

THE CHAIN LETTER

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

January/February 2013

Issue 228

PRESIDENT'S REPORT

As we say farewell to another year we welcome in another adventurous year of cycling for the CTA. I hope you had a good Christmas and wish everyone a very happy and prosperous new year.

2012 saw another successful OYB tour lead by Terry and the OYB committee. In addition the Sustainable Tour in Bunbury lead by Norm was a tremendous enjoyment for all who attended. We also saw good numbers at many of our Sunday rides and for those of us lucky enough to go on the longer weekend rides, all were a resounding success. Thank you to all members who have again contributed to the enjoyment of the CTA and the rides offered during the past year.

Keep Sunday 10th March 2013 free for the CTA's next AGM. Thought also needs to be given to nominations for cycle tourist of the year, best single day ride and best multi day ride.

Upcoming tours for 2013 include a long weekend to Dwellingup at the beginning

of March for the Labour Day Long Weekend, followed 3 weeks later by a 2 week unsupported pannier tour from Perth to Nannup return. This pannier trip will see you leaving Perth on Saturday 23rd March, heading south along the coast to Mandurah, Lake Clifton, Bunbury and then inland to Kirup and eventually to Nannup for Easter. After spending Easter at The Loose Goose Chalets in Nannup we will return to Perth via Bridgetown, Boyup Brook, Lake Towerrinning, Darkan, Quindanning and Dwellingup, returning home on Sunday 7th April. There are 5 separate tour options: Option 1. A weekend to Mandurah staying at the Miami Holiday Park in Falcon; Option 2. A one week unsupported tour from Perth to Nannup; Option 3. Easter at The Loose Goose Chalets, Nannup; Option 4. A one week unsupported tour from Nannup returning to Perth; Option 5. The full tour, being two weeks unsupported pannier touring from Perth to Nannup return. Further details are included in this news-

letter and a brochure will be available shortly.

Another tour option being offered in February 2013 is Route 6 in New Zealand, organised by one of our members, Terry Hannan. A number of people are already planning to travel over to NZ for what promises to be a fantastic trip.

In 2014 we will be providing another full pannier tour for the CTA's 40th Anniversary Tour from Albany to Perth.

With the last few brevet rides being submitted the current year's achievement ride series will soon be at an end. For 2013 we have already started scheduling rides for the new series, the first being the 50km AR on Sunday 24th February.

We are excited for the coming year and look forward to seeing you on some of our many rides. Travel safe and I look forward to seeing you on your bike.

Regards

Teresa



A group of CTA riders before a recent Sunday morning ride—the Canning Caper

IMPORTANT DATES

Dwellingup Full Pannier Tour

Labour Day Weekend
Sat 2—Mon 4 Mar 2013

Annual General Meeting

Sun 10 Mar 2013, 10:00am

Sustainable Tour/Easter 2013

Sat 23 Mar—Sun 7 Apr 2013

On Your Bike

Blackwood Meander

Sept 2013

40th Anniversary Tour

Sat 19 Apr—Sun 4 May 2014

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THE CHAIN LETTER

The Chain Letter is published by the Cycle Touring Association of WA (Inc) every two months.

We welcome articles and photos on:

- Rides you have done, in WA or elsewhere in Australia or the world
- Articles on bicycles, cycling gear, maintenance or safety
- News of members—whether related to rides or not
- Health, physiology, exercise programs or anything else related to the rider
- Riding tips or techniques
- Cycling trivia or quizzes
- Letters to the Editor
- Anything else!

The Editor will be grateful!! Copy and photos (at least 500kB in size please) should be sent to: editor@ctawa.asn.au

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Achievement Ride Successes 2012

According to our records, the following have succeeded in the Achievement Rides. If you consider you should be on the list or you are put down for the wrong award, please contact the AR Co-ordinator, Hilary Beck, at hilary_beck@iinet.net.au

CONGRATULATIONS TO ALL ON THEIR SUCCESSES

Merit	Rob Boggs	Challenge
John Faris	Mark Corbett	Tony Belcher
John Joyce	Christine Liddiard	Sandy Carlton
Teresa Liddiard	Paul Loring	Robert Dekker
Colin Pearce	Elisabeth Marshall	
Ann Wilson	Richard Marshall	Super Achiever
	Bruce Robinson	Wayne Bertram
Achiever	Mary Roglich	Stuart Crombie
Hilary Beck	Peter Treasure	Perry Raison
Bruce Beecham		Don Ward
Janice Bertram		

Achievement Rides 2013

Photo Credits

DEADLINES: Contributions for the next issue (Mar/Apr) should be sent to the Editor (editor@ctawa.asn.au) no later **6 February 2013**.

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.

Sun 24 Feb 50K T1	Sat 20 Jul 160k T2	Photo credits in this issue include:
Sun 17 Mar 5000 in 4 T1	Sun 4 Aug 50K T2	
Sun 21 Apr 100k T1	Sat 24 Aug 200k	John Faris, Tony Humphreys, Doug Allen, Bruce Robinson, Sharon Veleff and Stephen White
Sat 4 May 160k T1	Sat 21 Sep 300k	
Sat 8 Jun 10000 in 8 T1	Sun 6 Oct 5000 in 4 T2	
Sat 29 Jun 100k T2	Sat 19 Oct 10000 in8 T2	
Sun 30 Jun 200K in 2	T1 = Take 1, T2 = Take 2	

Labour Day Weekend 2013—Dwellingup Full Pannier Tour

**Saturday, 2 March to
Monday, 4 March 2013**

Saturday 2 March: 51 km.

Meet at Mandurah Railway Station at 8.51am for an 9.15am start. After leaving the suburbs of Mandurah we will ride on quiet back roads to North Dandalup for a coffee break and buy our lunch to be enjoyed at the South Dandalup Dam. It is then only a short ride to the Dwellingup Chalet and Caravan Park where we will be for the next two nights.

Sunday 3 March:

Today you can do as little or as much as you like. Some options are: A 20km round trip for a swim at Lane Pool Reserve, or a bit further to Nanga Mill; walk the Bibbulmun Track; call into the Forest Heritage Centre; visit a winery; or just relax with a book and coffee in town.

Monday 4 March: 51 km.

We will be returning to Mandurah via a different route with a spectacular down hill to make up for the climb on Saturday. The early lunch stop will be at the famous Pinjarra Bakery. Again the ride takes us on flat back roads to Mandurah where we can have a group hug then catch the train home for a hug from the family.

I will supply you with route directions when we meet at Mandurah. The tent sites will be \$25 / person for the two nights, paid on arrival at the caravan park. For those that will be cooking for themselves, there is a camp kitchen available, or the pub in town has good counter meals. The general store in town has a good range of food available for purchase to reduce the need to bring too much with you on the bike. Don't forget your bathers if you want to have a swim on Sunday.

For those people that do not wish to tent, i.e. Towel and Undies tourists, you will need to book yourselves with the caravan park direct. Being a long weekend a lot of the accommodation has already been booked so you will need to book early to obtain accommodation. The contact details are: Dwellingup Chalet and Caravan Park, phone no. 9538 1157. Accommodation available: cabins and bush walkers rooms. Another option would be to book with the Dwellingup Hotel on 9538 1000.

"PLEASE NOTE" Tent sites are also limited, so it is imperative that you confirm your interest in going on the tour with me as soon as possible, so that I can reserve your tent site.

Leader: Kleber Claux 9354 7877
kleberc@bigpond.com

Two Week Pannier Tour and Easter 2013

Sat 23 Mar to Sun 7 April 2013

Thought about going on a full pannier tour or think it's time you did again, then 2 weeks of cycle touring in the south west of Western Australia could be just what you have been looking for. Join us as we combine an enjoyable weekend for Easter in the beautiful and scenic town of Nannup then add in a pannier tour either before or after, or even both if you have 2 weeks, and you have the perfect combination for the CTA's 2013 sustainable tour. This tour combines the opportunity to stay in one location for 4 nights to explore the surrounding countryside of Nannup and also to experience the enjoyment of full pannier touring to and from Perth.

On Saturday, 23 March, we will meet at the Bullcreek Train Station before heading south on the freeway cycle path to Mandurah for our first night. If you are unable to join us for the full week there is an option to stay with us on Saturday night before returning to Perth again the next day. From Mandurah we will head to Lake Clifton and then on to Bunbury. After a rest day in Bunbury we will travel east through the Ferguson Valley. This night we will be

staying overnight in Kirup before joining the Easter weekenders in Nannup on Thursday 28th March. Accommodation along the way will be camping so you will need to bring tent, sleeping bag, etc.

For Easter we will be staying at The Loose Goose Chalets in Nannup, which provides the opportunity to upgrade to indoor accommodation for 4 nights or to continue tenting if preferred. As we will be spending Easter in one location rides each day will be to different locations in the Nannup area and hence there will be no need to carry your gear as you will return to base each night. Catering for the weekend is available if required.

After Easter we will return to Perth via an inland route. Our first night out from Nannup on Monday the 1st April is a special treat staying with locals from Bridgetown. After Bridgetown we will cycle to Boyup Brook, then on to Lake Towerrinning and Darkan. Accommodation will again be camping with the exception of the last 2 nights where alternate hotel accommodation is available. From Darkan our next stop is at the Ye Olde

Quindanning Inne, Quindanning. For our last night we will be stopping in Dwellingup before returning to Perth on Sunday the 7th April via the Mandurah Train Station, where you can either train home or if keen cycle back to Perth.

There are 5 options being provided.

- 1: Weekend to Mandurah.
- 2: Pannier tour from Perth to Nannup.
- 3: Easter at The Loose Goose Chalets, Nannup.
- 4: Pannier tour from Nannup or Bridgetown back to Perth via an inland route.
- 5: Full tour, 2 weeks pannier touring from Perth to Nannup return.

For the full pannier section of the tour we will be moving each day as we cycle through some of the best areas the south-west has to offer. Some of the rides will be hilly and others reasonably long so start training now and arrange your leave for what promises to be a great tour. A brochure and the registration form will be published on the CTA website over Christmas. Any enquiries please contact Teresa by email: teresa.liddiard@gmail.com or mobile: 0421 089 443.

OPENING THE LID ON LAOS

By Stephen White

Remote, obscure, poor, nestled between countries where civil unrest is common, Laos is not somewhere I expected to be in 2012. Nevertheless, almost two weeks of cycling, sampling a culture I knew nearly nothing about, have been a highlight to write home about.

From 26 October to 10 November, Sarah Cutts and I joined a Redspokes tour from Chiang Rai, in northern Thailand, and into northern Laos. To the north lie Burma and China, to the east Vietnam, and far to the south is Cambodia. Landlocked Laos lies at the heart of southeast Asia, and is still emerging from decades of relative isolation. As it emerges, an economically poor but culturally rich and varied land, steeped in Buddhism, is being revealed to the world. It was into this atmosphere that we ventured, anticipating a challenging tour that eventually offered so much more.

For me, the first day was a much-needed shake down. Coming straight from a hectic office, barely prepared for the trip, via last-minute airport hassles, everything seemed to be happening in a blur. But accompanied by Dermot from Redspokes, Ken, our Laotian guide, several other local helpers, and Alan Bate (round the world cyclist), our group of 14 were underway.

Within hours I had a broken spoke, but there was no time to make a proper repair as the others vanished in the dust ahead. By evening we were at the border town of Chiang Khong, and the next day, bikes plus cyclists were crammed onto a narrow boat to cross the renowned Mekong River into Laos. We had an hour queuing for visas and changing money, then a short amble along the road to meet a 'slow boat', which took us through increasingly hilly scenery to Pak Beng.

Fresh highlights came daily. But, rather than try to give a blow-by-blow description of the route, here are a few impressions that helped make it such an excellent tour.

From Pak Beng, the route over the next



Towering limestone peaks on the road between Luang Prabang and Vientiane

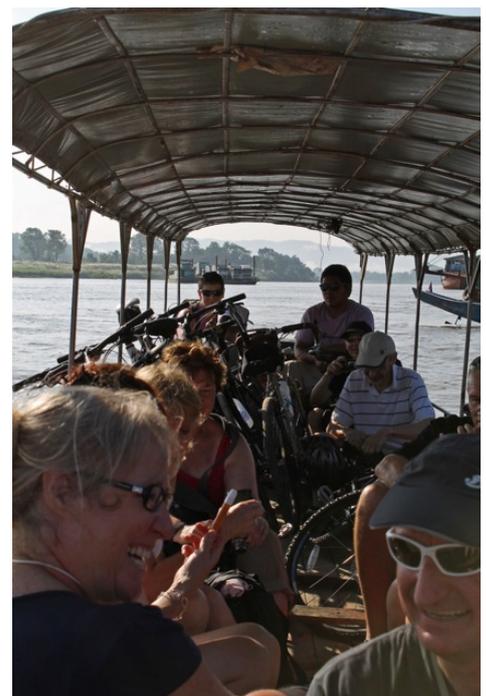
four days took us north via Ben Nalay to Udom Xie, then east to Pak Mong, before turning south to the rest day in Laos' second main centre, Luang Prabang.

A great advantage of travelling with Redspokes in Laos is that, after 10 years of tours, they've formed close relationships with some of the villages. Our second night in Laos, north of Pak Beng, the overnight stop was an experience I doubt would have been possible travelling independently. At the village of Ben Nalay, we were offered cool drinks before taking a towel to the river to wash off the sweat of the day. Sharing the river with locals, also there to wash themselves or their clothes, was surreal. Refreshed we plodded back to the village and were invited to the village hall for a ceremony where we sat in a circle around a totemic decoration while the local shaman bestowed on us wishes for health and a happy future. Lubricated by generous swigs of the local firewater known as Lao-Lao, the village elders then tied dozens of cotton strings around our wrists to bestow good luck for the journey ahead. There were gifts of locally woven scarves, and finally we went outside to an open-air dinner, followed by dancing in Lao style.

As the evening drew to a close, we were introduced to the families who would host us until the morning. Here we were, barely out of the skins of our normal Western

lives, being given shelter in the bamboo home of a villager in rural northern Laos. But I've rarely slept better, and woke early to the sound of cockerels in the creeping dawn light. Washing with water from a bowl in the family's simple balcony wash area, I suddenly felt very at home. Breakfast of sticky rice, omelette and sautéed, leafy, green vegetables was, a challenge of communication, until one of our guides dropped in to translate our thanks and

Continued on page 5



Bikes and cyclists packed into a narrow boat, crossing the Mekong to Laos

Continued from page 4

respects. Talking afterwards, everyone felt it had been a uniquely privileged experience. The strings stayed around our wrists, like a hippy-era lucky charm, for days afterwards.

Two days later the road conditions deteriorated. Most of the others were on hard-tail MTBs and had a better time of it, but on my tourer with 700 x 35C tyres, the latter section to Pak Mong was bone shattering. After an undulating climb that took us past lunch time, the long, almost 10 km descent during the afternoon strained my shoulders and concentration, with the constant need to swerve and brake as seal suddenly gave way to rubbly base course. But this was Laos at its most real, and a smooth road would only have meant that the landscape passed by far too quickly.

The rigours of the day were offset by a post-lunch visit to a school that Redspokes has helped to fund. We were greeted by children handing us small bouquets of flowers, then went into a classroom for short speeches, prizes awarded to 'best' pupils, and a first-hand insight into how a relatively small amount of money, well directed, can make such a difference to a poor community.

The way south from Pak Mong brought us to Luang Prabang and our rest day. Luang Prabang was also, surprisingly to me, our only day of real rain – a few hours in the early morning. The interlude was a chance

to fix a second broken spoke, straighten both rims, clean and oil the drive chain, and hire a rickety old bike to tour the town.

Although touristy, Luang Prabang is still a relaxed, friendly and welcoming place. The town is small, only a few streets across, and easy enough to get to know in a day. It hosts a World Heritage Site temple, and is sprinkled with vestiges of French colonial history, mostly in the form of croissants and cakes that nicely compliment Lao coffee. In the evening, we hung out on the bank of the Mekong River, sipping Beerlao while the sun set, then explored the night market and found a stall from which to choose both familiar and exotic foods for dinner.

After the rest day came two days that the group found the most challenging, and reminded me somewhat of CTA achievement rides. On the first day out of Luang Prabang, we initially climbed for 11 km, descended for about 8 km, then climbed steadily for 24 km to our highest point of the trip at nearly 1500 m. Although the gradient was generally modest (typically 5–7%), the climbs were unrelenting. Much of the following morning was a succession of ups and downs, varying in length from 5 km to nearly 11 km, before a stunning afternoon descent that brought us almost to the lowlands.

The effort was more than made up for, however, by the chance to visit another

school that Redspokes has also helped fund, gain an intimate peek into the world of the Hmong hill tribes, and soak up scenery that grew with every passing kilometre, until we were surrounded by vistas like those on the cover of a glossy travel brochure: we had entered the realm of towering limestone peaks that characterise this part of the world. Although difficult to capture on camera, much of the rest of the way to Vientiane was punctuated by frequent photo stops.

The penultimate day offered a choice: a 105 km ride on reportedly broken road, or a 25 km ride plus boat trip on the Na Nam dam, a flooded river system from which they are now, belatedly, harvesting the forest in an impressive underwater logging operation. For nine of us, the boat trip and a chance for a swim at an isolated island, was too tempting. The five who committed to the ride that day arrived in the late afternoon to find us lazing about in a pool with beer in hand and an idyllic view over a lake studded with islands, and they were quick to join us.

The final stretch into Vientiane was marked by heat and humidity that very nearly got the better of a few of our group. It was only the fact of cycling, creating a flow of air that just kept the heat under control, that made it tolerable. Entering the city, we stopped at the COPE (Cooperative Orthotic and Prosthetic Enterprise) centre for a brief tour of this remarkable organisation that faces the huge task of trying to repair the lives of people maimed when they trigger unexploded bombs that litter the eastern and southern parts of the country. It's estimated that, at the current rate of clearance, this deadly legacy of the 'secret war' that Laos was drawn into during the Vietnam War will take 800 years to put right.

We couldn't stay long, however. The pull of a shower, an air-conditioned room, and a cool drink was too strong. With traffic flowing either side of us, we wove our way to our last hotel of the trip. With a little determination, and help from an English-speaking local, mysterious Laos is not nearly as obscure as I imagined it to be.



The author pauses to add electrolyte to the drink bottle

OYB 2013—Blackwood Meander

On Your Bike for 2013 is called the "Blackwood Meander 2013 Tour". We will travel within the Blackwood River catchment from one of its sources in the wheat-belt to the ocean at Augusta, we will aim to cross the Blackwood River or one of its tributaries at least once every day.

The tour dates will be finalised in the New Year but are likely to be in late September keeping out of school holidays.

Saturday - travel to Dumbleyung and then ride to Wagin 48km passing by Lake Dumbleyung.

Sunday - leaving Wagin we ride to Moodiarrup 69km crossing over the Arthur River.

Monday - leave Moodiarrup to ride to Boyup Brook 62km, encountering the Blackwood River for the first time.

Tuesday - we leave Boyup Brook and ride to Bridgetown 52km.

Wednesday - it's a rest day, to explore Bridgetown: lots of bakeries, cafes, cidery or go for a paddle in the Blackwood River.

Thursday - enjoy a scenic ride to Balingup with panoramic views 48km.

Friday - from Balingup, we follow the Blackwood River most of the day to Nanup 42km.

Saturday - today we will cross the Blackwood three times prior to arriving in Augusta ready for the concert night 96km.

Sunday - pack-up and head back home to Perth or up the catchment some where.

Total Distance about 420km. In theory its all down hill. - "trust me" :) (This is the guy that lead Surfing the Scarp in 2005 and Southern Peaks in 1999). Leader: Tony 0408955908 or oyb@ctawa.asn.au

Fund Raising for Cancer Not Conquered in 2012

Frances Kirchner writes:

I was a participant in the recent 200km Conquer Cancer ride and was nearing the 20km mark on the first day when an impatient driver tried to dart through the crowd of cyclists. I had no time to brake and unclip myself from my pedal and had to make a split decision as to whether to hit the car or take a fall. I went for the fall and twisted everything on the way down. I immediately clutched my leg and said its broken...

My fellow cyclists were awesome. Two blokes carried me off the road while another stopped the car and got their details. Two St John vollies then rode in on their bikes. The little green whistle was offered to me but i refused thinking I would still get on my bike and ride (ha!). By this stage my ankle had swollen to the size of a watermelon, so my original instinct that my leg was broken had changed focussed and we all thought I just had a bad sprain.

A sweep car drove past and picked me up and took me to the first pit stop where another set of St John vollies bandaged me up. The St John area manager convinced me not too ride on as I would like to do permanent damage, so I rang my brother and got him to come and pick me up and take me to the hospital.

I couldn't walk at all, the pain was abso-

lutely agonising. I should have accepted the little green whistle!! Sometimes I'm too stubborn for my own good.

At the hospital I had the obligatory long wait in the ED before finally getting xray'd and told that I had a spiral fracture of the fibula. So much for just a bad sprain. The Doc plastered me up in a half cast (to allow for swelling) and I then returned the following Monday to get a full cast put on.

Anyway, there we go. I miss cycling terribly and am counting down the days until

the cast comes off and I can get back on the bike (and head along to some CTA rides!)

Ed: To find Frances' team for next year go to pr13.conquercancer.org.au/ and either search for Frances (and follow the link to the team) or search for the team 'Take 2: Action'. Frances says she would love for people to join the team but if they are not available that weekend or don't feel that its the right challenge for them, then a donation would be much appreciated.



The Before and After Shots

Lift out Rides Calendar page for January/February 2013

Ride Guidelines

All riders are responsible for showing up with a well-maintained bike. You must 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: info@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.

John's Shakeout Christmas and New Years Ride

Sunday, January 6, 2013 - 7:00am

45 kms, moderate, flat (except the very end!) Meet at 7:00am for a 7:15 start at Zamia Cafe in May Drive, Kings Park.

We will follow the river east through Maylands and then back to Kings Park via Burswood, South Perth and Mounts Bay Road. If 'necessary', we can have a coffee stop along the way, otherwise a relaxing brew at the Zamia Cafe upon return. See <http://www.mapmyride.com/routes/view/143078691>

Leader: John Gummer 0429 829 051 or jjgummer@iinet.net.au

Swan River Twilight Cruise

Saturday, January 12, 2013 - 4:45pm

NOTE THIS IS AN EVENING RIDE

45 km, Leisurely. Meet 4:45pm for a 5:00pm start at East Perth Railway Station (South Eastern Corner).

Make sure you bring your bikes (not boats) for a cruisy pedal (not paddle) around the Swan River. We will follow the northern side of the river upstream to Guildford, then cross back to the southern side, heading back to South Perth for an evening meal. There will be a choice of pizzas, kebabs or cafes and ice creams etc. Otherwise, you could bring your own meal and eat on the foreshore. The last part of our journey will be heading back to East

Perth. This ride is mainly on bike paths. Good front and back lights are required.

Leaders: Wayne & Janice Bertram 0438 375 558 or wandjbertram@bigpond.com

Take Me to the Skies Above

Sunday, January 20, 2013 - 8:00am

50-70km (depending on weather), Moderate, Flat. Meet at Thornlie Railway Station at 8:00am for an 8:15 start.

Get the year off to a flying start with Rob as we cycle to the Jandakot Airport observation area, then the new observation area at Perth Airport, followed by coffee before returning to Guildford

Leader: Rob 0411 048 183

Hillary's Hike

Sunday, January 27, 2013, 8.00am

35 km, Moderate. Meet at the Greenwood Railway Station at 8.00am for an 8.15am sharp start.

We will meander north and east via Lake Goollelal, Yellagonga Park and check out some interesting parts of Joondalup before heading to the coast at Burns Beach. We will then cruise south along the coast taking in the sparkling waters of the Indian Ocean before stopping at Hillarys Boat Harbour for a well deserved cuppa and cake before heading back a short distance to Greenwood Railway Station.

Leader Roy 0410 008 793
roy_stone_au@yahoo.com.au

Inaugural Tweed Run

Sunday, February 3, 2013 - 7:45am

45km, leisurely, flat. 7:45am for an 8am start at Maylands Railway Station.

Polish your shoes and smarten up for the first ever CTA Tweed Run! This genteel ride, which celebrated style over speed and elegance over exertion, will meander to Guildford before returning via Tranby House for morning tea. If you would prefer a shorter ride, let me know and we can arrange a meeting point (a lap of the Tranby House car park is perfectly fine). There will be prizes for the best dressed lady and gentleman.

Leader: Sarah 94438095 or sar-cutts@iinet.net.au

Clamber to Kalamunda

Sunday, February 10, 2013 - 8:00am

60 km, Moderate, hilly. Meet at Midland Railway Station at 8:00am for an 8:30am start.

A reverse loop hills ride, through the Helena Valley and up Kalamunda Road just so that we can go down Mundaring Weir Road and then Glen Isla Road to coffee at the Rose Heritage Café on Masonmill Road, then another screamer down Welshpool Road, and back to Midland. Leader: Stuart 0409882931

Southern Suburbs Loop

Sunday, February 17, 2013 - 7:45am

70km Moderate, 7:45am for a 8:00am

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start.

Meet at The Raffles, near the Canning Bridge, Applecross. We will cycle through semi rural areas, out to the coast, then up to Fremantle for coffee and cake, before returning to the Raffles.

Leader: Mark C 0410 763502

**50km Achievement Ride
Sunday, February 24, 2013 - 7:30am**

Moderate: 20 - 25 km/h

50km Moderate, 7:30am for an 8:00am sharp start.

Meet at the corner of Chittering Road and Great Northern Highway in Bullsbrook 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.

Contact: Hilary 0405 427 246 or hilary_beck@inet.net.au

For all the Achievement Rides this year, see the bottom of page 2.

**Labour Day Long Weekend
Saturday, March 2 to
Monday, March 4, 2013**

Here is an opportunity to do a full or a

“towel and undies” tour on the Labour Day Long Weekend.

There will be a mixture of flat and hilly terrain to and from Dwellingup with a cooling swim on Sunday.

For further details see page 9.

Leader: Kleber Claux

**Annual General Meeting
Sunday, March 10, 2013 - 10:00am**

Notice is given of the Annual General Meeting of the Cycle Touring Association of WA (Inc) to be held at Loftus Community Centre, Leederville, 10 March 2013 at 10:00am.

CTA Social Corner

The final CTA Social Event of the year was held on Sunday 16 December. Nearly 30 members gathered at the Tradewinds Ho-

tel in East Fremantle for a long lunch organised by our social events co-ordinator Lucia Britto. Much chin wagging and gen-

eral socialising was had by all in a superb way to finish the year. Many thanks to Lucia for organising the event.



CTA Members enjoying the Long Lunch at the Tradewinds Hotel

CTA 40th Anniversary Tour 2014

The CTA is celebrating its 40th birthday in 2014, so come join the party on a 16 day cycle trek from Albany to Perth from Saturday, April 19th to Sunday, May 4th 2014.

This will be a full pannier, unsupported tour, i.e. tents, sleeping bags, etc, with some YHA/hotel accommodation thrown in for good measure. As with the 30th

Anniversary Tour it is proposed to offer the first or second week for those who are unable to be with us for the full 16 days. The first week of the tour will fall on the last full week of the school holidays, allowing the educated ones to come along.

The route will take in most of the best scenery travelled on other CTA and On Your Bike tours via quiet country roads

where possible. So book your holidays, get your touring gear together and save your money, because this will be one hell of a tour! More news to follow in subsequent Chain Letters.

Organiser:
Teresa 0421 089443 or
teresa.liddiard@gmail.com

OYB 2012—Rounding the Capes

On Your Bike, OYB, is the premiere event in the CTA Ride Calendar each year. For those unfamiliar with OYB, it is a week long, fully catered and supported tour with participants staying in tents on grounds such as caravan parks or sports ovals. If the start or finish is outside Perth, there is a bus and bike truck to or from the start. A luggage truck carries personal baggage between camping sites. Signs are strategically placed at most turns and riders carry their tour booklet with maps and daily directions. A van with morning tea drinks and a bike mechanic provide support along the route each day.

The 2012 OYB tour rounded the capes in the south west of WA in late October—early November cycling from Capel in the north to Cape Leeuwin in the south then including Cape Naturaliste before returning along the coast back to Capel.

The last two years' OYBs have continued in one direction, while this year saw a circular route format. While the two types of tours have their own pros and cons, the overwhelming view is that OYB is always a great experience, whichever format is used.

OYB 2012 was fairly short with a total distance of only 412km. There were many tourist opportunities with riders enjoying visits to wineries, caves, beaches, cafes,

nougat and chocolate shops and a great deal more with just a few extra kms here and there.

The tour started with a bus ride from Armadale although a number drove to Capel. Many thanks to Robert Tognela (or Togs – co-leader of the Sustainable tour in 2011 based in Busselton) for arranging a secured paddock a few kilometres out of Capel for parking. Although the gauntlet was laid down, no-one rode the 182 km from Perth to Capel.

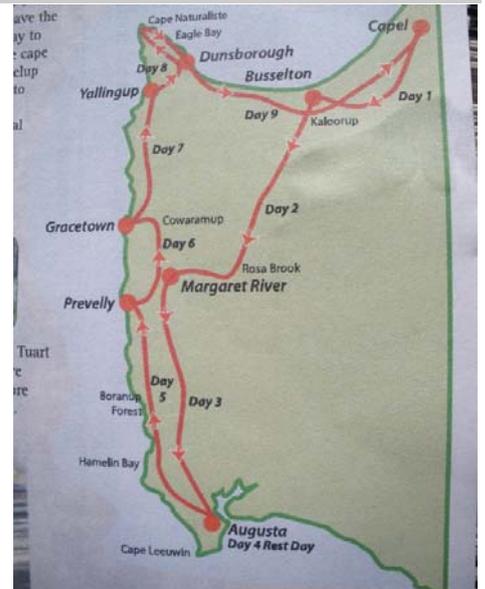
The majority on tour had been on at least one OYB before and many had been on several. So there were welcoming hugs and smiles at Capel. It felt like a wonderful reunion with friends ready to catch up and chat through the week's holiday. The 32 riders new to OYB and 16 new to CTA were also welcomed and easily made friends as they followed the simple format and schedule. Many will be back as an annual event.

After lunch and a lovely short welcome by the tour leader Terry Bailey, everyone was glad to be on their bike and delighted in the country roads passing green paddocks in a good season. The chatting continued as there was no rush to ride the 49km to Busselton. One rider put it as "There was that wonderful feeling of being back on tour, doing what we love".

Tents were soon pitched on an oval or in amongst trees at Bovell Park and dinner was served at the Busselton Football Club next door. On a run into Busselton, some members also ran into Joani Hoult, the other co-leader of the 2011 Sustainable Tour.

OYB is run on behalf of the CTA by its own committee. Much of their time is spent trouble shooting problems and their first major problem arrived on the first day. One of the truck tyres was faulty and caused problems at anything more than 70km/h.

So the next day, Terry Bailey (Tour Leader 2012) and Tony Humphreys (long time OYB Committee member and Tour Leader 2013) had to return to the rental company



north of Capel to get a new truck. Together they had to transfer all the luggage between the trucks by themselves. At least they were able to back the two trucks together and transfer directly from one truck to the other—but even so it took then over an hour of heavy labour to complete the task.

While Terry and Tony dealt with the truck, everybody else headed south the 64km to the township of Margaret River. The route went well east of the Bussell Highway before crossing the Whicher Range to reach the township of Rosa Brook then westwards again to reach the Margaret River Football Club.

Monday morning, day 3, most riders enjoyed the peace and tranquillity of the ride from Margaret River 61km down to Augusta. Just south of Augusta was the second cape of the tour, Cape Leeuwin, which is the boundary between the Southern and Indian Oceans.

One of the OYB legends, Kleber Claux had a malfunction trying to change gear going up one of the hills and the chain fell off. He was unable to unclip from the pedals in time and crashed onto the road. Ann and Bruce, just ahead of him at the time, heard a thud and thought the worst when they looked behind to see Kleber lying on the roadside. They thought he had had another heart attack. Kleber's main con-

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Tour Leader, Terry Bailey

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cern was that he had landed on the knee he had replaced only a few months back. Luckily, he was not too hurt with only a few slight gashes that were patched up without too much fuss.

The day was also notable for 3.5km of gravel as the route passed along the western edge of the Wiltshire-Butler National Park. Morning tea was at the Warner Glen Bridge over the Blackwood River. Most people were able to get to Augusta and under shelter before the rain started. Others weren't so lucky and so once reaching town the cafes saw a flurry of cyclists requiring hot food and drinks to warm up.

The Blackwood River is the largest river system in the south of the state with a total length of almost 300 km. The river flows through the familiar OYB haunts of Boyup Brook, Bridgetown and Nannup on its south westerly journey to the Southern Ocean at Augusta.

Day 4 was to be a rest day, so there were two nights at the Turner Caravan Park, a lovely place nestled on the inlet. As with a number of the locations on tour, food, accommodation and showers were separated, in this case meals were at Centennial Hall at the top of the hill just over a kilometre from the campsite.

As Augusta is a tourist town, there were plenty of activities for the rest day.

One of the major activities was a cruise on

the river boat, the Miss Flinders. There are normally three trips each week, but OYB nearly filled the boat twice on the one day. The cruise includes the tidal flats of Hardy Inlet (5km wide) and Malloy Island a little further upstream. The river is home to large numbers of black swans and a common haven for more than 30 species of birds including stilts, ibis, herons, spoonbills, pelicans, cormorants, darters, musk ducks, greenshanks, sandpipers, oyster catchers, sea eagles and many others.

The Captain, Graeme, was extremely knowledgeable pointing out the sights and the birds. Barb and Gus King had brought binoculars and their bird books and when there was any difficulty identifying a particular bird, they were able to help.

Many people also rode the 8 km to the historic Cape Leeuwin Lighthouse, situated at the tip of the peninsula. The landmark is one of the most popular and spectacular tourist attractions in the area. Cape Leeuwin Lighthouse opened in 1896 and it still serves as one of the world's most important navigational and weather facilities. There are very good reports of the excellent fare at the cafe near the lighthouse.

But for relaxation, the prize goes to Graham Jenzen who booked massages for his wife Liz, Maureen Gardner and Shirleen Eldrid to supplement their rest.

The last day of October, day 5 on the tour, took the 66km from Augusta to Prevelly via Hamelin Bay for morning tea. It was Halloween's Day and morning tea was true to this theme. To get a piece of fruit, one had to avoid some large 8 legged invadeers in the fruit box. For a choice of sweets, one could choose between eye balls or skulls. And for those who wanted to revert to childhood, the lollipops were shaped as dummies.

It had been a lovely downhill from Caves Road into Hamelin Bay and people were not looking forward to climbing back up to Caves Road, but the route through the beautiful Boranup Forest made it all worthwhile.

The night was spent at the Prevelly Park Beach Resort caravan park in the middle of the area devastated by bushfires in late 2011. Next door to the park is the award winning Sea Gardens Café. A marquee had been set up and unlike two years ago at Cheynes Beach, it had turned up on the correct day.

Prevelly to Gracetown was only 35km, the official route zigzagging along the back roads to Cowaramup Bay Road. However, almost everybody avoided the albeit relatively little traffic and went instead along the "Rails to Trails" on the segment from Margaret River to Cowaramup. This picturesque off road trail follows the now disused Busselton to Augusta railway route and has very gentle grades and some quaint little timber bridges.

The camp for the night was at the Gracetown oval and hall. Unfortunately, there is no scheme water supply in Gracetown so the nearest available showers were back up the hill at the Gracetown Caravan Park, about 4.5 km out of town. One pair, Annie Sullivan and Clive McIntyre showed they had considered this before getting to Gracetown. They had carried their change of clothes for the day, showered on the way in, and appeared at the campsite already spick and span and ready for the evening.

Day 7 was another short day of only 39km, continuing north paralleling Caves Road to the town of Yallingup. There was a



Morning tea at the northern end of the Rail Trail

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thunderstorm with heavy rain just as people were pulling down tents and getting ready to leave, but the rest of the day was relatively fine.

The route passed 18 wineries, Margaret River Nougat, the Margaret River Chocolate Company (with both a winery and Providore), the Bootleg Brewery, the Natural Olive Oil and the Soap Factory. Many of these also have cafes so there was no excuse for going hungry on this day even though there was no morning tea stop. Special thanks went to Sue Piesse who was driving the minibus that day and who just kept appearing when she was most needed to pick up bottles of wine and other products purchased by participants and taking it on to Yallingup.

The coastal route was noteworthy for the whale spotting. Although some missed out, the majority saw at least one whale. Bruce Beecham, Kleber Claux and Grant Gregory (very long time CTA member but on his first OYB) got the prize by riding down to Canal Rocks a few km south of Yallingup and seeing three whales only 200m off shore. However, we are told that they paid for the sighting by having to ride back up the hill that leads to these rocks. Leanne Robb and her husband Bill did it much more easily seeing whales breach only 100 metres offshore at Yallingup beach.

The tiny café opposite the campsite was noteworthy for its lentil and sesame seed

burger and general feeling of good food from a hippie era.

The second to last day had to be the longest way to do the shortest straight line distance on any OYB tour. 9km directly from Yallingup to Dunsborough was stretched out to just over 42km. This was achieved by a long loop out to the Cape Naturaliste lighthouse (and Cape number three) followed by a meander through Eagle Bay and Meelup Beach on the way to Dunsborough. Accommodation was at the Dunsborough Country Club, with tents pitched on the croquet lawn.

There was no chance to go to bed early as the last night was the traditional OYB Concert night. However, music had been a feature of the tour long before the concert. Rowena Scott and Robert Byrnes (from Brisbane) had both brought ukuleles and led jamming sessions most evenings. Chris Jones (from Carnavon) had also brought his, but left it in his car at Capel. No problem. In Margaret River he waited until the music shop opened Monday morning and bought a little blue uke. Riding out of town with rain clouds about, it was perfect to see Robert Tognela in the truck picking up signs. Safe delivery to Augusta was solved. Rosalee McAuliffe was also delighted. She has recently retired and had been inspired to learn to play. So she bought the new ukulele and kindly allowed CJ to use it the rest of the week.

The concert was organised by Jacqueline

Billington and started with a sing-along led by the ukulele trio. This was followed by a magician. Next came a monologue 'Young Albert' performed by Jacqueline. Noel Eddington made a huge hit with his stand up comedian routine. The evening was then rounded off with Sue Piesse whose piano playing skills came to the fore for more sing-alongs.

The end of the tour dawned with the weather closing in for the ride back to Capel. And indeed the heavens opened up as everybody was leaving. A few people had good rain gear, but the majority were saturated by the time they reached Capel some 58km away.

Comments from those who went on OYB have been very positive. Elizabeth Evans had been new to OYB last year and returned this year with husband Peter for his first OYB. He summed up the thoughts of many of the first timers saying it was well organised and he had a fantastic time. He thought we were a great bunch of people and he is keen to do it again. A number of the new members have already indicated they will be continuing their CTA membership.

And those on tour rounded it off with the traditional reunion dinner in Perth a few weeks later.

Our thanks go to Terry Bailey (Tour Leader), Ann Wilson (Administrator), Tony Humphreys, Sue Piesse, Noel Eddington and Robert Tognela of the OYB Committee for yet another fabulous tour.



Day 8 with Cape Naturaliste Lighthouse in the background



Sue Piesse tinkling on the ivories at the Concert Sing-along

CTA CLOTHING

Please contact us if:

Your contact information changes (so we can keep our database up to date.) Email: members@ctawa.asn.au

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.

Contact: clothing@ctawa.asn.au



CTA Trangia

SAFETY ISSUES

If you have safety issues — email info@ctawa.asn.au All riders are encouraged to report path and road hazards observed during their rides. You should email 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 (with a copy to info@ctawa.asn.au).

You may also make hazard reports at www.transport.wa.gov.au/cycling/2345.asp.

Green Senator Scott Ludham has sponsored an iPhone app, Bike Blackspot, for reporting bike hazards in Perth. It appears to be a useful easy to use reporting tool. Information goes to both the Minister of Transport and the Greens. The CTA does not support any political party or Senator Ludham in particular.



CTA Clothing

The CTA is holding the following stock:

New design CTA jerseys (\$85 short sleeve, \$95 long sleeve):

Short Sleeve Unisex: M, L, 2XL

Short Sleeve Womens: 10, 14,

Long Sleeve Unisex: XS, S, M, L, XL, 2XL

Long Sleeve Womens: 10, 14

Please note that the sizings for these Sprint Design jerseys are VERY small—most people need two sizes larger than their usual fitting.

The sizes above include a variety of shorter or longer backs, and shorter or longer zips. Any combination of back length, sleeve length or zip length can be ordered directly from the manufacture (12 week lead time). Our suggestion is that you first try on what we have in stock. To place an order, contact Sprint Design directly via their website at:

www.sprintdesign.com.au/cycling-clothing/cta.html

CTA bib knicks and knicks are also available by special order through Sprint Design.

CTA Orange Fluoro Shirts (sizing is very large)

Short sleeve unisex style only: sz 16, 18 & 22

CTA Socks

Red/yellow or new Orange/blue socks with CTA logo — \$10 a pair



Take-a-Look Mirrors

Unbeatable Take-a-Look mirrors. Attach to your glasses (and better than an eye in the back of your head) \$20 each

Adaptors available to attach mirror to your helmet instead \$4.50. Postage for up to 3 mirrors within WA \$2.60



Contact : Roy 9448 7160 (H) or email info@ctawa.asn.au for any enquiries or orders.

New Members

We give a big welcome to the following new members:

- | | |
|-----------------|-------------------|
| Jacob Allenman | Clive McIntyre |
| Ross Allen | John Monos |
| Gregory After | Mike Murtha |
| Terry Bouckaert | Dianne Pooley |
| Gary Brennan | Leith Roe |
| David Cowap | Richard Stockwell |
| Peter Evans | Annie Sullivan |
| Desmond Hannah | Peter White |

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**

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 Achievement Rides Co-Ordinator.

(See page 2 for contact details).

Background

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 km 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 km on a loaded touring bike. The longest ride in the series is 300 km on the basis that 150 km per day is the absolute maximum that could reasonably be attained fully loaded.

The Achievement Rides are usually run twice a year ("Take 1" and "Take 2"). "Take 1" rides are always run, although you still have to register at least one week beforehand. "Take 2" rides are not guaranteed but will be run if there is sufficient demand. "Take 2" Achievement Rides are scheduled for all except the 200km and 300km Achievement Rides.

If you miss a ride, then there is the opportunity to complete this ride by using a brevet—see later.

Upon successfully completing a ride you are entitled to a badge. Contact the Achievement Rides Co-Ordinator.

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.

The original Achievement Rides was the

Super Achiever Series with the Challenge Series in 1992. However, as the Challenge was just that, challenging, the Merit Series was added in 2004.

The Achiever Series is the most recent addition (2009) to fill the gap between the Merit and Challenge Series.

The different series are summarised in the table below:

Series	Rides
Merit	50, 100 km and 5 000 in 4
Achiever	50, 100 km, 5 000 in 4 plus any <i>one</i> of 160, 200 or 300 km or 10 000 in 8 or 100 km AR and a further 100 km the next day
Challenge	50, 100, 160, 200 km, and 10 000 in 8
Super Achiever	50, 100, 200, 300 km and 10 000 in 8

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

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

(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!)

Ride time limits

To be considered "successfully completed" a ride must be completed within the given

Ride (Normal)	Time Limit
50 km	3 hrs 20 mins
100 km	6 hrs 40 mins
Century (100 miles/160 km)	10 hrs 40 mins
200 km	13 hrs 30 mins
300 km	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

time limit.

The 100km on Day 2 of the 200km in 2 days must also be completed in 6hrs 40min.

Qualifying to start the 160, 200 and 300km ARs

Because of their length, difficulty and time taken to complete there are qualification criteria to be eligible to start the 3 longer Achievement Rides. See the following table.

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

Using brevets

If you are unable to attend one of the official CTA rides, then you can complete the ride using a CTA brevet card. Brevet cards and route descriptions are available from the AR Co-Ordinator. You need to contact them before attempting the ride.

Completed cards must be returned to the Rides Committee as soon as possible after the ride (within 2 weeks) and absolutely no later than 7 January 2013 for the 2012 year.

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 2013

The Achievement Rides for 2013 are listed on page 2.



Campsite at Gracetown on the recent Qn Your Bike Tour, Rounding the Capes

MEMBERSHIP DETAILS

CTA membership is from 1 January to 31 December. New members joining after 30 June may pay the half year membership price (1/2 of the prices shown below).

Renewal Adult membership	\$40.00
(If paid by 31 Jan)	\$35.00
New Adult membership	\$35.00
Full-time Students/Pensioners	\$23.00
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 organisation 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

