell went so far in one direction that his eyebrows crusted with frost and his hands froze; and so far in another that he lay down in the hot sand to die of dehydration (as he expected) under a thorn tree; and so far in another that the safest place to be, out of range of the mosquitoes, was to burrow like an alligator into black, viscous mud.

In the course of his 40-year travelling life he went the equivalent of ten times round the equator, covering 6,000 miles or so a year. He became the first man to cycle the Darien Gap in Panama, and the first to cycle from the top to the bottom of the American continent. He went from Norway to the Cape of Good Hope and from Bangkok to Vladivostok, wheeling or walking every inch of the way. Every so often he would come back, showing up at STC (from which he had taken, in the beginning, only a two-year leave of absence) with vague murmurings of an apology. But pretty soon the panniers would be packed, the brakes checked, the tyres pumped, and he would be off again.

His cycle, loaded with 60-80lb of clothes, tent, stove, biscuits, sardines and water, was sometimes a complication. In the Sahara it sank to its hubs in fine, talc-like sand. In the Amazonian jungle he could not squeeze it between the trees. Crossing the great Atrato swamp, where the track became a causeway over slimy logs and then a mat of floating grass, the bike would sometimes sink into nothingness. He became expert at feeling for it in the morass with his feet. Every tricky traverse in mountain, stream or forest needed doing twice over: once to find a way for himself, then to collect the steed, often carrying it shoulder-high through sharp palmetto, or water, or rocks.

Yet Mr Hibell's love for his bikes was unconditional. He took them, muddy as they were, into hotels with him, and clung fiercely on to them whenever tribesmen robbed him of the rest of his things. His favourite had a Freddie Grubb frame of Reynolds 531 tubing on a 42-inch wheelbase, reinforced to take the extra weight of goatskins holding water; Campagnolo Nuevo Record gears front and rear; Robregal double-butted 14-16-gauge spokes; and Christophe pedal-straps. It was so lightweight, as touring bikes go, that a group of boys in Newfoundland mocked that it would soon break on their roads. Instead, it did 100,000 miles.

Bikes rarely let him down. Escaping once from spear-throwing Turkana in northern Kenya, he felt the chain come off, but managed to coast downhill to safety. He crossed China from north to south—in 2006, at 72—with just three brake-block changes, one jammed rear-brake cable and a change of tape on the handlebars. In his book, "Into the Remote Places" (1984), he described his bike as a companion, a crutch and a friend. Setting off in the morning light with "the quiet hum of the wheels, the creak of strap against load, the clink of something in the pannier", was "delicious". And more than that. Mr Hibell was a short, sinewy man, not particularly swift on his feet. But on a good smooth downhill run, the wind in his face, the landscape pelting past, he felt "oneness with everything", like "a god almost".

A teapot in the desert

Human company was less uplifting. His travelling companions usually proved selfish, violent and unreliable, unappreciative of Mr Hibell's rather proper and methodical approach to putting up a tent or planning a route, leaving (sometimes with essential kit) to strike off by themselves. But there were exceptions. One was the beautiful Laura with whom, after years of shyness towards women, he found love as they skidded down rocky tracks in Peru. Others were the strangers whose kindness he encountered everywhere. Peasants in China shared their dumplings with him; Indians in Amazonia guided him through the jungle; and in a wilderness of sand a pair of Tuareg boys produced from their robes a bag of dates and a small blue teapot, which restored him.

In a career of hazards, from soldier ants to real soldiers to sleet that cut his face like steel, only motorists did him real damage. The drivers came too close, and passengers sometimes pelted him with bottles (in Nigeria), or with shovelfuls of gravel (in Brazil). In China in 2006 a van drove over his arm and hand. He recovered, but wondered whether his luck would last. It ran out on the road between Salonika and Athens this August, where he was knocked out of the way by a car that appeared to be chasing another.

At bad moments on his trips he had sometimes distracted himself by thinking of Devonian scenes: green fields, thatched cottages and daffodils. He would return to a nice house, a bit of garden, the job. But that thought could never hold him long. Although his body might long for the end of cycling—a flat seat, a straight back, unclenched hands—his mind was terrified of stopping. And in his mind, he never did.

KEITH FORDEN R.I.P.

One of our own has passed away as well. Keith Forden, a CTA member and 'On Your Bike' participant of many years has sadly passed away.

Our thoughts are with his wife Margery.

Lift out Rides Calendar Page for November / December 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**. Downhills may be faster, uphills 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 2
Have You Seen The Size Of That Bakery???

60kms (lots more if you want to join me!) Moderate. Meet at the Mandurah Train Station by 9:10am (catch the train from the City underground @ 8:00am!) for a ride to the new and really flash bakery at Pinjarra via some really nice and quiet back roads, and then return to Mandurah by a slightly different route. THEN if you are like me and either over ate at the bakery, or don't want to fork out more money for the return train fair, we can ride back towards Perth as far as we feel like on more quiet back roads and cycle paths.

Leader: Jeremy 9493 2237, 0412 886 612

WEDNESDAY November 5
The Return Of The Evening Ride & Open CTA meeting!!!!!

Meet at the car park to the south west of the Narrows bridge at 6:00pm for a short and social ride around the river, to welcome (or not!) the return of day light savings. This is a perfect ride for new members and friends and family, as the distance will be short, the pace will be leisurely, but the times will be fun. Join us AFTER the ride at Dome Cafe, Mends St, South Perth, at 7:15pm for an open CTA committee meeting, which will begin promptly at 7:30pm. We welcome members' input.

Leader: Jeremy 9493 2237, 0412 886 612

Sunday November 9
A Fool for Welshpool

45-55km, led at the bottom end of moderate. Meet at Welshpool station at 08:00am for an 08:30am start, heading straight up and up and up Welshpool Rd, taking in the sights on the way. Never fear, there is a servo half way up if you need a sugar rush to help you up the rest of the way. If you're keen and like a challenge, there is another option that half will take: Crystal Brook Rd, meeting the rest at the servo,. Then we all head into Kalamunda via Canning Rd for cake followed by coffee. After all the effort, it's nothing but down hill and strolling flats all the way back to Welshpool.

Leaders: Erica 9470 3135
Mark 9417 1677

WEDNESDAY November 12
Social Night, Cycling Integration and The Public Transport Authority

Come along to hear what is happening in the Public Transport Authority in regard to incorporating cycling as a viable transport option. Our speaker, Jim Krynen, followed his passion to promote cycling in WA after a professional cycling career in Europe, and has now done so for close to 30 years. He has held a variety of positions within the Local Government: Department of Transport, Planning and now with the PTA. This is expected to be a very interesting evening.

Sunday November 16
See 4 National Parks in 72Kms.

72 kms. Moderate and HILLY. Join Sarah for a nice HILLY ride from the Midland Train station at 8:30 am for a 8:45 start . We head UP the Darling Scarp, to some of our National Parks in the hills. Then after grabbing some medicinal coffee and cake, we head back down to earth, and more specifically to Midland!

Leader: Sara 9443 8095

WEDNESDAY November 19
Northern City Lights Ride

20km, Leisurely, 6.00pm start at Loftus Community Centre. We head north to a big hill to look towards Perth and the City lights. But don't worry. The climb is gradual, no Problem. The downhill is terrific. Yes we will stop for an evening meal. (So bring loose change, it helps).

Organiser: Stan 9345 3552

Sunday November 23
Great Perth Bike ride (non CTA ride)

www.greatbikeride.com.au

WEDNESDAY November 26
Leaderless Evening rides

If you feel like a ride somewhere, meet at the Narrows Bridge car park (on the South Western side) for 6:00pm, tonight and every other Wednesday for a bit of a spin somewhere, lets make it up on day. These will be Leaderless rides, but for any questions, call Jeremy on 0412 886 612!

Sunday November 30
Suburban Hills Ride

50km, Moderate, 8:30am start at Loftus Community Centre. Yes I can lead hard rides too. I know of some really big Lumps of hills in the suburbs with good flattish bits in between, that are not found in the Ranges. So I lay down the gauntlet down to Kleber, Ann, Colin, and anyone else who maybe curious. Grub will be somewhere (so bring loose change, it helps).

Organiser: Stan 9345 3552

WEDNESDAY December 3
Evening Ride

Meet 6:00pm for a 6:15pm departure. Leisurely Pace. Meet at the East Perth RS. East Parade Car Park. Join with friends for a relaxing ride around the river. As always it will be an adventure while I will try to find some DUP's that you haven't found yourself.

Contact: Noel 9378 3687

SATURDAY December 6
The CTA AGM!!!!!
Loftus Centre (Corner Loftus Rd & Vincent St), in between the gym and the library. 9:30am for a 10:00am meeting start. (See write up on page 13). Tea/ coffee before/during the meeting, followed by some sort of lunch, possibly a BBQ.
Contact: Noel 9378 3687

Sunday December 7
See How the Other Half live!
~50km. Leisurely (upper end). Some short but sharp hills. 8:15am for an 8:30am (sharp) start from Charles Veryard Reserve, North Perth (congregate in the car park off Campsie St). The ride will follow the train line down to Cottesloe before heading to the river and passing through Peppermint Grove and Mosman Park on our way to Fremantle. From there we'll head up the coast past City Beach and Floreat. Just before we reach Scarborough Beach we'll head away from the coast up through Doubleview and Woodlands before skirting around Herdsman Lake/Lake Monger and arriving back at the start. There'll be a stop for refreshments somewhere on the coast.
Leader: Karen 9228 3838

WEDNESDAY December 10
Let's see if anyone other then I turn up…
Meet as before at the Narrows bridge car park, southwestern side, at 6:00pm!

Sunday December 14
Hopefully not hotter then hell in the Hills! (With a TWIST!)
(OK, so I ripped this one from last year's calendar, because I thought Colin's write up was so good, and I wanted to do it again!). **75km *Moderate*, Hilly.** Meet at Kelmscott RS at 8:00am for an 8:15am start. One of my favourite courses through the hills takes us up Brookton Hwy, then across to Albany Highway. There are a few hills but we will wait at the top for everyone to catch up. It's then off to Jarrahdale for a very well earned rest and probably a cool drink as well. After that it's all down hill back to the start. Note the ride will be at CTA's Moderate pace only.
Leader: Colin 9418 1571
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WEDNESDAY December 17
Roys Rampage!
Meet at Charles Patterson Park (at the kiddie playground next to the Burswood shared path) at 6:00pm for a 6:15pm start. Join Roy for a rampaging ride at a cracking social pace (15 – 20kph) for a huge 20kms of fun, laughter and a bite to eat somewhere along the way.
Leader: Roy 9398 6523

Sunday December 21
Christmas Lights ride.
Leisurely, 30ish kms. After the fun of last year's ride, lets do it all again. HOWEVER, lets meet at the Thornlie RS at 7:30 pm, and Jeremy will show you some of the Christmas lights around the Gosnells and Canning Vale area. Afterwards we can drop in somewhere for some pre Christmas cheer.
Leader: Jeremy 9493 2237, 0412 886 612

Sunday December 28
Burn off some Christmas turkey
50kms, Leisurely-moderate. Meet at the Stirling RS at 8:30am for an 8:45 am start. We can head from Stirling north along the Freeway DUP, and then when we feel the urge we can head for the coast for a drink and a swim. If we are brave enough, and once we have cooled down and dried off, we will head back to Stirling, or a Pub somewhere (maybe Fremantle!)
Leader: Jeremy 9493 2237, 0412 886 612

WEDNESDAY December 31
New Years Eve Fireworks Ride
20km, Social . Meet us at Kings Park Café at 2200 (10:00pm) for our traditional but very unusual way of celebrating the New Years Eve. We'll sit down for nibbles at 2200 then head off at about 2245 for a very easy roll around the river to ensure we are down by the water front in time for the fireworks and welcome in the New Year. Just don't forget to bring your lights!
Leaders : Colin & 0433 512 833
Deb 9418 1571, 0421 697 453

Sunday January 4
We have more sense then Hills!
50km, Moderate. Meet at Kelmscott RS at 8:00am for an 8:15am start. We'll head towards Byford along the Tonkin Highway DUP, and then some nice and quiet back roads for a quiet coffee and cake, before we head back to Kelmscott.
Leader: Jeremy 9493 2237, 0412 886 612

PLAN AHEAD

Friday to Monday, January 2-5
Albany Weekend
Take some extra time off after Christmas/New Year and join us in Albany for a 4 day cycling getaway.

Friday, Winery Wander: Up to 50kms, depending on how many wineries you decide to visit, and how early you arrive.
Saturday AM, Hilltop Heritage Ride: 30kms, around Albany, taking in the spectacular lookouts from the top of Mt Melville and Mt Clarence and some of the history of WA's first settlement, including the Brig Amity Replica, the Old Gaol, the Forts and the Old Farm Strawberry Hill.
Saturday PM, a very Bailey Progressive Dinner: 35km. A CTA progressive dinner in an area never before traversed. We will enjoy a 4-course culinary delight while riding from one Bailey house to another.
Sunday, Torndirrup Sight Seeing Ride: Up to 70km if every detour is explored. This is an all day ride through the Torndirrup National Park to Whale World (lunch & tour). Options include the Albany Wind Farm, the Gap and Natural Bridge, the Blow Holes, and the Salmon Holes.

Accommodation is in chalets, each with 2 bedrooms (1 dbl bed+4 sngl bunks). Cost is approx. $35-40/person/night (based on 5-6 people/chalet). The Progressive Dinner incurs an additional cost of $30/person. Bookings essential as numbers are strictly limited. A deposit of $60 is required when booking, full payment required by AGM.
Organiser: Terry 9472 9887

Saturday May 2—Saturday May 9
Sustainable Cycle Tours presents "Making Tracks"
Approx 550km. 'Making Tracks' is an 8 day bicycle tour with a difference. Explore the SW of WA in Autumn by bike, while your luggage is transported for you. Book your own hotel or campsite, cook your own meals or eat out. Commencing at Mandurah train station, the tour will pass through Waroona, Australind, Collie, Williams (rest day here), Dryandra, York then to Midland train station.

We will supply a list of accommodation options per town and will organise luggage drop-offs **at these points only**. Options will range from camping to B&B or Hotel/ Motel; it will be up to you to book these prior to the tour. An ice chest for food and a bike trailer will be supplied.

Numbers are limited to 60 participants and registrations forms will be mailed to CTA members in the New Year.
Contact: Noel Eddington 9378 3687

NEAR BLIND DRIVER WAS UNFIT TO DRIVE

From the Herald Sun 26 October

THE grieving family of a champion cyclist killed by an elderly motorist want to know how the near-blind driver was allowed to stay on the road.

Scott David Peoples, 24, was on the verge of signing a $1 million deal to ride overseas when he was struck and killed by an elderly driver in country Victoria.

Mr Peoples was on a training ride on the Mooroondah Highway at Merton when he was struck by a partially blind 70-year-old driver.

The talented athlete was riding south when driver Kenneth Blay struck him from behind in his Nissan 4WD in December 2006. Mr Peoples, who was a training partner of champion Australian rider Cadel Evans, died instantly.

The Coroner's Court has heard Mr Blay, now 75, also seriously injured a cyclist in 2003 in similar circumstances on the same stretch of road.

He suffers a range of medical conditions, including brain damage, a complete loss of vision on his left side from stroke, cataracts, a form of leukemia and an irregular heart beat. He was not charged over the first incident and allowed to keep his licence.

Mr Blay was charged with careless driving over the death of Mr Peoples, and his licence was suspended for three years.

But lawyer for the Peoples family, Chris Winneke, yesterday called for an investigation into why Mr Blay was allowed to remain licensed despite seriously injuring someone and despite medical advice that he was unfit to drive.

The court heard Mr Blay's sight was so poor he should have been banned from holding a driving licence.

Mr Winnekee submitted to Coroner Gerard Bryant that he consider recommending legislation making it mandatory for doctors to report any person they believe unfit to hold a licence to VicRoads.

He also submitted that an inquiry by police officers should have assessed Mr Blay's medical history and said the police LEAP database system should be improved, because officers were unaware of Mr Blay's previous driving incident.

Sen-Constable Rachelle Wiedemann, of the Benalla traffic management unit had told the court she believed Mr Blay was not criminally negligent in the death of Mr Peoples. Under cross-examination she said she was unaware of Mr Blay's poor eyesight and previous near miss of a cyclist when she compiled her brief of evidence.

Forensic physician Morris Solomon O'Dell had told the court Mr Blay should not have been anywhere near a car.

"Absolutely," he said.

Mr O'Dell said if Mr Blay had been properly reported in 2004 after the first incident Mr Peoples might still be alive. Mr Blay, of NSW, is suffering dementia and was yesterday excused from attending court.

The inquest continues.

COMMENTS ON THE ABOVE ARTICLE FROM DR. MAX KAMIEN & THE EDITOR

While on OYB, Max asked me if I'd seen the article above—I informed him I'd already included it in this issue. That's when he offered to comment on it, and this is what he has to say:

GP's are charged with signing off on a patient's ability to drive a car. This occurs when the patient reaches the age of 85, and puts the GP in a position of conflict in trying to maintain a patient's independence while at the same time protecting the public. A better method would involve an independent assessor.

In the above case it's difficult to understand how a legally blind, dementing man could maintain a driver's licence, especially when he had already injured a cyclist 3 years before.

However, one could also argue that despite increasing infirmity, people over 65 years of age have lower accident rates than younger age groups, especially those in the 17-24 age bracket.

It is an area which needs more evidence and adequate debate, but GP's should not be put in their current situation of a conflict of interest. *~Max*

From the Editor:

Before his death at the age of 81, I had many a heated argument with my father over this same subject. He was mostly blind, mostly deaf, and absolutely terrifying (to me) behind the wheel of a vehicle. He ignored all my protests, and insisted on continuing to drive—even after I threatened to speak to his GP, as well as the police.

In the end, I never went to those extremes, but I did finally reached a point where I told him I would no longer ride in any vehicle that he was driving.

Mercifully, he passed away from a heart condition, in the hospital, and not behind the wheel of a car. I am still eternally grateful that his stubbornness didn't result in any loss of life in an automobile accident. I fully understand the desire to remain independent, but when does one have the prerogative to put others in danger?

I too, would agree with Max's suggestion that the final decision in such cases be left to an independent assessor. I would very much support mandatory, annual, driving tests for adults over the age of 80. *~Deb*

CTA AGM

Saturday, December 6th, 10:00am
Loftus Community Centre

The Annual General Meeting (AGM) of the CTA is fast approaching and is scheduled for Saturday, December 6th, at 10:00am, at the Loftus Community Centre. During recent years the attendance has unfortunately been quite low (30 attendees last year) despite the membership growing substantially to over 250 members. We, as your club committee, strongly urge you to come along and be part of what direction you wish your club to take. As an incentive there will be a meal/get-together after the meeting for all to socialise. The next few pages will give you an idea of what to expect, so read on and think about becoming involved in running your club.

WHAT'S ON THE AGENDA?

Reports from various committee members (President, Treasurer, Social Events, Safety, Achievement Rides, Newsletter, Clothing)

Reports from subcommittees (On Your Bike)

Voting and awarding the Cycle Tourist of the Year Award (see additional information below, and nominations already received on next page.)

Awarding the Newsletter Article of the Year Award. This is chosen by the Editor, and the winner gets a $20 gift certificate for either CTA clothing, or to a Cycle Shop of their choice.

Voting and awarding the Ride of the Year Award. Although the Committee votes each month on its own favourites, ANY ride during the year can be nominated, and attendees will vote. 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. The winner gets a $20 gift certificate for either CTA clothing, or to a cycle shop of their choice.

Awarding of Merit, Achiever, and Super Achiever badges and mugs. If you cannot attend the meeting your badge will be mailed to you, but you must arrange pick up of your mug from the Achievement Rides Coordinator

Nominations and Elections for all Committee positions (see additional information below).

The Agenda **may** include discussion of specific issues that affect the club. Most issues can be dealt with by the committee at our monthly meetings, and members are encouraged to voice any concerns/questions they may have to committee members ANYTIME, so that we can address these promptly. Issues to be discussed at the AGM will generally be those where the committee feels it needs/wants additional input from the members, before making a decision. At this time, no additional agenda items have been identified for the AGM as yet.

Please forward any agenda items to the Secretary at info@ctawa.asn.au by 1 December.

COMMITTEE POSITIONS (or Who's On First?)

The CTA committee consists of a President, Vice President, Secretary, Treasurer, and up to 6 additional committee members. Specific roles include Achievement Rides Coordinator, Safety & Promotion Officer, Newsletter Editor, Clothing Manager, Rides Coordinator, and Social Events Coordinator. In the past the Vice President has traditionally been the Achievement Rides Coordinator as well, but the committee is free to create/redefine/reassign roles within itself.

We encourage club members to put their hands up for involvement on the Committee—it's a great way to have your say and contribute to the club's ongoing success. Past committee members are more often than not happy to provide assistance/guidance when requested.

Below is a brief description of what each existing Committee member is doing in their assigned role, and whether or not they would like to continue next year:

President (Tom Hallam): The President is the "face" of CTA to the public. Directs and oversees all committee action. Tom is happy to continue in this role for 2009. He'd like to get the club's website updated and is looking for people to assist who have programming skills (especially PHP), graphic design, and/or marketing skills. Tom also receives the clubs info@ctawa.asn.au email and forwards it on / replies as appropriate.

Vice President (Colin Prior): The Vice President fills in for the President when necessary. Traditionally the VP has been the Achievement Rides Coordinator as well, but this is not written in stone. Colin is happy to remain in both roles, OR take on a different role within the committee.

Secretary (Jude Comfort): The secretary keeps everyone on track with agenda and minutes of the meeting, following up on tasks as appropriate such as a small amount of letter writing etc. The secretary also ensures safe keeping of the club's records (apart from financial reports). Jude has held the position informally for one year and formally for a year and will be stepping down at this AGM.

Treasurer (Ann Wilson): The primary role of this position is to be responsible for accounting of all CTA accounts. The secondary role is to process memberships. Ann would like to continue as Treasurer.

Newsletter Editor (Deb Palacios): Publishes the Club Newsletter every 2 months. This involves encouraging members to submit articles & photos, editing, liaising with the Rides Coordinator, Achievement Rides Coordinator, President and various other committee members for their submissions, taking the newsletter (on disk) to the Printer and picking it up when complete, folding, stapling, addressing, stamping &mailing 300+ copies each time. The current newsletter is done in Microsoft Publisher, but only because Deb is familiar with, and owned it. There is a hard copy library of past issues back to newsletter inception (1983), and electronic issues for the past 6 or 7 years, although on various types of software. Deb has been Editor since December 2004, and will be stepping down at this AGM.

Clothing Manager (Deb Palacios): Manages the inventory of club clothing. This includes negotiating with new and existing suppliers, ordering, introducing new items when required, making sales from and storing the inventory. Current inventory is 1 large suitcase, but has in the past been as much as 4 suitcases. Deb has been the clothing manager since December 2004, and will be stepping down at this AGM

Achievement Rides Coordinator (Colin Prior): Involves scheduling the Achievement rides for the coming year, coordinating all required support, and keeping a log of who has completed what so that the appropriate awards can be given at the AGM. Stores achievement rides support gear (camp stoves, folding table) and ride mugs/badges. Orders mugs/badges as required.

Rides Coordinator (Jeremy Savage): The Rides Coordinator is responsible for organising the weekly Sunday rides, the summer mid week rides, and also the week ends away. This involves recruiting ride leaders, providing assistance to these leaders, incorporating the Achievement Rides into the calendar, and liaising with the club's committee and the newsletter editor to advertise the ride calendar. Jeremy intends to renominate this year for Rides Coordinator.

Social Events Coordinator (Noel Eddington): Arranges speakers and venues for social nights. Organises the social side of the AGM. Maintains the supply of tea/coffee for these events. Noel is looking for someone to take on this role at the AGM.

Additional Committee members (Bruce Robinson, Roy Messom and Gerry Ten Bokkel) attend regular meetings and are assigned various tasks as necessary, or assist other positions. Bruce is happy to remain on the committee, but would consider withdrawing to let someone else gain experience on the committee. Roy is happy to renominate this year. Gerry does not plan to renominate at this year's AGM.

If you have any interest in holding a committee position, please let the committee know!!!

CYCLE TOURIST OF THE YEAR AWARD

This award is given at each AGM, and the winner receives an honorary membership for the proceeding membership year, an individual trophy to keep, as well as their name engraved on a perpetual trophy, that they keep for the upcoming year. Nominations can be made by any member, to any committee member prior to the AGM, as well as at the AGM.

The nomination may be based on:

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 a club uniform, or major improvements to newsletters or ride descriptions. The introduction of new things (past examples having included the Achievement/Challenge series, progressive dinners, evening social rides) 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 kilometres etc., since these are personal goals which do not reflect the needs or involvements of the general membership.

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

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

The CTA is a continually evolving organisation, and it is you (the members) that drive this evolution. Get involved, whether it's by leading rides, organising social events, serving on the committee, or just attending the AGM!

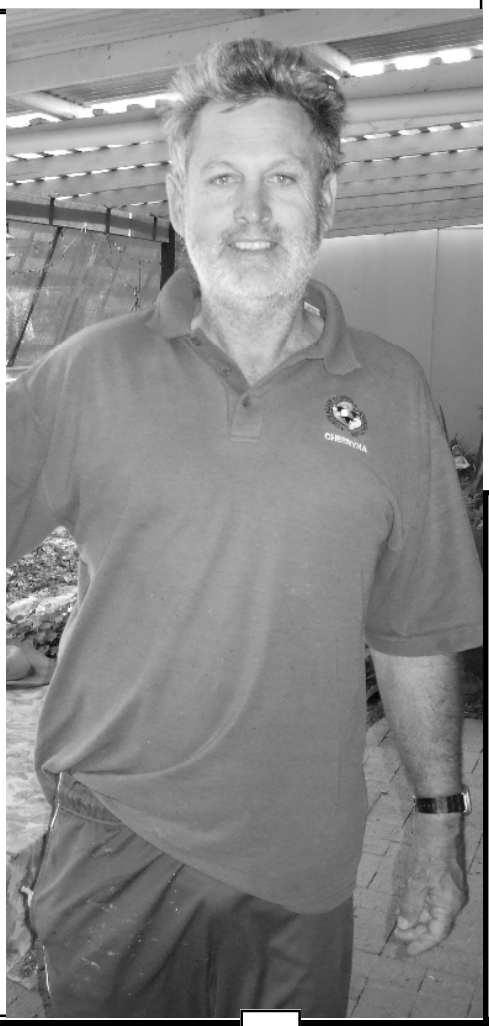
CYCLE TOURIST NOMINATIONS

Deb Palacios has been an active member of CTA since 2001. She is currently the Editor of our newsletter 'The Chain Letter' and also the manager of CTA Clothing and has been in these two demanding positions for four years. In both positions, she exceeds with her imagination and initiatives as to what can be done. For our newsletter, Deb has introduced a lot of new features and articles, to keep us all amused and informed reading. And always ensures that the newsletter is delivered to us members on time!

For our clothing, Deb has introduced new products for us all – CTA socks, mirrors and the very popular Fluro jersey.

These two demanding positions take up a lot of time and because of their nature are not "high profile positions" exposed to the membership.

Deb is always happy to lead rides and has also been a volunteer on the 'On Your Bike' tours being the concert organiser over several years. With all this hard work I nominate Deb for CTA Cycle Tourist of the Year 2008. *~ Ann*



Allan has been an active member of CTA since 1994.

Over the years, Allan has organised many weekends away for the CTA, and his farm in Williams has always been an Open House for CTA gatherings.

Allan joined the 'On Your Bike' committee in 2004 and that year he was the 'Tour Leader' for the 'Southern Gateway Tour'. From this tour many "country participants" joined CTA and are now active members of the club, supporting country events that Allan has arranged.

Last year Allan was the 'Tour Leader' for the very successful 'Wandering Valleys Tour'.

In the interim years of being the 'Tour Leader', Allan has dedicated his time to other roles on OYB committee, such as the Volunteer Co-ordinator.

From 2004 until present, Allan has spent a lot of time in producing all the historical and local information that is required for producing the OYB brochure and OYB tour booklet. *~ Ann*

OYB 2009

WHEELS, WHEATBELT & WILDFLOWERS

At Manjimup (on Day 5 of this year's OYB), Colin Prior (next year's Tour Leader) announced the route for **OYB 2009, Wheels, Wheatbelt & Wildflowers.** The tour will start and finish in Guilderton, 90kms north of Perth. Nights will be spent (in this order) in Gingin, New Norcia, Wongan Hills, Goomaling, Northam (+rest day), Toodyay, and then Gingin again, before returning to Guilderton.

The tour this year will be limited to 115 people, as catering in New Norcia cannot accommodate any more. We'll be staying at the New Norcia Monastery. The camping area there is very small, but there are 30 bed (twins, triples and quads) available. We started a sign up sheet for these at this year's OYB, but obviously nothing is guaranteed until the actual OYB registration forms begin coming in (first come, first served). If you want your name on the list for a possible bunk, contact Colin.

Registration forms will be sent out in March/April 2009. Participants will have the option of receiving their Tour Booklet either electronically, or via hardcopy.

OYB 2009 will ONLY be open to CTA members. To clarify—if you are a couple, and both are planning to attend, BOTH of you must be CTA members BY registration time. See the back page for details on joining.

Bikewest

cycle instead

Department for Planning and Infrastructure
Government of Western Australia

www.dpi.wa.gov.au/cycling

5,000 in 4 Achievement Ride, Sunday July 13

Mike Antonio
Kleber Claux
Stu Crombie
Mark Ewing
Mal Harrison
Colin Prior
Perry Raison
Chris Rowley
Jeremy Savage
David Taylor
Ann Wilson

100km Achievement Ride Sunday Oct 5

Michael Antonio
Dean Cray
Stuart Crombie
Sarah Cutts
Karen Date
Mark Ewing
Robert Ghilarducci
Ras Gill
Ed Lee
David Lewis
Colin Prior
John Reyburn
Bruce Robinson
Christopher Rowley
Jeremy Savage
Gerard Ten Bokkel
Stephen White

Still to be Announced

10,000 in 8 (Sunday June 15) was both cancelled on the day, due to inclement weather and the accompanying safety fears. It has been rescheduled for Oct 26th, so will miss this issue.

The CTA Achievement Ride Series

The CTA conducts a series of "Achievement Rides" (AR's) 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 AR Coordinator **(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 the AR Coordinator.

Ride Time limits

To be considered "successfully completed" a ride must be completed within the given time limit. Upon successfully completing a ride you are entitled to a badge. Contact the AR Coordinator if you would like badges.

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
10,0000 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 AR Coordinator. Completed cards must be returned to the AR Coordinator 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 Nov 22, 2008.

Support for Achievement Rides

If you can help support any of the AR's, you will be reimbursed (at the rate of $.50/km) for your mileage (the odometer reading from when you leave your house for the ride, to when you return). Other related expenses will also be reimbursed if you provide receipts.

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

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

MEMBERSHIP DETAILS:

CTA membership is from January 1st to December 31st. New members joining after June 30th may pay the half year membership price (1/2 of the prices shown below. Membership forms can be downloaded from our website www.ctawa.asn.au .

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

Current sizes in stock are listed below. **There will be no more reorders before OYB, so don't miss out. If you need an item below and your size is shown as available, call Deb to reserve it right away!**

Short sleeved Coolmax tops in yellow with red stripes are $95 each. Sizes currently in stock: mens S-XXL, 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 56 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, 18, 22, long sleeve sizes 10, 12, 16, 18.

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