

THE CHAIN LETTER

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

March/April 2013

Issue 229

PRESIDENT'S REPORT

Join us at the AGM at the Loftus Community Centre in Leederville on Sunday 10th March at 10:00am and afterwards at Giardini's Restaurant, 135 Oxford St, Leederville for lunch at 1:30pm. There are two nominations for Honorary Life Membership. Nominations are called for the Cycle Tourist of the Year, plus voting is required for the best single day and best multi day ride in the last calendar year. Other awards presented on the day are newsletter article of the year and qualifiers for the achievement ride series including the Merit, Achiever, Challenge and the Super Achiever Series. Can you guess who has managed to exceed requirements for all of these series rides this year?

There are still vacancies for the Easter Weekend in Nannup plus all of the other options being offered for the Easter Nannup Roundup—see page 6—and the full brochure is available on the CTA website for your review. If you haven't already registered we hope you will, as we would

love to have you join us.

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

A topic which unfortunately needs to be raised on a regular basis is safety. With the increasing number of riders on the cycle paths in Perth, and in general, this is something we all need to remember. Commuting to work most days I am continually horrified by the crazy actions of other cyclists. One specific incident saw a walker almost taken out by 3 cyclists passing on a blind corner, who then encountered me as they came around the bend heading in the opposite direction. The pedestrian freaked out and it was a close call for us all. We can't be responsible for the actions of others but being aware and promoting good cycling practices is something we can all aspire to.

Since I have been back in the country for over a month, going on weekend rides is

starting to become part of my routine once again. It sure is nice to be back and to see everyone again. Even after 20 years of living and cycling in Perth I am constantly being introduced to new areas of our city by bicycle when I attend the club's weekend rides. The past month has provided me with amazing views of the Perth lights and reflections in the river from the cycle paths in East Perth, pizza on the South Perth foreshore, and the smartness of certain members on the recent Tweed Run. I'm already looking forward to next week's ride.

The new series of achievement rides are due to start for 2013 with the first 50km AR being held on Sunday 24th February.

Travel safe and I look forward to seeing you at the AGM and on your bike.

Regards

Teresa



The riders at the start of the Southern Suburbs loop in February

IMPORTANT DATES

Annual General Meeting

Sun 10 Mar 2013, 10:00am

Mandurah Weekend

Sat 23—Sun 24 March

Nannup Easter Roundup

Sat 23 Mar—Sun 7 Apr 2013

Foundation Day Long Weekend

Sat 1—Mon 3 June 2013

On Your Bike

Blackwood Meander

Sat 21—Sun 29 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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Get Well Soon

Two of our members have, unfortunately, suffered serious accidents in the past month.

Colin Prior (photo right) was at the Tour Down Under in Adelaide. On the last day, he was descending at about 70 kph and came off. See the article on page 11.

Rowena Scott was with the Tour Down Further lead by CTA member Terry Hannan riding Picton to Queenstown in the South Island of New Zealand. (See Issue 226, Sept/Oct 2012, of the Chain Letter). At the end of the first day she also came off down a hill fracturing a collar bone and collapsing a lung (a pneumothorax). Unfortunately there were treatment compli-



cations and she was transferred from Nelson to Wellington Hospital for surgery.

We understand both are recovering and we wish them well.

Achievement Rides 2013

Sun 17 Mar 5000 in 4 T1	Sun 4 Aug 50K T2
Sun 21 Apr 100k T1	Sat 24 Aug 200k
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 in 8 T2
Sun 30 Jun 200K in 2	T1 = Take 1, T2 = Take 2
Sat 20 Jul 160k T2	

Social Events

All at the Loftus Community Centre, Leederville
Sun 10 Mar—Annual General Meeting—10:00am
Wed 8 May—7:30pm
Wed 14 Aug—7:30pm
Wed 11 Dec—7:30pm

DEADLINES: Contributions for the next issue (May/June) should be sent to the Editor (editor@ctawa.asn.au) no later **6 April 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.

Annual General Meeting—Sunday 10 March 2013, 10:00 am

Loftus Community Centre, Loftus Street, Leederville.

Morning Tea at 10:00am, Meeting at 10:15am

AGENDA

CTA COMMITTEE

1. Welcome

2. Apologies

3. Confirmation of Minutes:

AGM (5 December 2011)

SGM (15 April 2012)

4. Reports:

President

Treasurer

Rides Coordinator

Achievement Rides

Social

Clothing

Website

Editor

2012 OYB

5. Awards

Achievement Ride Series

Newsletter Article of the Year

Single Day Ride of the Year

Multi Day Ride of the Year

Cycle Tourist of the Year

6. Election of Office Bearers for 2013

7. Changes to the Constitution:

- That Clause 9.2.1 is deleted and replaced with the following: "The Annual General Meeting shall be held within four months after the end of the Association's financial year. The time and place as the Committee may decide; the Secretary shall give at least fourteen (14) days notice to all members of the time and place of the meeting".
- That Clause 12.1 is deleted and replaced with the following: "No change can be made to the constitution except at an Annual General Meeting or a Special General Meeting convened for that purpose. All special resolutions shall require a three-fourths (3/4) majority of the voting members present at that meeting".
- That a new Section 5a is added as follows:
"Section 5a Financial Year.
The financial year for the association shall be 1 January to 31 December".

The Department of Commerce has recommended these further changes from those in April 2012 to make the constitution consistent with changes made to the Act since the original constitution was adopted.

8. General Business

Nominations for President, Vice President, Secretary, Treasurer and six (6) committee members for the positions of Rides Coordinator, Achievement Rides Coordinator, Social Coordinator, Editor, Webmaster, Clothing Coordinator can be received up to and on the day of the AGM. All nominations shall have a proposer and a seconder, and shall be announced at the AGM. Nominees, proposers and seconds must all be voting members of the CTA.

The following paragraphs describe the roles and responsibility for members of the CTA committee.

President:

Provides direction and leadership for the club and committee members. Has a vision of why the club exists and where it should be going. Communicates this vision to others.

Vice President:

Stands in for the CTA President in the President's absence. Assists the President and other committee members when needed. Helps to coordinate the committee and club functions. Acts as the club safety officer.

Secretary:

Attend meetings and take minutes of the meeting. Retain records of CTA committee meetings and send meeting reminders at least one week prior to meeting. Attend to any outgoing correspondence as required. Prepare documents for the AGM and ensure notice of meeting is sent to all members at least one month prior to the meeting.

Treasurer:

Keeps the financial books/electronic files up to date for the CTA, including a proper record of all payments and monies re-

ceived and the current cash at bank. Processes membership subscriptions and reports on the current membership numbers and new members monthly.

Rides Coordinator:

Prepares the CTA Rides Calendar for the year, including updating the rides list and calendar on the CTA website and prepares rides information for the bi-monthly newsletter. Organises ride leaders for all rides.

Achievement Rides Coordinator:

Works with the Rides Coordinator to schedule all achievement rides throughout the year. Arranges support for the achievement rides and maintains the list of all riders who meet criteria for the various AR series. Arranges badges and awards for the AGM.

Social Coordinator:

Responsible for organising the social events held by the CTA. The main events are the regular Social Nights held for members and the Annual General Meeting.

Webmaster:

Maintains the CTA website.

Editor:

Produces the distribution of the CTA's bi-monthly newsletter "The Chain Letter". Includes editing, publishing and arranging for the distribution.

Clothing:

Responsible for ensuring adequate supplies of CTA clothing are held on hand, are distributed to buyers in a timely manner and that adequate records of sales and money are maintained. Ensures all stock is stored in a secure manner and reports to the CTA committee (monthly) and AGM on stock and sales during the year.

CYCLE TOURIST OF THE YEAR

Nominations are called for the 2012 Cycle Tourist of the Year. The award is made by the CTA to the member who, in the opinion of the membership, has contributed the most to cycle touring and the CTA throughout the year. If you consider no member has suitably demonstrated the qualities required for this award, you may nominate "No Award". If the number of "No Award" nominations exceed the total number of member nominations, then no award is made that year.

Criteria for Cycle Tourist of the Year include:

Tour Achievement: The person has lead a significant cycle tour in WA, elsewhere in Australia or overseas, for the benefit of CTA members. in that goal. The tour may be a personal challenge but it must have been primarily for the benefit of other members.

Leadership: The person demonstrated an outstanding display of leadership, which provided direction to the CTA during the current, or previous year. This may have been a drive towards more touring, or social endeavours, or cycle education, or a membership drive, etc. Generally this would relate to CTA Presidents, but this is by no means a necessary condition.

Club Support: The person has consistently been there for the Club over a number of years. This award would be in recognition of their services in a Committee role, Ride Leader role, Ride Organiser role, Tour Leader role, and Public Relations/Social role over the current and/or previous years.

Innovation: The person may have introduced a radical change in thinking for the club membership in general, or altered the customary thinking of the role or proposed direction of the CTA. Innovative

ideas may have been the introduction of club uniform, or major improvements to newsletters or ride descriptions. The introduction of an Achievement/Challenge series, progressive dinners, evening social rides or other ideas which galvanise and focus the general club membership.

Notes. The Cycle Tourist of the Year is not a reward for completing all the Achievement or Challenge series, or having ridden a given number of kilometers etc., since these are personal goals which do not reflect the needs or involvements of the general membership. Someone may fit into one or more of the criteria. You may feel someone deserves it for other reasons.

Two nominations have been received and are detailed below. Other nominations are welcome or if you consider no-one is worthy of the award, vote for 'No Award'

CYCLE TOURISTS OF THE YEAR 1978—2011

1978	Nicole Harrison	1987	John Sherwood	1996	Ross Cussons	2004	Kleber Claux
1979	Wayne Lally	1988	Martin Bunny	1997	Janet Devrill	2005	Karen Date
1980	Neil Porteous	1989	Kleber Claux	1998	Tom Wall	2006	Noel Eddington
1981	Mark Bettell	1990	Arie Lemson	1999	Desama Bailey	2007	Colin Prior
1982	Dale Neill	1991	Brett Rutherford	2000	Ann Wilson	2008	Allan Duff & Deb Palacios
1983	John Martin	1992	Simon Koek	2001	Simon Koek		
1984	Ian Hore	1993	Mark Nilan	2001	Marion Affleck & Terry Bailey	2009	Jeremy Savage
1985	Bob Stockman	1994	Stan Wiechecki			2010	Sarah Cutts
1986	Ron Bowyer	1995	Peter Lundy	2003	Tony Humphreys	2011	John Faris

NOMINATIONS FOR CYCLE TOURIST OF THE YEAR 2012

We have received two nominations for Cycle Tourist of the Year—**Terry Bailey** and **Lucia Britto**

Terry Bailey has been nominated for his work on the OYB Committee over the last 4 years and as a very successful OYB Tour Leader for the last 3 years. Two others have lead 3 tours but he is the only one to have lead 3 consecutive tours. See also page 5 for further details.

Lucia Britto has been a member of the CTA since March 2003 and for the last 2

years has been on the committee as the club's social coordinator. In this role, Lucia has worked consistently to provide a variety of social events for the club. Last year this included: making bookings for meals as part of evening rides, planning and organising the catering for the progressive dinner in March and the Gals Night In in June, and arranging the Xmas in

July overnight stay at the Yanchep Inn where the event was also promoted to include the 'significant other' of members. Lucia also ensured that the regular social nights at the Loftus Centre covered various topics relating to cycle touring. She finished off the year by arranging the Christmas Long Table Lunch at the Tradewinds Hotel.

Nominations for Honorary Life Membership

Life Membership is the greatest accolade the Cycle Touring Association can bestow on any of its members. There are no specific guidelines on qualification for Life Membership, rather it is left to the judgement of the membership. According to the constitution, Honorary Life Members are those who “on the nomination of the Committee, the Annual General Meeting grants membership for the life”. However, appropriate nominees would be expected to have met a number of the criteria detailed on page 4 for the Cycle Tourist of the Year over an extended period of time. Currently the CTA has eight life members: Ron Bowyer, Kleber Claux, James Harwood, Wayne Lally, Aileen and John Martin, Dale Neill and Ann Wilson. Ann was the last person so honoured and this was in 2006. The Committee is proud to nominate two of our members for Honorary Life Membership at the 2013 AGM.

TERRY BAILEY

Terry Bailey has been an active member of the CTA since 1993. Terry was a joint recipient of the Cycle Tourist of the Year award in 2002 for his contribution as CTA Editor for six years.

- Member of the CTA Committee for 13 years since 1997 , as Editor, Secretary, President (2003–2004), Vice President and OYB Leader.
- Member of the OYB Committee since 2009 and OYB Tour Leader 2010, 2011 and 2012. (Others have lead three tours, but he is the only person to have lead three consecutive tours)
- Over many years, Terry has also lead numerous (and very interesting) CTA rides including weekends away.
- Terry has provided space in his garage for storage of the CTA trailer and other equipment for the past 12 years.
- Created and mapped the 5000 in 4 and has created the profiles for OYB for the past 14 years.

Terry is also nominated as Cycle Tourist of the Year for 2012



NOEL EDDINGTON

Noel Eddington has shown an on-going commitment to the CTA club which has spanned over 20 years. He has dedicated an enormous amount of time over this period. Highlights of his contributions include:

- Member of the CTA Committee for 8 years since 1989.
- Instigator of the “Sustainable Tour” series of tours which are now well attended by the membership and complement the On Your Bike tour.
- President for 3 years (2005 – 2007) tirelessly promoting the club. During this time, the CTA membership increased by approximately 100 members. He was Cycle Tourist of the Year in 2006 for this work.
- Leading countless day rides, weekend and other longer tours (including two Sustainable Tours) over the 20 year span
- Member of the On Your Bike Committee from 2011 to the present.



OTHER ANNUAL CTA AWARDS

Single & Multi Day Rides of the Year

These awards are an opportunity for you to nominate your favourite ride, weekend away or tour. Choose the ride you enjoyed the most – nice weather, many people, great atmosphere, interesting destination, good food, great company, achievement or fun? These awards allow you to show your appreciation and for the club to recognise and reward a ride organisers effort.

Two awards are given for Ride of the Year – one for a single day ride and the other for a multi day ride (weekend or tour).

(On Your Bike can not be nominated).

Achievement Ride Series

The Achievement Ride series are detailed on page 13 and summarized as follows:

- Merit Series – 50km, 100km & 5,000 in 4.
- Achiever Series – 50km, 100km, 5,000 in 4 plus a longer ride or the 200 in 2.
- Challenge Series – 50km, 100km, 160km, 200km & 10,000 in 8.
- Super Achiever Series – 50km, 100km, 200km, 300km & 10,000 in 8.

Chain Letter Article of the Year

This award is chosen by the Editor of the Chain Letter and recognizes the best article submitted during the year.

NANNUP EASTER ROUNDUP

Saturday 23rd March to Sunday 7th 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 with the option of a pannier tour there and back if you have two weeks. This is south west WA at its best.

On Saturday, 23rd March, we will meet at the Bullcreek Train Station before heading south on the freeway cycle path to Mandurah for our first night. (There is an option to do the Mandurah weekend only). From Mandurah we head to Bunbury where we have a rest day. We carry on east through the Ferguson Valley, overnight in Kirup and then join the Easter weekenders in Nannup on Thursday 28th March. We will be camping along the ways so you will need to bring tent, sleeping bag, etc.

For Easter we will be staying at The Loose Goose Chalets in Nannup or continuing tenting if preferred. Rides over Easter are all out and returns. Catering for the weekend is also available if required.

After Easter we return to Perth via an inland route. On Monday 1st April we have a special treat staying with locals from Bridgetown. The route home from there is via Boyup Brook, Darkan, Quindanning, Dwellingup and Mandurah (with the op-

tion of the train home from here). Accommodation will again be camping although hotel accommodation is also available in Quindanning as an option.

The options are:

- Option 1** Sat 23 March Mandurah Weekend Camping only \$10
- Option 2** Sat 23 – Wed 27 March Touring Perth to Nannup Camping only \$75
- Option 3A** Thurs 28 – Sun 31 March Easter Weekend – Arrive Nannup Thurs PM Chalet & meals \$310
- Option 3B** Fri 29 – Sun 31 March Easter Weekend – Arrive Nannup Friday AM Chalet & meals \$240
- Option 4A** Mon 1 – Sun 7 April Touring Nannup to Perth Camping every night plus continental breakfast in Quindanning \$75
- Option 4B** Mon 1 – Sun 7 April Touring Nannup to Perth Hotel room (Twin Share) with continental breakfast in Quindanning \$85
- Option 5** Sat 23 Mar – Sun 7 Apr Full Tour (Unsupported) Total of Options 2, 3A plus 4A or 4B above \$460 or \$470

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.

The brochure and registration form are on the CTA website. The registration form is also included with this Chain Letter.

Any enquiries please contact Teresa
Email: touring@ctawa.asn.au or
Mobile: 0421 089 443.



Gnomesville—Day 5 Nannup to Perth



The Shed at Loose Goose Chalets, Easter

Lift out Rides Calendar page for March/April 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.

Labour Day Long Weekend

Saturday, March 2 to

Monday, March 4, 2013

Here is an opportunity to do a full or 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.

Leader: Kleber Claux

Annual General Meeting

Sunday, March 10, 2013 - 10:00am

Loftus Community Centre, Leederville.

For further information see pages 3—5

5000 in 4 Achievement Ride

Sunday, March 17, 2013 - 7:30am

55km Moderate, 7:30am for an 8:00am sharp start. Meet in the car park on the left cnr of Gillwell Ave and Page Rd across Albany Hwy from Kelmscott Train Station for registration and map/ride description.

The course promises 5,000' of uphill and down dales around the Armadale & Roleystone area. Time limit is 4 hours.

Contact: Hilary 0405 427 246 or achievementrides@ctawa.asn.au

Nannup Easter Roundup

Saturday, March 23, 2013 (All day) -

Sunday, April 7, 2013 (All day)

Are you interested in unsupported cycle touring? The Nannup Easter Roundup provides you with 2 weeks of just this

from Saturday 23 March to Sunday 7 April 2013. Pack your panniers with tent, sleeping bag, cooking items and bring your sense of humour and adventure as we take in the sights and sounds that the wonderful south west of Western Australia offers.

More detail is on page 6 and a registration form is enclosed with this issue of the Chain Letter. There are a few places still available.

The brochure can be found on http://ctawa.asn.au/ctawa/sites/default/files/file/Nannup_&_Easter_2013.pdf

Leader: Teresa: 0421 089 443 or touring@ctawa.asn.au

Weekend to Mandurah

Saturday, March 23, 2013 - 9:00am -

Sunday, March 24, 2013 - 4:00pm

Join the cyclist tourists for the start of their pannier tour to Nannup, staying the first night at Miami Holiday Park, Falcon in Mandurah.

Contact: Teresa - 0421 089 443 or touring@ctawa.asn.au

Freeway Bike Hike

Sunday, March 24

www.freewaybikehike.com.au (no alternative CTA ride).

Brigadoon Revisited

Saturday, March 30, 2013 - 7:30 am

60km, Moderate/Hard with undulations and one hill. Meet at Bayswater Railway

Station on the southern (Whately Crescent) side at 7:30 for a 7:45 start.

Following Wayne's introduction of the hill last year, let's do it again! We'll go through Midland and warm up in the foothills before venturing further north to Haddrill Rd then the short hard climb up the escarpment. After the descent that follows we return via the Swan Valley.

Leader: Don 0418 948 955.

Jarrahdale Jaunt for Mountain Bikes

Sunday, April 14, 2013 - 8:30am

56km, moderate, 8:15 for an 8:30 am start. Meet at the Jarrahdale General Store.

The ride will for to the Wungong Hut, followed by a famous Jarrahdale burger! The terrain is generally easy, although there are a couple of hills. The pace will be moderate. Fat tyres only.

Contact: Sarah 9443 8095 or sarcutts@inet.net.au

100km Achievement Ride

Sunday, April 21, 2013 - 8:00am

100km Moderate, 8.00am for an 8.30am sharp start. Meet at Armadale Train Station for registration and map/ride description.

A pretty but demanding ride up Bedforddale Hill, past Glen Eagle, then onto Jarrahdale & Serpentine Dam and back to Armadale. The first half is hilly. Time

Continued from page 7

limit is 6hrs 40mins. This works out to be a Leisurely pace average.

Contact: Hilary 0405 427 246 or achievementtrides@ctawa.asn.au

**Celebrate the Cooler Weather
Sunday, April 28, 2013 - 8:00am**

54km, moderate, some hills 8:00am for 8:15 start. Meet at Cloughton Reserve, Bayswater at 8:00am

The ride will go through the foothills of Forrestfield. This is not a strenuous hill climb, but there are hills. The well deserved coffee stop will be towards the end.

Contact: Connie 0407 640 012

**160 km Achievement Ride
Saturday, May 4, 2013 - 7:30am**

160km Brisk, 7:30am for an 8:00am

sharp start. Meet at The Lakes BP Service Station, Cnr Great Eastern Hwy & Great Southern Hwy.

The scenic course includes Wooroloo, Avon Valley, Northam & York.

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

Contact: Hilary 0405 427 246 or achievementtrides@ctawa.asn.au

**The Bibra Loop
Sunday, May 5th 2013 -8:00am**

50km, moderate, mostly flat, 7.45 for 8.00am start at the Raffles, Applecross

Meet under the suspended tree at the Raffles. We will go on a southern loop that includes known and little known wetlands, surprising birdlife, bush, industrial

sites, Hulbert Street, Freo, the river and a very short boneshaker. The ride is on cycleways and some quiet roads. We pass many café's but we do stop at one about two-thirds along the way. Return is to the Raffles.

Leader: Viv 0476 730 066
vivread@inet.net.au

**Swanning Around the Valley
Sunday, May 12, 2013 - 8:45am**

50km moderate. Meet at 8:45am for a 9am departure (sharp) at Bayswater Train Station.

We will meander through the Swan Valley stopping for coffee back near Bayswater, so if people want to go straight off after, they can.

Leader Noel 9378 3687.

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 wheatbelt 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 are Saturday 21 September through until Sunday 29 September 2013. Saturday - travel to Dumbleyung and then ride to Wagin 48km passing by Lake Dumbleyung.

Sunday - leaving Wagin we ride to Mood-

iarrup 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 Nannup 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

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
touring@ctawa.asn.au

Eco-bike that glows in the dark

By Stephen White

Schwinn *Vestige* from Performance Bikes
www.performancebike.com/bikes/Product_10054_10551_1115996_1_400306_400001_400318

A while ago I saw bamboo mudguards advertised online. How could one not want these? Are they not the perfect complement for an eco-conscious bicycle tourist? They are a rare find in Perth bike shops, however, so when I spotted the distinctive bamboo colour attached to a beautiful, straw-and-honey hued bike, I couldn't resist. It's a creation by Schwinn they've called *Vestige*.

A brief pedal along the street and I was hooked. Within half an hour, I'd paid a deposit, selected a rear carrier to be fitted, and made arrangements to collect the following Saturday. Which makes me now the happy owner of a unique bike that glows in the dark.

The company claims that all parts are sourced and manufactured to meet zero emission, totally recyclable, sustainable standards. In fact, when unveiled at Eurobike 2010, the *Vestige* won the Gold Award for its eco-friendly design. The

frame, all the way from front forks to rear stays, is a composite of flax fibre (linen) and resin that absorbs a lot of road vibration. The mudguards and handgrips are from bamboo. Although most of the rest of the parts and components look familiar, designed in the US and made in Taiwan, everything aims to fulfil sustainable criteria.

The vision of sustainability extends to a Shimano dynamo built into the front hub, powering a set of LED lights fitted inside the translucent frame. I've upgraded the lighting system to add Busch-Müller front and rear lights that are also powered off the hub dynamo, making it a battery-free bike. The promotional YouTube video from Performance Bikes (www.youtube.com/watch?v=94nseHRnkhU) makes much of the of the internal lights, but I confess, the 'cool' factor is wearing off and I'm considering disconnecting this to deliver maximum current to front and rear.

The rims are 36-spoke (not eyeleted), and the factory-fitted tyres are Schwalbe Marathon, which the company claims they are made from recycled tyre rubber.

A feature I particularly like is the seat ad-

justment, which comprises opposing screws that simultaneously tighten the rails onto the seat post bracket and give perfect control over the tilt.

Gearing is one chain ring plus a 9-speed derailleur, operated with a standard, indexed thumb-shift. In my view, the gearing is set quite high. I find I am usually travelling in the range of 2nd to 5th gears, and rarely make it to 7th or higher.

Although initially very smooth, a glitch has crept in. When stopped at traffic lights or rolling backwards, backpedalling causes the chain to try to drop to a higher gear. It only happens from 2nd or 3rd, but results in nasty crunching when pushing off. This is both bad for the drive chain, and a little frustrating, and fine-tuning has so far not solved the issue.

The 'give' in the frame makes it a comfortable as well as stylish ride. On rougher surfaces, the LED lights rattle inside the frame, which I could do without, but all other components seem to be sturdy enough.

Who would use this bike, and for what? With a rear carrier fitted, the Schwinn *Vestige* is ideal for commuting and round-

town trips. However, it should not be loaded too heavily — I did this early on and found that the frame started to flex more than desirable. The Schwinn brand seat is as good as any I've seen supplied with a hybrid, although I've since substituted a Brooks B17 standard leather saddle.

Retailing here at just over \$2000, this is not a cheap bike, and even with a modest discount, I possibly paid too much. One US website advertises it for about \$1500.

However, part of the price is probably a premium for its eco-friendly credentials and this bike is not just your average ride to work — it's a purchase for a healthier planet.



Stephen White's Eco Bike

At the Tour Down Under 2013

By Jeremy Savage

I answered my mobile phone with "Hello Colin!" And his reply was "Book a return airfare to Adelaide arriving 20th of January and leaving Sunday 27th of January because we're going to go and watch the Tour Down Under."

I asked, "Do I have any choice?", and in reply he said "No, you are going, your dad is going and Mike Antonio is going. Your wife has already given permission. We're also meeting Mal and Lynn Harrison over there. I've booked the accommodation at a place they've stayed at before."

So after I double checked the accommodation was arranged, we booked our flights, a hire car, entered the BUPA ride and started training. Ok, so there was no training. I thought about it really hard—for about 10 seconds.

After finding we were on the same flight in (and the same flights back) with some friends from Garland Cycleworks, we landed with our bikes and excess baggage allowance for a week of pedaling around Adelaide and the surrounding hills.

We went straight to the accommodation, put the bikes back together and headed into the city center to the People's Choice Classic. Watching all the participating teams in the Classic whet our appetite for the week's racing.

Monday morning was particularly special for me. Mickey Boulton from Fleet Cycles Fremantle and Avanti Plus Mandurah had

arranged for me to meet and ride with the Cannondale Cycling Team as part of the launch for their professional team.

Meanwhile Mal and Lynn, Barry and Mike met up with Mark Ewing who was in Adelaide for work for a ride to the top of Mt Lofty. This was a rest day for the Tour teams; it would all start properly on Tuesday.

Tuesday morning had Mike, the three ladies from Garlands (Zoe, Karen and Jacq) and I ride to Lobethal via Norton's Summit to watch the start of two loops and the finish of the first stage. We were met there by the Garland crew support driver Wendy who drove the three ladies back after the race so Mike and I did another 46 km of which 45 felt like downhill back into Adelaide.

Wednesday morning had Barry, Mike and I retrace the wheel tracks from Tuesday to a coffee shop at Cudlee Creek for a great coffee and an amazing muffin. We then rode about a kilometer back towards Adelaide and found a great place to park the bikes, sit on the side of the road and hurry up and wait for the peloton to come to us.

Once they had gone past we got back on our bikes, oblivious to the massive crash that had occurred at the top of the Corkscrew Hill which we didn't attempt ourselves.

Wednesday night heralded Colin's arrival. He had been delayed in Melbourne for family reasons.

As Thursday was forecast to be stupidly hot, I hadn't planned on riding, but that idea was put to rest as Colin, Mike and I rode to the top of Mt Lofty before heading to Stirling to see the day's stage.

We don't remember much of the racing but we really do remember the ride home as we were lucky enough to be accompanied by several riders from different teams who had raced that day. The group included the current world road champion, Phillippe Gilbert, drafted by Colin for a large part of the return ride. I had pulled on my brand new Cannondale kit from the Monday ride that morning. So at least I looked the part when I rode alongside the entire Cannondale squad and team car.

Friday was the BUPA community participation ride. The full ride was 127 km but you could choose to do shorter segments if you wished. I had no intention of going hard and instead was content to ride sensibly and enjoy the scenery, sample some wine along the way and keep other people company.

We finished the stage before the professionals, had some lunch and then pulled up a bit of grass on the oval to watch the finish on the big screen. This was the biggest participation ride I've done and definitely the most enjoyable. Colin decided to ride back to camp and I slept instead of navigating for Barry who drove back to Adelaide.

Saturday's stage was the Queen stage of

Continued on page 11



The Cannondale Cycling Team



The peloton descending at high speed

Continued from page 10

the race. It included two climbs of Willunga Hill and was guaranteed to shake up the results. I left camp an hour early as I wanted to do the Torrens Park run in the morning before heading to McLaren Vale to watch the start. Colin, Mike and I had a spirited ride to McLaren Vale. For a short time we had a police escort as we were passed by the teams in their team cars.

After watching the start, the three of us rode along the course to the finish line at the top of Willunga Hill where we set up for the day. Mike and I were lucky enough to have our photo taken with legend of the Tour de France Bernard Hinault.

After we watched the lap and finish, we were met at the top by Nick Garland from Garland Cycleworks and Zoe and Karen

for an intended ride back to Adelaide.

On the return journey down the hill we think Colin hit a stone that caused him to come off his bike at about 70 kph. This resulted in his being knocked unconscious and receiving multiple fractures to his collarbone, ribs and pelvis. On first inspection Colin's bike looked fine. Colin was transported by ambulance to Flinders Medical Centre for treatment accompanied by Mike Antonio. The remaining four riders returned to McLaren Vale as no one felt like riding back to town anymore.



Mike and Jeremy with Bernard Hinault (Tour de France)

Sunday morning saw a visit to the hospital, dropping Mike at the airport on the way. Barry and I went back into the city centre to watch the last stage of the race. We then flew home that evening: tired, sunburnt and planning for next year.

The CTA Inaugural Tweed Run

By Sarah Cutts

Twelve jolly fine chaps and chapesses turned up for the Inaugural Tweed Run this February. Despite the heat, sterling efforts were made to lift the sartorial game of cyclists in Perth, and the men even kept their jackets on, providing an example of pluck and fortitude to the lycra clad cyclists we passed. Some fabulous bikes also came out of the woodwork to grace the event.

After a leisurely toddle around the river,

we ended up at the Peninsular Tea Gardens (next to Tranby House) where we imbibed tea.

Barbara King was a clear winner for the Best Dressed Lady, while there was stiff competition for the Men's trophy, with Stephen White eventually taking the prize, honourable mentions going to John Farrelly and Wayne Roberts.

Next year we intend to repeat the event in cooler weather, so start planning your outfits!



John Farrelly quite the part



Kleber does have a cravat on hmmm



Stephen White and Barb King in Tweed

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 Rear Panniers Bags

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:

- | | |
|-----------------|----------------|
| Dominic Boyle | Keith McBurnie |
| Eleanor Boyle | Anne McMullan |
| Hannah Boyle | Wayne Roberts |
| Jamie Brownsdon | Karen Rose |
| Derek Johnson | Robin Smolarek |
| Ron Lambert | Robert Stewart |

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:

A longer ride may be substituted for a

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

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 time limit.

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

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.

Using brevets

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

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.



The Tweed Runners—the CTA as it would have been circa 1930—see also page 11

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**

