

THE CHAIN LETTER

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

January/February 2010

Issue 210

PRESIDENT'S REPORT

It will be the very end of 2009 and the start of a new decade by the time this edition of the Chain Letter reaches the letter boxes of our 270 or so members. The AGM has come and gone and with the election of a new committee, the Association has handed the baton to a mixture of both new and old hands.

But first, 2009 in review. Tom Hallam and the members of your committee presented their reports to the members at the AGM. A fuller report on the AGM is on page 9 and the minutes are published on the Association website. The year saw a number of changes. Firstly was the addition of a significant tour early in the year, the 'Sustainable Cycle Tours - Making Tracks', at the beginning of May, lead by Noel Eddington. The eight days were supported with luggage carried from stop to stop, but accommodation and food left to the individuals, allowing for participants a choice in what they paid for these.

The main tour of the year was another 'On Your Bike' (OYB) lead by Colin Prior with the theme of "Wheels, Wheatbelt and Wildflowers". This year, OYB toured around the area north of Perth including

Gingin, New Norcia, Northam and Toodyay. Longer tours were supplemented by a number of very successful weekends away throughout the year.

The second major change was to the Achievement Rides. The gap between the Merit and the Challenge Series is significant and some who considered they would be able to and would like to do more than the Merit Series, did not consider they could bridge the gap to the Challenge Series. The new Achiever Series was welcomed to fill this gap, the requirements being set as the rides of the Merit Series and any one additional longer ride. And as a little extra carrot for training for pannier tours, a new combination ride was established with back to back 100km achievement rides on successive days. The first awards of the Achiever Series were made at the AGM.

The final change was to start including off-road rides in the regular rides calendars. Presumably it will not be long before there is an off-road tour organised by the club. (As I come from New Zealand, I really can't refer to off-road cycles in Western Australia as mountain bikes. Mountain

bikes need mountains!). On a number of occasions, the club ride on a Sunday was actually two rides with the same start and end points but one for road bikes and the other for the mountain bikes. (Oh dear, I did use that word after all).

I would like to express my thanks to those members of the committee who retired at the AGM. The article 'CTA AGM Recap' gives more detail on the changes in the Committee, both the new members and those stepping down.

John Paris

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Morning tea in Mundaring on a recent CTA Sunday Ride

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We welcome the following new members to the Cycle Touring Association.

Wayne Richards
Kevin Flynn

Theresa Los

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.** Photos should be at least 500KB to ensure adequate print quality.

Email to editor@ctawa.asn.au

REPORTING CYCLING HAZARDS

All riders are encouraged to make a note of hazards observed during their rides (especially on new roads or paths).

BikeWest received notice that as from 1 April 2009 Main Roads WA would no longer have the resources to action queries forwarded from the online Department for Planning & Infrastructure hazard reporting system. BikeWest has updated its online information and made changes to streamline their hazard reporting system. Hazards can be forwarded directly to local governments, Main Roads or to the PTA. They have provided a map to assist with determining which agency to send the report to.

Main Roads will retain its fault reporting link <http://www.mainroads.wa.gov.au/OtherRoads/Pages/ReportProblem.aspx> and its 24hr telephone hazard reporting hotline (138 138).

It is recommended that in addition to reporting hazards to the appropriate local or state government agencies, copies of information should also be sent to Bruce Robinson, bruce.robinson@westnet.com.au and to the Bicycle Transport Alliance at BTA_WA@hotmail.com



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Radio & TV:

Keep up with the latest breaking cycle related news, whether your interest is in MTB's, Touring, Time Trials, 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

DEADLINES: Contributions for the next issue (March/April) should be sent to the Editors (telephone Sarah or email editor@ctawa.asn.au) no later **4 February 2010.**

DISCLAIMER: Opinions or comments from contributors and members do not necessarily reflect those of the Club, its committee, the Editors, or its membership as a whole.

Two Wheels are better than Four

John Faris

Just reviewing the year does raise the issue of the *raison d'être* for the club. And indeed this was the subject of some discussion at the AGM. Notwithstanding the name of Cycle Touring Association, we have people interested in pannier touring, supported touring, weekends away or in week long tours. Some want family friendly rides and others don't. The list goes on.

There is general agreement, I am sure, that we are a recreational cycle club and not a racing club. Should we just look at our name and have touring, or training for touring, as all that we do? Or should we also recognise that many of our members have found the CTA, irrespective of its name, for the non-touring aspects of recreational riding with a great group of guys and girls (even if we say so ourselves)?

We have two challenges in this. We must cater for the bulk of the membership and provide an appropriate and varied diet of what the membership wants. If we try to do too many things, though, we run the risk that there is insufficient of one thing

or another and members leave. Alternative rides, as has been done with an on road and an off-road option on the same day, have been welcomed. The longer and harder Achievement Rides are already run on Saturdays so that there can be an alternative recreational ride option on Sunday.

To provide alternative rides on the same day does require more people willing to step up to the plate and offer to lead them. A number of options are being looked at including an apprenticeship model for introducing new ride leaders and a rides committee rather than just two individuals carrying the whole burden of the rides organisation. Longer tours already have their own sub-committees to spread the load from the main committee.

The theme I for one would like to see is an inclusiveness and having as many people as can reasonably help do so. The Committee cannot run the organisation by itself as there is simply too much to do, especially if we want to meet the varying needs of the members and more than one ride on many days. The Committee must have the governance of the Association, it

must facilitate its running, but it does not need to do it all itself.

The Editor's position was split last year and Erica and I shared the responsibility without being on the Committee (although we attended all the Committee meetings and were on the Committee in effect). We have split Ann Wilson's job as Treasurer and hived off much of the responsibility for the membership record keeping (although part of this has already been split off for some years with Simon Koek having done some of the work). And the most fundamental role in the association, that of organising rides, is now to shared by a Rides Committee. See pages 2 and 9.

All this spreading of the work load at Committee level needs to be carried down to the day to day level as well, particularly leading Sunday rides. The Sunday rides are one of the important faces of the CTA. Without leaders, there are no rides. Without Sunday rides, I would suggest the longer tours would not be nearly as successful. So, please, help us to help you to have the association we all want it to be with two wheels better than four.

2XU – Is it 4 U?

Erica Larke

It's new and it's slightly strange to look at. Footballers are doing it. Basketballers are slipping it under the shorts. Runners are baring all in it and cyclists are thinking about it.

Let's face it; nearly everywhere you look these days you can see that compression wear is the new sensation.

Not since the eighties have I seen men going about their exercise routines in, well, let's face it, shiny tights. I thought it was just a Perth thing, but apparently it's nationwide.

Everyone seems to be doing it these days. During 'On Your Bike' last year I remember one fellow tourer commending the new trend, saying how she couldn't live

without it, and how important it was for 'recovery'. This year during the tour de France, you couldn't escape it. Every second TV commercial on SBS was for a new generation of compression wear called '2XU' (pronounced 'Two Times You' for those in the know). Apparently 2XU is branching into bike specific compression wear, right down to riding knicks. An interesting concept.

Colin Moir, Owner of PowerPlay Sports in Subiaco is a fan and is known to slip a pair on under his football shorts. Says Colin, "2XU is an Australian brand – it's been out for about 4-5 years now. The Australian institute of Sport uses it and so does the Australian Cycling Team. The compression shorts really decreases your chances of DOM (Delayed Onset Muscular) soreness and pushes more blood and

oxygen to the muscles and helps them recover."

('DOM' : you learn another acronym every day.)

Well, I don't know about you but a good session of stretching and massage has always been the answer for me. But as Colin has just started stocking 2XU and PowerPlay has always looked after us as customers I might just give it a go. Stay tuned for the next edition for an update – I may very well be one of the minions that are slipping on a tight Lycra sheath beneath my normal sports attire....

For those of you interested in trying out the new 2XU range and having a chat to Colin, pop into PowerPlay at 246 Churchill Avenue, Subiaco. Phone 9388 2223.

CTA Adventurers on the Gibb River Challenge

Erica Larke

Unbeknownst to most, four CTA members have been meeting at various BBQs across Perth - conspiring and planning for what could be the CTA's inaugural segue into the Gibb River Road Mountain Bike Challenge.

Whether the dream to compete remains a dream, or actually eventuates in May is yet to be determined. These strapping gentlemen - ranging vastly in years (but not enthusiasm) are keen to give it all it's got.

Mark Ewing, Jeremy Savage, Colin Prior and Roy Messom are our likely representatives who are going in under the name "Team Crackalack'n" - a name derived from too much beer, red wine and in their usual nonsensical manner.

Say's Mark "We are not forgetting what this ride is actually about though. It's a charity ride - the proceeds are split between a Police Legacy and a charity of our

own choice. We have chosen to raise money for CanTeen as it supports young people battling with cancer and this is something we all agreed was a very worthwhile cause."

The Challenge is a socially competitive 700+ kilometre team relay event. The Challenge will lead our intrepid adventurers from the deep port Kimberley town of Derby to the world acclaimed million acres El Questro;

Saturday 22nd May 2010 - Safety Briefing and Registration at Derby.

Sunday 23rd May, 2010 - Derby to Silent Grove (223 km)

Monday 24th May, 2010 - Silent Grove to Mount Elizabeth Station (115 km)

Tuesday 25th May, 2010 - Mount Elizabeth Station to Ellenbrae Station (137 km)

Wednesday 26th May, 2010 - Ellenbrae Station to Home Valley Station (105 km)

Thursday 27th May, 2010 - Home Valley Station to El Questro (127 km)

Friday 28th May, 2010 - Free day of rest and exploration at El Questro

Saturday 29th May, 2010 - Airnorth Kimberley Moon Experience™

As part of their entry into the race, each team must raise a minimum of \$1,000 for their charity of choice, CanTeen. The New Year will mean a lot of organisation for the quartet in devising and organising fundraising events. This is a very clever way to raise money for charity and Team Crackalack'n is geared up to give it their best shot.

Stay tuned for various Team Crackalack'n fundraising events coming up in 2010.

'Up with the Sparrows' summer series

Erica Larke

Being a fair-skinned Tasmanian, summer in WA always proves problematic for cycling. The intense late morning to midday heat is too much for me to bear. CTA rides that start at 8.30am and later are out of the question for me from December through to March.

Last year a group of CTA friends and enthusiasts embarked on an early morning ride from Bentley to Kalamunda on Sunday mornings. The route included a stop at the Merchant café for coffee and then down the zig zag, taking in the early morning views. Connie Van den Ende and Noel Eddington are to be acknowledged (and thanked!) for introducing us to this great training ride. It contains beautiful views, challenging hill climbs, great down hills and all in a relatively short distance and time.

This year we'd like to invite any CTA members along to join us for this informal

ride. We offer this as an alternative to the normal CTA Rides Calendar throughout summer (ie January through to March). We do this most Sundays but please check in advance to see if we are riding on a particular Sunday if you'd like to join us.

Warning - this is not a beginners ride due to the hill climbs it involves and the moderate pace. It is also public transport unfriendly being that we leave at 6.30am, Sunday mornings on the dot.

Meet: Car park outside Dominos Pizza, Bentley Plaza Shopping Centre, Corner of John St and Albany Hwy, Bentley.

Time: 6.20am for a strict 6.30am start Sundays (expect to get back around 9.30am).

Distance: Approximately 40km - 50km depending on the variations (and weather conditions) we chose to do that morning.

Please call us the night before just to check if we're going ahead with the ride. Due to

life's little commitments we can't go every weekend. Mark - 0417 484 634, Erica - 0411 279 627.

Enjoy an early morning ride, get the heart rate up on the hills and be back in time for brunch!

If you have any questions about the summer series ride, contact Mark - 0417 484 634 Erica - 0411 279 627.

Munda Biddi End to End

Expressions of Interest

I am planning to do an end to end Munda Biddi in 2010, either around April or September. This would be unsupported at this stage, and would take about two weeks.

If anyone is interested, please contact me on 9443 8095 or sarcutts@inet.net.au

CTA: The Early Days

Erica Larke

This is my last newsletter as co-Editor so I am taking the opportunity to reflect on my first memories of the Cycle Touring Association of WA. After my very first introduction to the club, an Easter weekend down to Bridgetown in 2007, Noel Eddington asked me to write an article on my introductory experiences. Well, here it is Noel, three years later.

I arrived in Perth from Tasmania in February 2007 - fresh faced and ready to embark on a new career challenge. Never one to shy away from adventure I was faced with life in a new city with no friends or family and an Easter break approaching.

An associate mentioned how fun cycling in Perth is because it is so flat. I thought this was good enough reason to get myself a bike and start spending my weekends ex-

ploring the bike paths round the Swan River. The bike was a blue Trek hybrid. Some of you remember it well. One of you actually gave it a nick name; 'Blue Beauty'. She was big, weighed a tonne and had flat bars wider than your average intersection. I thought she was cool. I had no idea – I hadn't really ridden much before.

With only days to go to Easter and no invitations to fabulous parties and holidays down to Margaret River, I busied myself with finding something to do. Thanks to Google I soon found the CTA website and read about the Easter Weekend advertised to Bridgetown. It sounded like fun. I rang the contact number and spoke to a 'Noel Eddington' and introduced myself. I wasn't a member of the CTA but explained that I had just arrived in Perth and was keen to join the club for the long weekend. Mr Eddington was very helpful and

promptly organised accommodation so I could be involved. Thanks to the lovely Connie, Noel's original plan to stick me in a room with Devo was thwarted and I ended up sharing with Ann Wilson. No offense Devo, but it would have been a bit weird.

On arrival at the hostel, the first CTA member I came across was Colin Prior. He was loud, didn't stop talking and immediately started fiddling with my front wheel saying it would have popped out any second the way I had put it on. He was right of course. I also thought he was a nutter. Three years on and I still think he is (but a lovely one).

Bridgetown, as it turns out, is hilly. Blue Beauty and I had our work cut out for us. As I huffed and puffed up hills, my face turning from blood red to liver purple, I thought to myself "Why is this so much fun?". I still ask myself that same question. I was so proud of my achievement that first CTA day – 60 km! That evening I walked like an eighty year old and slept like a baby.

The next day was 100km and I opted to do 40km instead. It was great fun despite the cold and pouring rain. I was surprised WA got so cold – I imagined to be a place of perpetual sunshine and warmth. Through the drizzle, Colin gave me some tips on how to 'ride on the wheel' and gave me a push now and again.

The CTA was an instant friendship circle for me and I am so thankful for all the fantastic times I've had – the great rides, weekends away and those OYB meal times. As Connie once said, the CTA is like a family, people look after you. And she's right. So when I hear people groaning about the things they'd like to change in the club, I say get off your Brooks, dust of your lycra and get involved. Take a club ride, organise a weekend away and start enjoying what this awesome club is all about.



Erica Larke

The Achievers of 2009

At this year's AGM, the following club members successfully completed one of the CTA Achievement Ride Series. Each Achiever received a cloth badge and a mug, sporting their level of Achievement. Those marked with a * were not present at the AGM to receive their awards.

Merit series

Bruce Beecham *
Erica Larke
Cara Macnish*
Perry Raison
Andrew Sturman*
Lance Whiteford*
Patricia Whiteford*

Achiever series

Mike Antonio*
Kleber Claux
Mark Corbett*
John Faris
Lynn Harrison
Mal Harrison
Rob Lydon
Richard Marshall *
Chris Rowley*
Rowena Scott
David Van Zyl
Mike Waters



Achiever Awards were made to: (Back Row, L to R) John Faris, David Van Zyl, Rowena Scott, Lynn Harrison, Rob Lydon, Mel Harrison and Mike Waters (Kneeling) Kleber Claux

Challenge series

Stuart Crombie*
Mark Elliott*
Liz Marshall
Deb Palacios
Bruce Robinson
Ann Wilson

Super Achiever series

Mark Ewing
Colin Prior
Jeremy Savage

Congratulations to the CTA Achievers of 2009!



Above: Challenge Awards recipients Deb Palacios, Ann Wilson, Liz Marshall and Bruce Robinson

Left: Perry Raison and Erica Larke with their Merit Cups

Lift out Rides Calendar page for January/February 2010

RIDES CLASSIFICATIONS:

All riders are responsible for showing up with a well-maintained bicycle. You will need to wear a helmet and we recommend you bring a spare tube, puncture repair kit, tyre levers, pump and a spanner (to fit the axle nuts if your bike is not fitted with quick release hubs). Most importantly, bring water.

Rides are described according to the

guidelines below. *If you are unsure of your suitability for a particular ride, or if you feel it may be too long for you, don't be put off. Please contact the ride leader before the day, to discuss your suitability, or to see if you can do part of the route.*

Terrain refers to the hilliness of the ride, and can be Mostly flat, Rolling, Some hills, Hilly, or Unsealed road.

Pace refers to the average range of speeds

on level ground without breaks. Downhills may be faster, uphill slower. For rides described as HILLY, consider choosing a pace one step down from your usual comfort level.

Social:	Under 15 kph
Leisurely:	15 – 20 kph
Moderate:	20 – 25 kph
Brisk:	25 – 30 kph
Strenuous:	30 – 35 kph
Super Strenuous:	35+ kph

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 3rd January**Leaderless New Year's Detox**

Start 2010 with a leaderless ride departing from Kings Park. Meet at Fraser's Restaurant, Kings Park at 8.30am and negotiate distance and pace, depending on who's there.

Saturday 9th January**Another CTA Triathlon (Ride, Eat, Swim)**

40km, moderate. Meet at the Thornlie Train Station at 5pm (for those brave enough, there is a train arriving at Thornlie at 4:47pm). Join Jeremy, your friendly and outgoing Rides Coordinator, for a ride, barbeque and then a dip in the swimming pool. Bathers are a must if you want to go swimming - no chunky dunking! This is my way of saying a big 'Thank You' to everyone who has helped make the job of Ride Coordinator not impossible. So anyone who has led a ride or turned up to go for a ride with us in the last 2 years is welcome! BYO food, chairs (if possible) and bathers. (Please RSVP at least a few days beforehand though!

Leader: Jeremy 9493 2237 or 0412 886 612

Sunday 10th January**Noel's 2010 Warm Up**

50km, moderate. Meet at 8:15am for an 8:30am start at the Bayswater Railway Station (Whatley Crescent) for a ride along the banks of the Swan River and around the Swan Valley. There will be a morning tea stop and if we all play nicely

Noel might even let us stop for ice cream!

Leader: Noel 9378 3687

Wednesday 13th January**This is a picnic you know**

Meet at the car park to the south west of the Narrows' bridge at 6:30pm for a short (20km), social ride around King's Park, then onto a dinner stop where we can enjoy some fantastic views of our city and the Swan River. Bring your own picnic and enjoy a bite to eat on the South Perth foreshore (Coode Street). This is a perfect way to introduce friends and family to the club and to group rides, so bring your friends, lights and appetites. Please note: Lights are a must for this ride!

Leader: Jeremy 9493 2237 or 0412 886612

Sunday 17th January**Up with the Sparrows**

50km, moderate. Meet at 6.15am for a strict 6.30am start at the Dominos Pizza car park, Bentley Shopping Centre, corner John Street and Albany Highway.

This is a ride designed to beat the heat and have people back at home before they actually wake up. Heading up Welshpool Road, this ride will head to Kalamunda for breakfast at the Tea Merchant then heading down the Zig Zag. Once again, there will be two options for the run up the Scarp, with one slightly steeper, shorter and a little bit harder than the other way.

Leaders: Erica and Mark 9467 5114

January 24th

TBA! (2 or 4-day getaway???)

Saturday 30th January**Evening mountain bike ride with Sarah.**

55km, moderate mountain bike pace, hilly. A full moon night mountain bike ride! Meet at the Midland Railway Station at 5:45(pm) for a 6pm start. Bring your earth scorching lights and plenty of nerve for a trip around the Heritage Trail.

Please note: Lights are a must for this ride!

Leader: Sarah 9443 8095

Sunday 31st January**Morning bells – Leaderless Ride**

For anyone who couldn't go mountain biking last night, but who still want to get a few kms on the road bike, meet at the Swan Bell Tower, Riverside Drive at 8:30am and negotiate distance and pace, depending on who's there and how hot it is!

This will be a Leaderless ride, but for any questions, call Jeremy on 0412 886612

Sunday 7th February**Suburbs on the Coast**

40km, leisurely. Meet at Rockingham Train Station at 9am and head south through suburban streets trying not to get lost on the way to Port Kennedy. We then head north along the coast taking in the

Continued on page 8

LIFTOUT RIDES CALENDAR

Continued from page 7

views of Warnbro Sound and Shoalwater Bay with a refreshment stop on the coast before heading inland through the heart of Rockingham back to the start.

Leader: Terry: 9472 9887

Wednesday 10th February Evening Frolic (Leaderless)

If you feel like a ride this fine summer's evening then meet at the Narrows Bridge car park (on the South Western side) for 6pm, for a bit of a spin somewhere and a meal afterwards. Let's make it up on day! This is a perfect way to introduce friends and family to the club and to group rides, so bring your friends, lights and appetites.

Please note: Lights are a must for this ride!

This will be a Leaderless ride, but for any questions, call Jeremy on 0412 886612

Sunday February 14th Connie's Secret Valentine

50km moderate pace with the bonus of a few hills! Meet at 7:45 am for an 8am start at Claughton Reserve (Katanning Street Bayswater). We leave nice and early missing the heat of the day and head to the hills (and yes, up a hill) into Kalamunda for a well-earned cool drink, before head-

ing back to sea level with the help of the famous Zig Zag.

Leader: Connie 9378 3687

Saturday 20th – 21st February Overnight on the Waterous Loop with Roy 'n' da boyz!

Meet at the Waroona Dam Caravan Park a 9:30am on Saturday for a ride around the Waterous Trail. We will need to let Roy know who is planning on heading along as we will be camping at Nanga Mill on Saturday night (yes folks, that means tents ahoy!). So we will need to take our food and camping gear with us. We will try to have someone meet us at Nanga Mills with our gear and food, but we cannot promise that! We will then return to Waroona Dam on Sunday along the rest of the loop.

Leader: Roy 9398 6523

Saturday 27th Feb – 1st March Bump the Grind - Labour Day long weekend.

Join in for a three day escape from the daily grind around the city by heading down to Bunbury for a tour around the South West visiting some very popular and well-known CTA locations.

After starting in Bunbury we will head for Donnybrook for Saturday night, then onto Busselton (via Capel) on Sunday, then we will return to Bunbury on Monday before

making use of the newly opened Mandurah bypass as we join the masses in heading back to Perth on Monday afternoon. I have made arrangements for the parking of some cars in Bunbury, so please RSVP ASAP so I can confirm numbers.

There will be a few different riding options (some shorter and flatter routes as well as longer and hillier options). I will pass on all details including detailed ride descriptions to those who RSVP. Please be quick as spaces are limited.

Non riding partners are also very welcome to join us.

Organiser: Jeremy 9493 2237 OR 0412 886612

Sunday 7th March 50km Achievement Ride

50km Moderate, 9am for a 9:30am sharp start. Meet at the corner of Soldiers Road and Mead Street in Byford for registration and map/ride description. The time limit of 3 hours 20mins (average 15km/h) should ensure that everyone has a chance of completing the distance.

Participants MUST BOOK at least one week prior to the ride and there is a \$10 fee for non-members.

Organiser: Colin 9418 1571

“Coast the Rainbow”, OYB Tour 2010

Saturday 30 October to Sunday 7 November 2010

Terry Bailey

The 2010 On Your Bike (OYB) Tour will be following Western Australia's beautiful but rugged southern coast from Bremer Bay to Walpole. The weather along the southern coast is generally cooler with frequent coastal drizzle and showers, which is also why this coastline is known as the Rainbow Coast. We will be within 20 km of the coast for the entire 440 km of the tour, which is why the dates have been pushed back as late as possible to try and get some warmer weather while still avoiding the grain cartage season.

Day 1 of the tour will start with partici-

pants being coached from Armadale down to Wagin for lunch, then continuing down to Bremer Bay with an informal afternoon ride around Bremer Bay after arriving. For participants in the south west, there will be the option of secure parking at Wagin where you can join the others for lunch before getting on the coaches to Bremer Bay.

Day 2 we will ride 63 km from Bremer Bay to Boxwood Hill, staying at the Boxwood Hill Sporting Complex.

Day 3 we will ride 90 km from Boxwood Hill to Cheyne Beach, passing through Wellstead and staying at the Cheynes

Beach Caravan Park.

Day 4 we will ride 69 km from Cheyne Beach to Albany, passing through Manypeaks, Kalgan and Lower King.

Day 5 is a rest day in Albany for people to explore the many attractions, learn about the history of Western Australia's first settlement, or just relax at one of the beaches or cafes.

Day 6 we will ride 67 km from Albany to Denmark, via the Lower Denmark Road passing through Elleker and Youngs.

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The CTA 2009 Annual General Meeting—Recap

10am, Saturday, 5 December, 2009

A very warm morning greeted CTA members turning up to the Loftus Community Centre for this year's AGM. A small crowd of 29 CTA members and committee members joined together to recap the year, announce awards and organise the committee with new members and current.

It was disappointing to see such a small number of attendees from such a large club supporting the AGM. It is the time and place to voice your thoughts and ideas on how the club can run over the next 12 months.

The meeting commenced with reports from committee members, the OYB Subcommittee, the Sustainable Cycle Tours committee, the Co-Editors and Clothing Officer. Further information on the reports can be read in the minutes that will be posted on the CTA website. After the formal reports, the 2009 Awards were given, and warmly received. Passionate discussion followed around issues surrounding changes to the CTA constitution and the Rides Calendar composition.

There were a number of changes to the CTA Committee. Mark Ewing, Erica Larke, Deb Palacios and Colin Prior have stepped down from the committee while new members have come to the fore. A big welcome to John Faris (Co-Editor but Committee last year), Sarah Cutts, Rowena Scott, Mal Harrison and Mike Waters. Also, an equally large thank you to the hard work and commitment of those members who have stepped aside this year.

The new CTA Committee for 2009, as nominated by club members, is:

- President: John Faris
- Vice President: Jeremy Savage
- Treasurer: Ann Wilson
- Secretary: Rowena Scott

Additional members: Roy Messom, Sarah Cutts, Bruce Robinson, Mal Harrison, Simon Koek and Mike Waters.

Those who have looked at the constitution



The 2009 Committee at the AGM: L to R Roy Messom, Stephen White, Colin Prior, Tom Hallam, Deb Palacios and Ann Wilson



At the AGM: L to R: John Hector, Neil Porteus, Ron Bowyer, Max Talbot, Kleber Claux

will see that the only elected officers are the four positions named above. The committee determines who undertakes the other roles and responsibilities with the association.

As mentioned above, there was some discussion at the AGM on association activities, particularly the mix of rides that should be on offer. The Committee took these discussions into account at its first meeting after the AGM in an attempt to address these concerns. The most fundamental change has been to establish a Rides Committee charged with developing

the Rides Calendar and the social programme. Special events, such as OYB, will continue to have their own organising committees but with oversight from the CTA and/or Rides Committee.

Hopefully by having a larger number involved in the Rides Committee there can be a wider representation to meet the broader desires and wants of the members. In the meantime, Mal Harrison is the primary contact for the Rides Committee

The committee (together with Stephen, Colin and Deb who have agreed to take

2009 CTA Awards

Ride of the Year

The Ride of the Year award went to Colin Prior for the Foundation Day Tour held over the long weekend of 30 May – 1 June. This infamous weekend took us from Midland, Spencers Brook, Toodyay and back to Midland and was thoroughly enjoyable. This is also the weekend where Colin succumbed to a dose of mysterious ‘Wine Flu’.

Newsletter Article of the Year

Sarahs Cutts' award-winning article, ‘Riding with Altitude’ appeared in the November/December edition of the Chain Letter. Sarah has been a keen contributor to the newsletter over the past year and there is a rumour that Sarah will take over the reins from Erica Larke as Co-Editor in 2010. Congratulations Sarah and thank you for your entertaining articles. (Sarah’s literary skills have also seen her nominated as Co-Editor of the Chain Letter).

Cycle Tourist of the Year Award

Jeremy Savage is this year’s Cycle Tourist of the Year. Jeremy has been on the CTA committee for two years as Rides Coordinator. This is a difficult CTA committee position as it means constantly finding members to take on weekend rides and



Jeremy Savage (L), Cycle Tourist of the Year for 2009 with Tom Hallam

tours.

As well as being Rides Coordinator, Jeremy has undertaken numerous Sunday rides and has introduced some mountain biking adventures into the calendar.

Jeremy has had to balance his highly demanding work commitments with this role. Even while temporarily re-located to Broome, Jeremy was still hard at work for the club, organising rides. Not many peo-

ple would take on such a large amount of work and Jeremy more than deserves to be recognised for his enthusiasm, ‘most excellent personality’ and commitment to the club through this award.

Jeremy will receive honorary membership for 2010, an individual trophy engraved with his name, and his engraved name added to the club’s perpetual trophy.



Colin Prior, winner of the Ride of the Year Award



Sarah Cutts, winner of the newsletter article of the year, being congratulated by John Faris (on behalf of both Co-Editors)

Brazilian Wax Lyrical

We at the editorial hot desk love receiving letters like this - it makes our day! We thought we'd share it with you as a reminder as to why the CTA is such a great club.

- The Editors.

Hi there!

My name is Cristina (the Brazilian). I joined CTA a few months ago and it's been the best thing I've done. So far I met nice people and went on fantastic rides.

Thank you so much for organising all these amazing rides.

On Sunday 18 October the Braking and Cornering session with Paul was just so good. Not to mention the ride to Cottesloe - thank you Bruce.

The workshop at Bike Force last Wednesday (21 October) was another great opportunity to learn more about your bike and get some good ideas from experienced members.

Sunday 25 October (my birthday!) was another great ride. Thank you so much



The Ride was Cristina's Birthday—Photo of the Birthday Girl

Terry - I felt really special. I had cake and candles and what a ride.

I am training for the Great Victorian Bike Ride and I have to say that thanks to CTA my fitness level and confidence have increased a lot. I remember my first ride

which was 55km uphill in Kelmscott - what a challenge. Now I look at the hills and just climb them!

You will see me in many, many rides.

Cheers, Cristina



Lunch on the Mandurah to Cape Bouvard Winery Ride on 25 Oct 2009 (lead by Terry Bailey)

**Ride with a Difference—
Saturday March 20 to
Sunday 28 2010**

Entries continue to come in for the Ride with a Difference Tour in Busselton in March 2010.

The Tour is not yet full, contrary to a rumour that did circle the cycling grapevine for a while!

The Tour is being designed to enable people to really explore and find out more about this part of the south west, with visits to interesting places, chats with locals who know lots of the areas history, and the opportunity to enjoy all of this at your leisure.

As there is no need to race home and get the wet tent up to dry, that leaves lots of cycling and exploring time each day!

If you would like an Entry Form sent out to you, please contact Robert Tognela 0428543720 or email Joani Hoult at joanihoult@hotmail.com.

**“Coast the Rainbow”
OYB Tour 2010**

Continued from page 8

Day 7 we will ride 68 km from Denmark to Peaceful Bay via Scotsdale Road, staying at the Peaceful Bay Caravan Park.

Day 8 we will ride 55 km from Peaceful Bay to Walpole via the Tree Top Walk and Hazelvale Road. The last night concert will be held in the Walpole Sport and Recreation Centre.

Day 9 we will ride 25 km from Walpole back to Bow Bridge for morning tea before getting on the bus for the trip back to Perth via Wagin.

Watch for further details in forthcoming editions of the Chain Letter.

Please note that because of the popularity of the On Your Bike Tours, participation in the tour is only open to CTA members.

CTA CLOTHING

Get your CTA Jersey—the weather is improving! Place your orders NOW!

The roads are dry and the days are warming up. The evenings are lengthening and the mornings are bright and still fresh. Give in to the urge and take to the paths! Winter is long gone and now is the perfect season to go by bike instead.



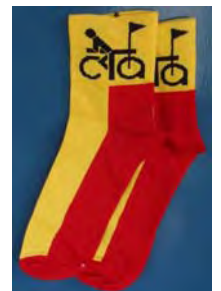
CTA can help you stay safely visible with a range of colourful, practical and comfortable cycling jerseys, shirts and socks. See descriptions and sizes below. New stock can be ordered to meet demand.

Orange shirts (unisex):
short sleeve, sizes 16/L–22/XXL (\$35)
long sleeve, sizes 10/XS–18/XL (\$35)

Striped CTA jerseys:
women’s short/long sleeve, sizes 10–16 (\$95/\$110)
men’s short/long sleeve, sizes S–XXXL (\$95/\$110)

CTA Socks

Make a fashion statement in brightly coloured socks, emblazoned with CTA logo (\$10).



‘Take-a-Look’ mirror

It’s like having an eye in the back of your head Same great quality, same great price. Attach to the leg of your sunglasses or spectacles, or be in quick to snap up a helmet adaptor. These mirrors have won widespread praise for their simplicity, ease of use, and the increased confidence they provide. Forewarned is forearmed — don’t be surprised by the idiot behind. Prices for CTA Members Only:

- Mirror only (40+ in stock) \$20
- Helmet adaptor (10 in stock) \$4.50



Contact: Stephen White, southwind07@mac.com, 9471 8168 (H)



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Trek 520 2007 Touring Bike 54 cm Good condition \$700

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Contact David Lewis
Phone: 0418 907 381

The CTA Achievement Ride Series

Introduction

The CTA conducts a series of "Achievement Rides" (ARs) 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 Rides Committee (see page 2 for contact details).

The origin of the series was for set distance rides so that touring cyclists could train for loaded pannier touring. The philosophy being that if a rider could ride X kms unloaded in a day then they should be able to ride half X in a day when fully loaded. For example, if someone could do the 200 km ride then they should be also able to cover 100 kms on a loaded touring bike. The longest ride in the series is 300 kms on the basis that 150 kms per day is the absolute maximum that could reasonably be attained fully loaded.

Traditionally, the ARs have been run twice a year ("Take 1" and "Take 2"). "Take 1" rides are always run, but you should register at least 10 days beforehand. In line with the criticism at the 2009 AGM that the focus of the CTA is shifting a little too far away from "touring", the Rides Committee is to consider whether to have a "Take 2" this year or suggest that those who miss the "Take 1" should complete any missing rides using a brevet.

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 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 Rides Committee if you would like badges.

Series	Rides
Merit	50, 100 km and 5000 in 4
Achiever	50, 100km. 5000 in 4 plus any <i>one</i> of 160, 200 or 300km or 10000 in 8 or 100km AR and a further 100km the next day
Challenge	50, 100, 160, 200 km, and 10000 in 8
Super Achiever	50, 100, 200, 300 km and 10000 in 8

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.

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

Changes in 2009

Following the 2008 AGM, the Committee discussed the way ahead for the Achievement Series for 2009 and onwards. The main issue raised was that many people felt that there was too much of a jump from the Merit to the Challenge Series. It has been decided to add a new series known as "The Achiever". This level will include all the rides of the Merit Series plus any one of the longer achievement rides. (See table above).

The first awards of the Achiever Series were made at the 2009 AGM in December. The list of those who achieved are listed on page 6.

The Achiever Series is still in its infancy and has scope to be changed so may include different rides in the future; keep an eye on the news letter for details. The Merit, Challenge and Super Achiever Series remain unchanged.

(The unofficial level of "Over Achiever" is awarded when you ride to and from the start of the 300km AR. Kleber is the only person known to have done it!)

Qualifying to start the 160, 200 and 300km ARs

Due to their length, difficulty and time taken to complete there are qualification criteria to be eligible to start the 3 longer ARs. See the following table.

If you have completed a ride of similar length and/or difficulty to those stated in the criteria e.g. Audax Ride or Over 55s Achievement Ride, and can produce some

160km	100km same year
200km	160km same year; or Challenge Series previous year
300km	160 or 200km same year; or Super Achiever Series previous year

evidence as proof, then please contact the Rides Committee if you wish to be considered eligible to start.

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 Rides Committee. Completed cards must be returned to the Rides Committee as soon as possible after the ride (within 2 weeks) and absolutely no later than **four** weeks before the AGM.

Achievement Rides support

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.

Dates for 2010

Dates for the Achievement Rides for 2009 have not yet been established other than for the 50km Achievement Ride to be held on the southern circuit (starting in Byford) on Sunday 7 March 2010.



The Super Achievers for 2009: L to R Colin Prior, Mark Ewing and Jeremy Savage

MEMBERSHIP DETAILS

site www.ctawa.asn.au.

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).

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.

- | | |
|----------------------------------|-----------|
| 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 |

Membership forms can be downloaded from our web-

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

