

THE CHAIN LETTER

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

July/Aug 2010

Issue 213

PRESIDENT'S REPORT

The CTA has chosen a new jersey as announced on page 3. Thanks to the Jersey Sub-committee and to all who have responded with preferences and suggestions. The chosen jersey was the most popular on the first count, and it also rated the highest in second preferences.

I would like to take the opportunity to let members know of some of the administrative and process changes that have taken place since the last AGM. These have continued the evolution of the CTA with increased accountability and transparency. I thank the CTA Committee for assistance in making these changes, particularly Rowena as Secretary and Ann as Treasurer.

The CTA has increased its financial accountability by formally adopting a budget for the main CTA activities. On Your Bike

has had a budget for many years but this year, as an annual process, it has been endorsed by the CTA Committee. Smaller tours such as the Sustainable Tours will also submit a budget to the CTA Committee as it is a CTA activity and finances should be accountable to all members. With a budget, the Treasurer and other account signatories have authorisation for approval of expenditure, together with clearly specified limits on non-budgeted expenditure with the CTA Committee authorising expenditure in excess of these limits. We have been fortunate to have many years of corporate experience with Ann as our Treasurer, but procedures needed to be clearly in place for the time somewhere in the future she moves on.

The CTA Committee has considered the

Continued on page 12

IN THIS ISSUE:

President's Report	1
Club Information	2
New CTA Jersey	3
Cyclist First Aid Kit	3
Adventurer in Perth	4
Hatches & Matches	6
Rides Calendar	7-8
Past & Future Rides	9-10
French Munda Biddi Ride	11
Club Clothing	12
Other Member News	12
Achievement Rides	13
Membership Details	14



Kelly Underwood and Mal Harrison—who both did PBs on recent ARs—see page 2

CTA LEADERSHIP

PRESIDENT

John Faris ☎ 9485 2330 (H)
jgf@avmed.org.nz

VICE PRESIDENT

Jeremy ☎ 9493 2237 (H)

SECRETARY

Rowena ☎ 6201 5587 (H)
cta.secreatry@yahoo.com.au

TREASURER

Ann ☎ 9444 5160 (H)

RIDES COMMITTEE

Simon ☎ 9271 2959 (H)
Mal ☎ 9358 5257 (H)
Jeremy ☎ 9493 2237 (H)
Rowena ☎ 6201 5587 (H)
Roy ☎ 9398 6523 (H)
Colin ☎ 9418 1571 (H)
rides@ctawa.asn.au

MEMBERSHIP

Deb ☎ 9418 1571 (H)

SAFETY & PROMOTION

Bruce ☎ 9384 7409 (H)

EDITORS

John ☎ 9485 2330 (H)
Sarah ☎ 9443 8095 (H)
sarcutts@inet.net.au

WEB SITE

Mike ☎ 9309 2745 (H)

CLOTHING

Stephen ☎ 9471 8168 (H)

OYB TOUR LEADER

Terry ☎ 9472 9887 (H)

Please send all correspondence to:
P.O. Box 174 Wembley 6913

CTA Email: info@ctawa.asn.au
Web Site: www.ctawa.asn.au

COVER PHOTOS

A very big well done indeed to Kelly Underwood for doing a PB on the 100km AR. Kelly's Facebook update left no doubt that she was both tired and very justifiably rather proud of herself. Well done Kelly.

Congratulations go to Mal Harrison for doing a PB on the 160km AR. Mal has been riding for many years but his previous best was a 153 kms loop from his original home town of Derby in the English midlands. Well done Mal.

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 report path and road hazards observed during their rides. Your action may well later save a fellow cyclist from a crash or a serious injury. Please e-mail a clear summary, with a subject "Hazard report" including details of the location and the problem (with a photo if you have a camera at the time) to: Cycling@Transport.wa.gov.au and/or Enquiries@MainRoads.wa.gov.au. If possible, please also send copies of the e-mails to Bruce.Robinson @ westnet.com.au and BTA_WA@hotmail.com .

The "official" hazard report link is www.transport.wa.gov.au/cycling/2345.asp. Reports need to be sent to the appropriate authority. You will have to use the map provided to determine which of these authorities is responsible for the location at which the hazard is found. However, the Bikewest map is often inadequate for finding which authority controls major paths. As a rule of thumb, Main Roads is responsible for traffic lights, major principal shared paths alongside freeways, major highways, the PTA for anything on railway property and the local shire (if you can determine which one) for everything else. Along a single bikepath there may be three or four different organisations responsible for sections of the same path. For instance on the path from Perth station to Subiaco station is variously controlled by the Perth City Council, Main Roads and the Subiaco City Council. If the problem is a caltrop puncture vine growing through the fence, the PTA is responsible.

Unfortunately, the web form does not give you a confirmation copy of what you sent, so you have no evidence that the hazard has been reported. Therefore, it is recommended to send emails as above rather than using the web links—or do both. You can also telephone Main Roads on 138 138.

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 (Sept/Oct) should be sent to the Editors (telephone Sarah or email editor@ctawa.asn.au) no later **4 August 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.

CTA LAUNCHES A NEW JERSEY

From late April to late May, the CTA had three options for a new CTA jersey design on our website. We asked you to vote by email and tell us which design you preferred. Although the Committee had to make the final decision, it has been in accordance with the member preferences. The chosen design was number 3 as shown on the back page of this issue of the Chain Letter and also displayed in colour on the website, www.ctawa.asn.au and follow the links. Thank you to everyone who cast a vote.

As with any endeavour like this, there were differing views, and some contrasting views. We hope the CTA membership will agree that the process has been as fair and inclusive as possible, and that you will support the new design.

So where do we go from here? The initial order will allow you to have exactly the jersey you want, either long or short sleeve or full or half zip. Future stock will still have long and short sleeve options. However, we will only stock men's jerseys with a long zip and women's jerseys with a short zip.

Pre-production orders are now open and are welcome.

Details of the options available and how to place an order are included in a separate order form in this issue of Chain Letter.

We hope many club members will support the new look by purchasing a jersey. Some points to note:

Size — SprintDesign sizes (see chart) are designed to fit whippet-thin racers. **MOST PEOPLE SEEM TO NEED A SIZE OR TWO LARGER THAN THE CHARTS SUGGEST.** For comparison, try on a 2008 OYB 20th anniversary tour jersey.

Alternatively, visit the SprintDesign outlet, Shop 1/145 Rockingham Road, Hamilton Hill (just south of South Fremantle) during work hours. **PLEASE TAKE CARE WITH SIZES WHEN ORDERING.**

Sleeves & Zip Length: In your order, please specify your preference for long or short sleeve, and also for full-length or shorter zip.

Advance payment is required. Details of

how to pay are in the separate order form.

The new jerseys will be available by early to mid September, in plenty of time for OYB 2010.

Once again, thank you to everyone for your participation. We hope you will enjoy wearing the new CTA jersey.

The jersey sub-committee (Sarah Cutts, Stephen White, Lance Whiteford, Erica Ewing-Larke)

Women's Sizes to Fit						Garment Dimensions Back lengths n/i collar		
Size	Height cm	Weight kg	Bust cm	Waist cm	Hips cm	Short (w) cm	Regular (r) cm	Long (p) cm
6XL (26)			127-132	112-117	135-140	73	76	79
5XL (24)			123-127	108-112	131-135	71	74	77
4XL (22)			118-123	103-108	126-131	68	72	76
3XL (20)	183-191		113-118	98-103	121-126	65.5	70	74.5
2XL (18)	180-185		108-113	93-98	116-121	63.5	68	72.5
XL (16)	178-183	73-82	103-108	89-93	111-116	62	66	70
L (14)	175-180	64-73	98-103	84-89	106-111	60	64	68
M (12)	173-178	59-68	93-98	80-84	101-106	58.5	62	65.5
S (10)	170-175	54-64	88-93	75-80	96-101	56.5	60	63.5
XS (8)	168-173	50-59	83-88	70-75	91-96	55	58	61
2XS (6)	165-170	48-57	79-83	63-70	86-91	53.5	56	58.5
3XS (4)	163-168	45-54	74-79	58-63	82-86	52	54	56

Men's Sizes to Fit						Garment Dimensions Back lengths n/i collar		
Size	Height cm	Weight kg	Chest cm	Waist cm	Hips cm	Short cm	Regular cm	Long cm
6XL	183-205	140+	132-137	117-122	132-137	72.5	78	83.5
5XL	181-204	131-140	127-132	112-117	127-132	71.5	76.5	82
4XL	179-202	121-131	122-127	107-112	122-127	70.5	75	80
3XL	177-200	109-121	117-122	102-107	117-122	69.5	73.5	78
2XL	174-198	95-109	112-117	97-102	112-117	68	72	76
XL	172-188	82-95	107-112	92-97	107-112	67	70.5	74
L	169-183	75-82	102-107	87-92	102-107	66	69	72
M	166-178	64-75	98-102	83-87	98-102	64.5	67	70
S	163-173	55-64	93-98	78-83	93-98	62.5	65	67.5
XS	158-168	47-55	87-93	72-78	87-93	60.5	63	65.5
2XS	153-163	39-47	82-87	67-72	82-87	58.5	60.5	62.5
3XS	148-158	32-39	77-82	62-67	77-82	56	58	60

Please Note:
Our Jersey and Jacket sizes are for a "snug" or "race-fit".
If you prefer a looser fit please take this into account and go up
1 to 2 sizes, adjusting length if necessary.



FIRST AID KITS FOR CYCLISTS

Dear Dr Crankshaft,

Thanks for your advice on my tail end issues. Now that's sorted, I'm riding more, and I'd like some advice on a first aid kit. What should I take with me on a CTA ride? How about a longer ride, say a Munda Biddi end to end? I've heard the doctor going on the trip is a bit dodgy, so I'd like to be self reliant.

SB

Dear SB

Good to hear you no longer have a blazing saddle. By far the most important thing you need in a First Aid kit is knowledge. You can improvise most pieces of equipment, but if you don't know what you are doing, it doesn't matter how well stocked your kit is. I'd strongly recommend doing a course such as Senior First Aid with St John's Ambulance or Red Cross. Wilderness First Aid Institute run excellent courses if you are planning to go to more remote areas www.equip.com.au, and they also supply good first aid kits.

For a day ride in the city, you don't need much. A mobile phone is handy, in case of serious injuries. The most likely injury you will face will be grazing from a fall, and it may be worth carrying a couple of non stick dressings to cover the graze after you have cleaned it as well as you can, and perhaps a small gauze bandage. Water from your bottle is fine. The most important time is when you get home. It is absolutely crucial to clean the wound as well as possible, and this takes patience and courage. Again, tap water is fine (if it's good enough for the Burns Unit, it is good enough for the rest of us). Use gauze or a clean flannel to clean the wound, and tweezers if necessary to pick any visible pieces of dirt out. Don't use any antiseptics such as Betadine – all you are doing is damaging the body's healing cells and reducing its ability to heal. Finally, cover the wound with an adhesive breathable

dressing such as Fixomull, and leave. Try to resist the temptation to pull it back to see how it is healing. Wash the wound with the Fixomull on twice a day, and take off once it seems to have healed. If it is really oozy, you could cover the Fixomull with a non stick dressing. A bit of oil such as olive oil or baby oil will help remove it more easily.

Most other things can be improvised. Your spare tube will make a good sling, spare clothing can be used for padding and extra bandages and the pump is an excellent splint. The knife on your multitool could be used for an emergency appendectomy (OK, maybe not).

If you are going further afield, you need to balance usefulness and weight. Think about the likely injuries and how far you are away from help. Again, communications are important, so consider if you will be within mobile range, or if you need some other gadget. On the Munda Biddi, you will be only a few days away from a town, so supplies can be replenished if necessary.

Think about the most likely injuries on the trip, and if you are in charge of the medical supplies, check with the other participants to see if they have any special medical needs. A hypothermia blanket is unlikely to be useful in January, but could be life saving in June. Equally, you can leave the snake bite bandages at home for your trip to New Zealand, but would be worth having in the bush around Perth.

Here is a suggested list, to be modified as needed.

Tweezers to remove splinters, and to clean wounds. Remember, if they are used on more than one person, they need sterilising in between with an alcohol swab or boiling.

Scissors to cut dressings
Sterile syringe and saline for deep wound irrigation
Sterile needle for splinters
Pair of disposable latex gloves
Gauze swabs to clean/pack wounds

Fixomull tape for abrasions
Band-aids
Non stick dressings, both with and without backing eg cutiplast, melanin
Crepe bandages
Heavy bandage for snakebites or sprains
Triangular bandage
Steristrips to hold wounds together
Sports Tape – good for blisters, holding dressings on, and strong enough for a few bike/tyre repairs too!
Hypothermia blanket
Antidiarrhoeal such as Loperamide
Antihistamine
Paracetamol
Small tube 1% hydrocortisone for rashes
Some means of communication, if possible.

Good luck on your trip,

Dr Crankshaft

FREE CYCLE TOURING E BOOK

Quantum Cycles have passed on a great web site – www.TravellingTwo.com.

The web site comes from a Canadian couple, and is packed with useful information as well as the free book. Be warned – you'll be packing your panniers and buying an air ticket before you know it!



World Cycling Adventurer in Perth

CTA Cyclists welcome World Adventurer to Perth by Kleber Claux and Mike Norman

On the 1st of June, CTA cyclists Kleber Claux and Mike Norman welcomed world adventurer Erden Eruç to Perth as he rolled into Midland with his bike and B.O.B. trailer loaded with some 50 kg of gear. He had just cycled some 7,900 km from Cooktown in Queensland. Graeme Welsh, a member of the board of his Seattle based nonprofit organization "Around-n-Over" and some friends were also present. A Channel 10 crew arrived a little late which meant they had to film a re-enactment of his arrival into Midland! The crew kept filming from their car as Kleber and Mike guided Erden out of Midland on the way to another welcome party waiting at Inglewood. Erden was not permitted to catch the train at Midland as his entire journey must be human powered!

Erden set off from his home in Seattle

in May 2007 to begin a human powered circumnavigation of the world, which will include climbing the highest summit in each continent that he visits. He had rowed for 312 days across the Pacific Ocean, then another 20 days across the Bismarck Sea landing in Papua New Guinea which he then crossed north to south by walking the Kokoda Track on his way to Port Moresby. Rowing across the Coral Sea took him to Cape York, later kayaking far northeast Queensland shores down to Cooktown. Since then he has cycled clockwise around Australia to Perth. En route he climbed Mount Kosciuszko, with wife Nancy. This was the second peak climbed in his journey, the 6194m Mt McKinley in Alaska being the first.

Erden said it was a personal dream that started 13 years ago and grew into a reality. "We are in the business of realising dreams and helping others achieve theirs," he said. During his mam-

moth trip, he has held talks with countless local schools and organizations about setting goals and realising dreams. He has a goal to "Inspire and to instill the values of selflessness, sacrifice and perseverance in young people so that they might develop into good citizens, and stewards of this earth". He has set up a not-for-profit organization, called Around-n-Over, to raise money for students in rural boarding schools in his home country of Turkey.

Erden's boat is in Fremantle and he is preparing it to leave from Australia (from Carnarvon) probably in the first week of July. Of course, he will ride to Carnarvon on his bicycle unsupported (100 km plus per day) and his boat will be trailered up there separately. Erden regrets he cannot give an evening talk to CTA members at this stage, but will do so if he returns to Perth in the future. To follow Erden's progress around the globe, visit www.Around-n-Over.org



Mike Norman, Erden Eruc and Kleber Claux at the Midland Railway Station

MEMBER HATCHES AND MATCHES

MARK & ERICA

Having a Wedding day on April Fool's day did raise a few eyebrows but for us it was perfect. Firstly, how would we ever forget our anniversary? Secondly, it was the day before the Easter holidays and it meant many of our good WA friends could make the big trip to Hobart and enjoy a good few days holiday. Ever the cycling fan, Mark managed to track down a bike hire shop and satisfied his need for a few challenging rides before the big day. Colin and Jeremy, guests at our wedding, brought their bikes down and the trio enjoyed a rather challenging ride up, down and around Mt Wellington. As for me, at 10 weeks pregnant, I was happy to enjoy catching up with my friends and take a few leisurely 'strolls'!

Thursday 1 April turned out perfectly. Even the unpredictable Tasmanian autumn weather behaved itself. By 5pm that afternoon I had become Ms Erica Larke-Ewing, and Mark and I had become an officially happily married couple with a baby on the way!

Erica Larke-Ewing



PETER ALEXANDER HALLAM

Leonie and Tom Hallam have a new son.

Born on 22/3/10 (The Big Hailstorm) at 24 weeks weighing 665gm (1lb 7oz). Now 10 weeks old, 1.67kg (3lb 11oz). Peter Alexander Hallam will come home from King Edward Memorial Hospital near his expected due date of 11 July, health permitting. Both parents are extremely grateful to the staff at King Edward for their fantastic work.



Lift out Rides Calendar page for July/Aug 2010

Ride Guidelines

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

Rides are described using the guidelines below. *If you are unsure of your suitability*

for a ride, or if you feel it may be too long for you, don't be put off. Please contact the 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" or "Hilly".

Mountain bike rides (on tracks or unsealed roads) are described as "MTB".

Pace refers to the average speed on the

flat without breaks. Downhills may be faster, uphill slower. For rides with "Hilly" terrain, consider choosing a pace one level below your usual comfort level.

Social	Under 15km/h
Leisurely	15 - 20km/h
Moderate	20 - 25km/h
Brisk	25 - 30km/h
Strenuous	30 - 35km/h
Super Strenuous	35km/h or more

Contact: rides@ctawa.asn.au

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, July 4**Beginner's MTB**

25km Some Hills, Leisurely, MTB, 7:00 for a 7:15am sharp start.

Meet at the Pickering Brook General Store (1 Canning Rd, Pickering Brook) for a beginner's MTB ride out to the Munda Biddi hut. This will be an ideal ride for all those with mountain bikes who have yet to "christen" them. No one will be left behind, and help & advice will be offered on the ride.

Leader: Roy 9398 6523 (H)

**Saturday, July 10 to Sunday, July 11
Christmas in July****NOTE CHANGE OF DATE**

90 & 90km Leisurely, Some Hills, 8:45 for a 9:00am sharp start. See p9 for more details.

Organiser: Simon 9271 2959 (H)

Sunday, July 18**1. It's All About the Scenery!**

65km Hilly, Brisk, 8:45 for a 9:00am sharp start.

This will be a hard ride with 3 big climbs. Meeting at Welshpool Station, we will head to the hills via Crystal Brook Rd. After cycling through Kalamunda's gorgeous wine valley, we will head to the Zig Zag via Mundaring Weir Rd, taking in some of the nicest views Perth has to offer. It's then time to earn a coffee in Kala-

munda by climbing Kalamunda Rd before returning. For those not quite ready for this ride, there will be a few short cuts to get you to the coffee stop.

Leader: Jeremy 9493 2237 (H) or 0412 886 612 (M)

**2. Munda Biddi Ride Dale Rd to
Wungong Hut**

56 km, Hilly, Moderate, MTB, 9:00am start.

Meet at the picnic spot just past Dale Rd on the Brookton Hwy. Bring plenty of food & water, as there are no cafes anywhere near! This ride does have challenging sections in it, but no one will be left behind.

Contact: Sarah 9443 8095 (H) or sar-cutts@iinet.net.au (Email)

Saturday, July 24**Audax Classic**

50, 100 or 200km, Moderate, 7:00am sharp start.

Help Audax WA celebrate its 25th Anniversary. In addition to the 50km, 100km or 200km rides, there will be a social event afterwards. Being an Audax Ride, you should register at least a fortnight before for the ride. Audax also imposes certain requirements, so make sure you ask about them & that you & your bike conforms to them.

Contact: Nick Dale 0400 300 850 (M) or

nick.dale@skg.com.au (Email)

Sunday, July 25**Marmion Discovery Ride**

60km Mostly Flat, Moderate, 9:00am start

Meet at Clarkson Station (meeting the 8:25 train from The Esplanade) to explore the new Marmion Av extension and the extent of the Northern Coastal Cycleway. This new link avoids the dangerous Wanneroo Rd as the gateway to Yanchep. The ride will finish at Joondalup Station. As morning tea will kindly be provided at Chez David, he would appreciate that you let him know you're participating by July 23.

Leader: David 0418 907 381 (M)

Sunday, August 1**5000 in 4 Training Ride**

40km Hilly, Moderate, 8:45 for a 9:00am sharp start.

Meet in the car park behind the 'Supa Value' store, cnr Albany Hwy and Gilwell Av, Kelmscott. The ride will follow a significant part of the 5000 in 4 course, but omitting the last big hill. This is a ride for those who would like to see how they might go on the AR, but who are a little nervous about trying it. We will regroup at the top of the two hills using more experienced riders to shepherd newer riders

Continued on page 8

LIFTOUT RIDES CALENDAR

Continued from page 7

in one or more ability groups.

Leader: John F 9485 2330 (H)

**Sunday, August 8
5,000 in 4 Take 2**

55km Hilly, Moderate, 8:30 for a 9:00am sharp start.

Meet in the car park behind the 'Supa Value' store, cnr Albany Hwy and Gilwell Av, Kelmscott, for registration & ride description. The route is comprised of 5,000 feet of both up-hills and downhills, to be completed within 4hrs, meaning an average speed of 14km/hr. Participants must book at least one week prior to the ride.

Organiser: Colin 9418 1571 (H)

**Sunday, August 15
Swan River Ramble**

50km Rolling, Moderate 8:30am start.

Meet at Loftus Community Centre, meeting a second start point under the north side of the Narrows Bridge around 9:00. Yes, Stan can lead harder rides, & can pick up the pace too, where it is safe to do so! As his quest, a cafe he's been keen to try out, you are cordially welcomed to join him.

Leader: Stan 9345 3552 (H)

**Saturday, August 21
100km Achievement Ride Take 2**

100km Hilly, Moderate, 8:30 for a 9:00am sharp start.

Meet at Armadale Station for registration & ride description. This scenic ride climbs Bedforddale Hill, passes Glen Eagle before going onto Jarrahdale, Serpentine Dam & returning. The time limit is 6hrs 40mins (average 15km/hr). Best to go to bed early that night, so you can complete tomorrow's ride & achieve 200km in 2 days! Participants must book at least two weeks prior to the ride & there is a \$10 fee for non-members.

Organiser: Colin 9418 1571 (H)

**Sunday, August 22
200km in 2 Achievement Ride**

100km Mostly Flat, Moderate, 8:30 for a

9:00am sharp start.

Meet at the Raffles Hotel (i.e. the north & west side of Canning Bridge) for the flattest 100km we could think of! If you've completed yesterday's ride, why not complete your weekend by completing 200km? The time limit is 6hrs 40mins (average 15km/hr). Participants must book at least two weeks prior to the ride & there is a \$10 fee for non-members.

Organiser: Colin 9418 1571 (H)

**Sunday, August 29
Simon's Sweet Surprise Sortie**

50km Mostly Flat, Leisurely, 9:00am start.

Meet at Shearn Memorial Park, Maylands, for a ride to a sweet surprise!

Leader: Simon 9271 2959 (H)

**Saturday, September 4
200km Achievement Ride**

200km Some Hills, Moderate, 6:30 for a 7:00am sharp start.

Meet at the car park off Morrison Rd (adjacent to the Midland Police Station) for registration & ride description. This is a challenging ride that takes in Toodyay, Dewar's Pool, Bindoon & the Chittering Valley. The time limit is 13hrs 30mins (average 15km/hr) & participants must have completed the Century AR this year, or the Challenge Series last year. Participants must book at least two weeks prior to the ride & there is a \$10 fee for non-members.

Organiser: Colin 9418 1571 (H)

**Sunday, September 5
Braking & Cornering Class**

7:45am sharp start.

Meet at Kings Park car park, adjacent to the Biodiversity Conservation area. It's time to have a refresher on the often neglected principles of cycling. Paul Loring (CTA member & cycling coach) will be leading a 90 minute session. It is aimed at everybody, both novices & those wanting a refresher. Should be a good pre-cursor to OYB tour. You will leave knowing more about your own braking style & the tools to practice current technique. If it is wet

we will shift to the following Sunday.

Leader: Paul Loring 0413 007 266 (M) or paul@loring.name (Email)

**Sunday, September 12
When My Baby Smiles at Me, I Go to Freo**

50km Mostly Flat, Moderate, 8:15 for a 8:30am sharp start.

Meet at Deep Water Pt for a ride, past Bibra Lake, to fabulous Freo for frothy cappuccino, before returning via the river. The ride may be cancelled due to bad weather, so check with the ride leader if the forecast looks grim.

Leader: Lynn 0402 303 270 (M)

**Sunday, September 12 to Sunday 26
Munda Biddi Epic End to End**

See p9 for more details.

Organiser : Sarah 9443 8095 (H) sar-cutts@inet.net.au (Email)

Future Events

Sunday, September 19
10,000 in 8 Achievement Ride

Saturday, September 25 –
Monday 27
Queen's Birthday Tour

Wednesday, September 29
Social Night, Cycling with Altitude

October 9
300 km Achievement Ride

October 23– 28
OYB Extension Tour

October 30–November 7
OYB, Coast the Rainbow

November 7–8
OYB Extension return to Manjimup

November 27
Progressive Dinner

December 5
Annual General Meeting

CHRISTMAS IN JULY—Weekend Tour 10—11 July

Doesn't it seem like Christmas gets earlier every year? Well, CTA's Christmas is no exception, and this has been brought forward a week to the 10th and 11th of July (instead of the originally advertised 17th and 18th)! This means that bookings need to be made before Thursday, June 24.

In keeping with the theme of Christmas, it would be appreciated if each participant could bring along a wrapped Christmas present, costing around \$10 (if this violates anyone's sensibilities, let the organiser know, as only those buying gifts will receive one). As this ceremony will be pre-dinner, a complimenting beverage for the meal, apres-dessert chocolate, or perhaps

a fortified vintage would make an excellent gift. Also, as it's the slow time at the North Pole, Santa (who does enjoy the odd vacation) may even be on hand; to determine who's been naughty and who's been nice!

The ride (of about 90km) meets at Midland Station (meeting the 8:30am train from Perth) to leave at 9:00am. The route wanders the scarp, off the main highway, and through the back-roads of Darlington. After a morning tea break at Mundaring, we ride quiet roads to enjoy lunch at the famous Bakers Hill Bakery, before the final scenic stretch to Muresk. The return route on Sunday is the same (although

some people may wish to go down Greenmount Hill along Great Eastern Hwy).

Accommodation and catering will be at the Muresk Agricultural College, in the glorious Avon Valley. Accommodation (single bed quarters with linen and towel), a sumptuous 2 course solstice feast (BYO, \$2.50 corkage) and continental breakfast will cost \$95. Payment with booking needs to be made to Simon (see below) by Thursday, June 24 (although it may be possible to squeeze you in if you miss that deadline).

Organiser: Simon 08 9271 2959 (H) or spkoek@yahoo.com (Email)

MUNDA-BIDDI EPIC END TO END

Sept 12 to Sept 26

498 km, terrain challenging in parts, off road.

The first CTA Munda Bididi End to End is coming up! We plan an unsupported pannier trip, going at a fairly sedate pace, leaving from Nannup. Unfortunately the

trip is now full, but we will be at Logue Brook on Saturday 18 September, if anyone would like to join us there for the weekend. You would need to organise your own transport / accommodation, and can choose whether to do a lap of the Waterous Loop or just cycle along the track to meet us. Our last night will be at Carinyah

Hut, Saturday 25 September, ending at Sculpture Park, Mundaring on Sunday.

Otherwise, start planning for Part Two in two years time, when the trail is complete to Albany

Organiser: Sarah 9443 8095 (H) sarcutts@inet.net.au

OYB Nov 2010, Coast the Rainbow & Extension

The OYB 2010 tour, Coast the Rainbow, follows the WA south coast from Bremer Bay to Walpole in the first week of November. (See previous Chain Letters for more details).

By the end of the first month after the brochures were posted, when CTA members were given preference, the tour is

full. Confirmed acceptances should have been sent out in the mail by the time you read this.

Applications are still being received and potential tourists are now being placed on a waiting list. The inevitable happens and a few more places will become available.

David Taylor will be joined by friends riding from Manjimup to Bremer Bay for the start of OYB and then back to Manjimup at the end. Details have been published in previous issues of the Chain Letter and are also available at:

<http://member.eezi.net.au/taylor/cycling/oybx/>

PROGRESSIVE DINNER—27 November

Progressive Dinners are wonderful evenings, where participants cycle between courses, enjoying food, cycling and good company. By November 27, it is expected that the balmy, summer evenings will have returned, and the air will be laden with the heady scents of Frangipani and Jacaranda blossoms.

However, as idyllic as this sounds, it does

require venues in which the courses can be hosted. Thus, the Rides Committee is asking for members who'd be happy to let their house be used for a course. Usually, the ride has 25 participants, but this may have to be reduced if the prospective venues can not cope with that number. In the past, cutlery & crockery have been hired, so all the hosts have to provide is seating

(preferably at a table, but we have made do without before). If you would like to offer your home, please contact Simon, giving your address and potential occupancy. Thank you.

Contact: Simon 9271 2959 (H) or spkoek@yahoo.com (Email)

ACHIEVEMENT RIDES

Congratulations to the following

5000 in 4 18 April 2010

Mike Antonio
Kleber Claux
Mark Corbert
Dean Craig
Stu Crombie
Sarah Cutts
Noel Eddington
Mark Elliott
Mark Ewing
John Faris

Peter Gillett
Lynn Harrison
Mal Harrison
Gary Howe
David Lewis
Rob Lydon (brevet)
Bruce McPherson
Liz Marshall
Richard Marshall
Roy Messom (brevet)
Colin Pearce
Ken Pratt
Colin Prior (brevet)
Connie Van den Ende

Stephen White
Ann Wilson
100 km 2 May 2010
Bruce Beecham
Kleber Claux
Dean Craig
Stu Crombie
Mark Elliott
Mark Ewing (brevet)
Peter Gillett
Grant Gregory
Mal Harrison
Gary Howe

David Lewis
Cara MacNish
Bruce McPherson
Liz Marshall
Richard Marshall
Roy Messom (brevet)
Colin Pearce
Ken Pratt
Colin Prior
Barry Savage
Jeremy Savage
Kelly Underwood (PB)
Dave Van Zyl

160 km 15 May 2010
Stu Crombie
Mark Elliot
Mark Ewing
Mal Harrison (PB)
Bruce McPherson
Liz Marshall
Colin Prior
Chris Rowley
Jeremy Savage (Brevet)
Dave Van Zyl
Jeremy Savage
Kelly Underwood (PB)
Dave Van Zyl

ANZAC LONG WEEKEND RIDE

Colin once again organised a cracker of a weekend! It was very much enjoyed by all who went – thanks, Colin!

Day 1 by Peter Gillett

Unfortunately, the Hotel at Gingin had a long standing prior commitment to another group. Not even Colin's continuing persistence, persuasive manner and organisational skills were unable to get them to change their minds. However, we were able to secure accommodation in Toodyay and the weekend could still go ahead.

We met at the Midland Railway Station for the journey to be greeted with an early morning decision.....either join a group led by Kleber for a more scenic (albeit more rigorous) ride through Bullsbrook, the Chittering Valley and Julimar State Forest, or a more leisurely route (led by Colin and Mal) through Mundaring, Chidlow, Bakers Hill and Woorooloo.

Kleber's group concentrated on cycling, only allowing a serious break for lunch in the idyllic Julimar Forest.

The more relaxed group savoured the various opportunities for R&R. However with levels of anticipation rising at the prospect of enjoying a legendary cheese and bacon sausage roll at Woorooloo – only to discover that earlier customers had discovered these delicious sources of valuable 'carbs' but the range of pies proved to be a

close second choice.

A convivial evening meal was enjoyed by all at the Freemason's Hotel.

Days 2 and 3 by Colin Prior

Day 2 of our 3 day tour dawned with... Who am I kidding? Mike and I, both ex-Navy, were up well before dawn, it was ANZAC day and neither of us was going to miss out on the dawn service. A rather bleary eyed Sarah joined us as we made our way up to the Toodyay cenotaph for an 0600 start (that's 6.00am for non-military types) where around 300 people were gathered After the very moving service there was the traditional Gunfire Breakfast of egg and bacon rolls and coffee with a good lashing of rum all supplied by the local Lions Club.

As we rolled out of Toodyay the sun was beaming down, there was not a cloud in the sky and the world was generally a good place to be. We more or less stayed together for the first 16 kms of rolling hills and did a complete regroup at the Irish Town road. After a quick discussion it was agreed that not even a marine engineer could get lost between here and Northam (old maritime saying 'Don't let the engineer navigate') so everyone was free to go at their own pace or 'stretch the legs' as Kleber would say.

Finding the cafe in Northam was very easy

for everyone except Cara's other half Wayne. Thanks to a call on his mobile . He was able to find his way over from behind the courthouse. A good feed later and the choices back to Toodyay were either 25 kms flat or 50 kms hilly. Most, myself included, opted for the short flat route but there were a few hardy souls, such as Stu Crombie, who did the full 50.

A quick shower and most of us then decided that pre dinner drinks either on the balcony or out the back in the beer garden was a good plan of attack.

We were all loaded up by 8am on the final day. The only decision to make was which way back to Midland. The choices were 70 kms along Toodyay road, 90 km on back roads next to the Great Eastern Highway or for the strong ones only 100 km along Julimar road. It was a fairly evenly split between all three groups.

Eventually we all made it back to be met by Mal and Lynn who had driven back with all the luggage. Once again I want to publicly thank Lynn Harrison who drove support both up and back, Thanks Lynn! A thank you also goes to everyone who came along on the tour for putting up with the rather short notice changes of venue.

In short, great people, good time, funny stories and lots of fun, just a typical CTA weekend away!

FRENCH MUNDA BIDDI TOURISTS

By David and Camilla Taylor

CTA member David Taylor living in Manjimup was host last week to long distance cycle tourists Magali Messina and Patrice Kergosien from Paris together with their two and a half year old daughter Gwen who follows behind papa in a two wheeled trailer. The family who are taking a six month long service leave for a tour of Australia and Mongolia arrived by Qantas in Perth directly from Paris on the second of October. They were deterred from their initial plan of visiting Rottneest by the exorbitant cost of the ferry. After stopping for two nights in Fremantle they rode south via Preston Beach to Bunbury. In Bunbury they stayed with Warm Showers members Thora and Robert Neal. Robert rode with them the next day to Busselton where they camped overnight while he returned immediately to Bunbury. They rode the next day to Margaret River via Dunsborough then via Sue's road to Sue's Bridge where they camped alone and started to worry about drinking water. They then continued via Stuart road to Pemberton for the night and then on to Taylor's in Manjimup climbing the Dia-

mond Tree on the way.

David led them the next morning on a ride over gravel roads to One Tree Bridge, the Four Aces and Glenoran Pool returning via Graphite road.

They thoroughly enjoyed the ride through the forest and were amazed that Taylors have

such beautiful rides so close to home. They apparently both have mountain bikes in France and certainly showed off their skills on our gravel roads.

They have been dissuaded from attempting to ride across the Nullarbor because of the danger from traffic so now they are returning to Perth via Donnelly road to Nannup and Mundabiddi trail from Nannup at least as far as Donnybrook. They then intend to fly to Adelaide to continue



Magali Messina and Patrice Kergosien on Dentata road west of Manjimup. Daughter Gwen is asleep in the trailer.

their road journey from there. Magali made the contact with Taylors via the Warmshowers organisation (<http://www.warmshowers.org>) and gave plenty of notice of her progress and estimated time of arrival. She is a language teacher by profession and spoke passable English. The Taylors were glad to have the opportunity to practice some rather rusty language skills.



Mike Antonio provided support for the recent 160km AR Seen here at the Pit Stop at York. Thanks Mike



Mike Antonio and Colin Prior celebrating ANZAC Day while on the ANZAC long weekend tour.

President's Report

Continued from page 1

procedures for elections at the AGM. Nominations and voting for the officers named in the constitution, namely President, V-P, Secretary and Treasurer are clear. However, there has been considerable confusion about the six ordinary committee members, whether they are nominated for specific positions or whether there is a single election and the Committee assigns the roles. The constitution does not allow for voting for specific positions, but by the same token does not preclude it. Accordingly, the CTA Committee is considering amending the CTA By-laws to allow for the six general committee members to be nominated for named positions.

On the Sustainable Tour in 2009, Noel Eddington sent out an evaluation to all participants as a quality control and to assist further planning. This has been repeated for 2010. OYB has always had an internal evaluation but it is intended to extend this to survey all participants as well this year in line with the Sustainable Tour evaluations. In this way we hope to make these great tours even greater.

Safe and happy cycling.

John Paris

GIBB RIVER CHALLENGE

Congratulations to Colin, Roy, Jeremy and Mark on not only completing the Gibb River Challenge, but coming 5th out of 67 teams (of which 64 finished) - a great effort! There will be more details and pictures in the next Chain Letter.

QUIZ NIGHT

Before they went to the Gibb River, Team Crackalacken ran a very successful quiz night. Congratulations to the winning team of Karen, Simon, Stan, Anna, Desama, Terry, Richard and Sue and who successfully answered Colin's fiendish questions.

CTA CLOTHING

CTA Clothing

There is limited stock remaining of the current CTA jerseys



50% off usual price!

Short-sleeve jerseys now **\$50.00**;

Long sleeve jerseys now **\$55.00**

Offer valid while stocks last

Men's sizes: long sleeve L, XL, XXL, XXXL and short sleeve S, M, L, XXL

Women's sizes: long sleeve 12, 14, 16 and short sleeve 10, 12, 16

Orange Fluoro Shirts

Still available at the usual price of \$35 for both long and short sleeve. Long sleeve with full length zip; short sleeve are polo shirt style.

Sizes in stock: long sleeve 10 (S), 12 (M), 16 (L) and short sleeve 16 (L), 18 (XL), 22 (XXL)

CTA Socks

Red/yellow socks with CTA logo — \$10 a pair



Take-a-Look Mirrors

Unbeatable Take-a-Look mirrors — better than an eye in the back of your head — \$20; plus adaptors to attach to your helmet each \$4.50 (NB: Typical postage for mirrors within WA \$2.50–\$4.50)



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

FOUND

2008 OYB anniversary jersey (size 14/L). Left on the clothes line at Mandalay Caravan Park at the end of the Tour With a Difference. Please contact Karen (9228 3838) who would like to reunite the jersey with its owner.

NEW MEMBERS

We welcome the following new members

- | | |
|--------------|----------------|
| Pam Ford | Thomas Farrell |
| Lois Grincer | Roy Stone |



For all your cycling & running requirements

Runner's World

Perth's specialist running & triathlon store

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

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).

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. The new "Achiever" series was added to fill this gap. This level includes all the rides of the Merit Series plus any one of the longer achievement rides. (See table above).

Note that the 100km AR plus the 100km the following day can only count for the 100km AR, or the 200 in 2, but not both. The two 100km rides of the 200 in 2 must be ridden on two successive days to count.

The Achiever Series is still in its infancy and has scope to be changed so may include different rides in the future.

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

Remaining Achievement Rides for 2010 are included in the Rides Calendar on pages 7 & 8.



The new CTA Jersey—see article p3—and visit www.ctawa.asn.au to view it in glorious colour

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).

- | | |
|----------------------------------|-----------|
| 1. Renewal Adult membership | \$40.00 |
| (If paid by 31 Jan | \$35.00) |
| 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 website www.ctawa.asn.au. Please send your cheque and form to the Cycle Touring Association, PO Box 174, Wembley WA 6913. **A receipt of payment is only issued on request.**

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.

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

