

THE CHAIN LETTER

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

March/April 2014

Issue 235

PRESIDENT'S REPORT

Another successful year in the CTA is over. We have had the AGM and a new president was appointed...me. I have big shoes to fill! Thankyou to Teresa for the last two years as president. Thankyou to the committee for promising to support me in this role. The committee has two new members Pat Nodwell (Vice President) and Stewart Crombie (Rides Coordinator). Pat will be the liaison person for those preparing tours whether weekend or longer. It was decided at our last committee meeting it was a role that could be developed.

I have always been on a bike, I learnt to ride on my mother's bike as a kid on the road outside our house, there wasn't a lot of traffic then and all the neighbourhood kids played on the road. I wasn't able to

sit on the seat but there I was up and down the road on a bike way too big for me. I rode my bike to school, rode my bike to work and rode my bike for shopping trips. I rode my bike in Germany, in Thailand and Cambodia when I had jobs in these countries. It wasn't until I met Noel that I learnt that people ride bikes for leisure and for touring. He was a CTA member and I was introduced to another world.

I love the freedom of riding a bike, the challenge of going further, and up that hill. It makes you strong (in the legs at least), and teaches you resilience when the going gets tough. I have some very dear friends I met through cycling and I love coffee, a requisite for all cyclists. Another thing I love about cycling is the

team spirit, in that riders are protected if they are struggling, or need to save their energy for the sprint at the end. If a puncture or mishap occurs the rider is waited for.

We have a lot to look forward to this year. The 40th Anniversary Tour in April, the OYB tour in October and every thing in between. We have some excellent social nights planned, and the Achievement Ride series are a challenge for us all to complete a series and to do a personal best.

See you on your bike.

Regards
Connie

UPCOMING EVENTS

Tours

40th Anniversary Tour

Sat 19 April to Sun 4 May 2014. Tour now full.

Mandurah Weekend (meeting up with the 40th Anniversary group)

Sat 3 May to Sun 4 May 2014 (see page 8 for details)

Social

Nutrition for Cycling

Wed 12 Mar 2014

Loftus Community Centre at 7:00 pm for 7:30 pm start (see page 8 for details)

Special event

40th Anniversary BBQ Ride

Sun 6 April 2014 (see page 7 for details)



Group of elected committee members, from left to right: Mike (Webmaster), Hilary (Achievement Rides Coordinator, with her award as Cycle Tourist of the Year), Stuart (Rides Coordinator) and Connie (President)

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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...

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

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Achievement Rides Successes

According to our records, the following people have completed Achievement Rides. Please contact Achievement Rides Coordinator, Hilary Beck by email achievementrides@ctawa.asn.au if any details shown seem to be wrong.

50 km	Michael Waters	Shannelle McKellar
9 February 2014	Don Ward	Kleber Claux
Christine Liddiard	Lucy Jarzabkowski	Wayne Roberts
Ann Wilson	Patrick Smythe	Mark Ewing
David Van Zyl	Liz Marshall	Stuart Crombie
Peter Komyshan	Christopher Rowley	Colin Prior

Calendar of Achievement Rides 2014

Sun 9 Mar 5000 in 4 T1	Sat 16 Aug 200 km
Sun 13 April 100 km T1	Sat 20 Sep 300 km
Sat 10 May Century Challenge T1	Sun 5 Oct 5000 in 4 T2
Sat 7 June 10,000 in 8 T1	Sat 18 Oct 10,000 in 8 T2
Sat 28 June 100 km T2	See achievement ride descriptions p. 13 of this newsletter, or go to the CTA website <www.ctawa.asn.au> for more details.
Sun 29 June 200 km in 2 days	
Sat 26 July Century Challenge T2	
Sun 3 Aug 50 km T2	

DEADLINES: Contributions for the next issue (May/June) should be sent to the Editor (editor@ctawa.asn.au) no later than **6 April 2014**.

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 16 February 2014, 12:00 noon

Loftus Community Centre, 99 Loftus Street, Leederville

The Cycle Touring Association (WA) Inc. held the Annual General Meeting on Sunday 16 February 2014. It was great to see such a good response to the AGM with over 40 members attending the annual meeting, discussion was positive, with lots of interest and motivation for the coming year. An enjoyable light lunch followed the AGM, members were able to chat and catch up, thanks again to Theresa who did a fantastic job organising the catering.

Reports

Each member of the committee presented their report and expressed appreciation for the efforts of club members, especially for their role as ride leaders and participating in rides and club events making 2013 a successful year for the club.

Awards and Achievements

Achievement Rides Series

Merit Series (1) – Ann Wilson

Achiever Series (6) - Kleber Claux, Mark Corbett, Peter Komyshan, Teresa Liddiard, Christopher Rowley, Sandy Carlton

Challenge Series (3) - Christine Liddiard, Liz Marshall, Don Ward

Super Achiever Series (2) - Bruce Robinson, Stuart Crombie

Newsletter Article of the Year

Labour Day Long Weekend to Dwellingup - Leanne Robb

Single Day Ride of the Year

Southern Estuary Loop – Wayne and Janice Bertram

Multi Day Ride of the Year

Nannup Easter Roundup (23 March – 7 April 2013) – Teresa Liddiard



Hilary Beck - 2013 Cycle Tourist of the Year with Teresa Liddiard

Cycle Tourist of the Year – Hilary Beck

Hilary was nominated for her club support and innovation in her role as the Achievement Rides Coordinator over the past two years. For club support, Hilary has dedicated a lot of time providing invaluable support for all the achievements rides, which participants have greatly appreciated. Through this support, Hilary was able to observe the road users and provide concerns about

the safety of the participants on the dedicated routes. This was discussed at the 2013 AGM and from this Hilary had the innovation to compile new achievement ride routes on quieter roads for 2013 which all participants have greatly appreciated

Election of Committee Members for 2014

The following were elected unopposed:

2014 Committee members	
President	Connie van den Ende
Vice President	Patrick Nodwell
Secretary	Roy Stone
Treasurer	Christine Liddiard
Rides coordinator	Stuart Crombie
AR Coordinator	Hilary Beck
Social Coordinator	Theresa Dewse
Webmaster	Michael Waters
Newsletter editor	Rosalee McAuliffe (with Stephen White as co-editor)
Clothing	Doug Allen
OYB	Tony Humphreys

(Continued on next page)

Annual General Meeting (continued)

Newsletter distribution

In renewing their membership for 2014, members were asked whether they wanted to receive the newsletter by paper copy in the post or electronically via email. Most of the members who provided a response to this question elected to continue to receive a paper copy in the mail. Some wanted both and some indicated they only wanted an electronic copy.

The meeting agreed that members will continue to receive a paper copy of the

newsletter unless they specifically nominated that they only wanted to receive an electronic copy.

If you would like to receive your Chain Letter via an electronic form can you please send your request to: treasurer@ctawa.asn.au as the data base will need to be updated.

Notice of change to constitution — Special Resolution

Due to changes in the Associations

Incorporations Act 1987 since the original CTA WA constitution was adopted, the Department of Commerce has recommended some further constitutional amendments following the changes made at the Annual General Meeting in March 2013.

Information on the recommended amendments were outlined by the secretary Roy Stone. All changes to the constitution were carried by the meeting. Refer to the last Chain Letter for further details on these amendments.



Wayne & Janice Bertram were awarded: Single Day Ride of the Year for their Southern Estuary Loop ride



Stuart Crombie being presented with his Super Achiever award



Ann you have grown! Now taller than Roy and Tony



Members enjoying a get together at the AGM

Cycling in Western Europe

Summarized by the Chain Letter editors from an article by Chris Jones (CJ) in Carnarvon

Teresa Liddiard and Mark Corbett have just departed for an extended tour of Europe (and beyond), other members of CTA are planning self-guided tours there this year, and Liz and Richard are guiding a Tour de Suisse in September. It seems, therefore, apt that the Chain Letter editors have received a detailed account from CJ in Carnarvon, not only describing his enjoyment and experience of travelling by bike in western Europe, but also offering a wide range of practical tips and tricks for the European cycle tourist.

CJ's article is a little too long to reproduce here in its entirety. Instead, we've attempted an excerpted summary that we hope will lead you to download the whole story from the CTA website. Read on and be amazed at how easy it can be to navigate the highways and byways of the Continent.

CJ opens with these thoughts: "Europe lends itself to cycle tourism because towns are close together, cycling infrastructure is generally fantastic, cycle routes are in abundance, vehicle drivers are cautious and courteous, the European rail system is super and in general things are less expensive over there." And he goes on to suggest that it's even possible to get around with only the most general of maps because "In the Germanic ... countries the cycle routes are particularly well signposted" and "I rely mostly on brochures and maps from tourist information centres as I go."

According to CJ, the "...best cycle ways I have experienced are in Germany, Austria, Switzerland, the Netherlands and Denmark. Also good are Belgium, Luxembourg, Northern Italy and France." In all these countries, CJ has found that many of the most interesting towns and other places to visit are along rivers and canals that "...historically ...

were (and some still are) the main travel and trade routes linking people and places. Consequently, there are lots of towns (often restored from mediaeval times or the Middle Ages) dotted along them with a wealth of charm and history, and of course super bakeries, coffee shops, cafes, bars and restaurants, camp sites, B&Bs and reasonable hotels."

Of course, not all the cycleways are so benign, but CJ urges us to not be put off by the alpine routes. "For example," he writes, "following the Adige River in northern Italy will take you on a spectacular journey from the Reschen Pass on the border of Austria and Italy at Nauders, on a 300 km downhill to Lake Garda."

Europe is generally very good for camping, although the odd B&B is a good overnight if the weather turns wet. CJ also points out that there is an established network of homestay-type opportunities, some specifically aimed at cycle tourists. He tells us, "On occasions I have stayed with hosts from

Warmshowers (www.warmshowers.org). This is a cycle-only site where you can join up (no cost) and find hosts almost anywhere globally. You email them a few days or more in advance and you get to stay with like-minded people and have a good time, freshen up and wash your clothes. There is no charge and you can usually stay a couple of nights or so." Similar non-cycle-specific networks include the "Dutch organisation called Friends on Bikes (<http://www.vriendenopdefiets.nl/en/>) which lists hosts in Europe (but mostly in the Netherlands, Belgium and France) but which has a charge."

One of the advantages of Europe in summer is the long day, which in midsummer can extend from 5:00 am to after 9:00 pm. This enables good distances to be covered at a modest pace, with plenty of time for stops along the way.

In addition to daylight CJ prefers to travel light, which is more possible in Europe, with ample opportunities for



CJ at Canal de Nivernais towpath France, before abandoning his rear panniers

food and wine, as well as accommodation. Relying on the local services, he travels with two small panniers on the front with his tent strapped across the top of them, and a sausage type bag along the top of the rear pannier rack. He has managed to do away with rear panniers.” As he says, a lighter load makes for easier cycling, especially crossing the alpine passes.

Harking back to route finding, CJ vividly describes the network of established cycle routes, many of which cross other routes at some point, and most of which are well signposted. He notes that: “In some towns you can miss signs and some may be slightly hidden by foliage or an obstacle. If you haven’t seen a sign for a short while and you’re expecting one, then you may have missed it. Go back to the last sign and check. ... Each cycle route has its own logo and or numbering, so stick to the one you’re pursuing or you’ll end up somewhere else. If you do end up somewhere else, it’s bound to be good anyway.” Which I can affirm is perhaps the best way to enjoy cycle touring in Europe.

In the second half of his extended article, CJ recommends several routes ranging from a few days to a few weeks travel time. One of the tourist-friendly features of Europe is that almost all trains will take bikes. CJ’s advice is that you “... can string rides together simply by putting yourself and bike on a train.” Here we list a summary of his suggested routes, and encourage you to go to the CTA website to read more about them.

Mosel River (Google Mosel Cycle Route)

Most popular is from Trier to Koblenz. At Koblenz, the Mosel joins the Rhine and you literally turn the corner (at Deutsches Eck where the two rivers meet) to cycle south along the Rhine to Bingen (or even further down to Mainz).



CJ loves Swiss cycle routes!

Lyon (France) to Geneva (Switzerland) on the Rhone River Cycleway

CJ writes: “This is close to Alpine territory but is not a difficult ride and the scenery is great.” He then describes extensions of this route into northern Italy and links to the Inn River Cycleway and the Danube Cycleway. He also recalls that several other CTA members have cycled this way recently.

Adige River Cycleway (northern Italy) and Via Claudia Augusta Cycleway (southern Germany into Austria then Italy)

Both these cycleways follow old Roman routes through and across the Alps. In Germany, the Via Claudia Augusta parallels the Romatische Strasse, which passes through several well preserved or restored Mediaeval villages and towns. In the full article, CJ gives many more details of both these routes and other routes that intersect them.

The Swiss Lakes Route (9) from Lake Lemman to Bodensee (Lake Constance)

This cuts across Switzerland from southwest to northeast, starting from Montreux on Lake Lemman (the lake of Geneva) through Interlaken and its

stunning two lakes, then up the Brunig Pass and down to Luzern and beyond to the “lovely Wallensee and mountain scenery to Liechtenstein”.

The Bodensee–Konigsee Cycleway (400km)

A scenic ride from Lindau on the Bodensee (Lake Constance) to Königsee in Berchtesgaden, southern Bavaria, near the Austrian town of Salzburg.

CJ also lists rides that take in the northern reaches of Germany, looping northeast into Denmark and Norway, or southwest into the Netherlands, on the **North Sea Cycle Route**, which “... continues in England and Scotland if you take the ferries and do the full circuit.”

France also gets a special mention, with rides described via the River Lot around **Villeneuve sur Lot, Cahors, St-Cirq-Lapopie and Figeac** and also the **Burgundy area** and the **Loire cycleway**, part of which is World Heritage listed.

These are only the major routes that CJ has cycled, and the full article not only describes some of the features of these routes, but also notes other routes that link to them, and how to combine different routes to make a longer tour.

(Continued on Page 10)

Lift out Rides Calendar page for March/April 2014

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 suit-*

ability 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 grade below your usual comfort level.

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

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.

5000 in 4 Achievement Ride Sunday, March 9 2014

7:30 am for 8:00 am sharp start

55 km, moderate, road bike, hilly

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 5000 feet of uphill and down dales around the Armadale & Roleystone area. Time limit is 4 hours.

Contact: Hilary

Ph: 0405 427 246

Email: achievementrides@ctawa.asn.au

My Rivervale Triangle Ride Sunday, March 16 2014

6:45 am for 7:00 am start

45 km, moderate

Meet at the Victoria Park train station.

We travel south east following the railway line to the Roe highway. Then follow about 12 km of safe and uninterrupted cycle track west to Kwinana Freeway. From there heading north, instead of the Mt Henry bridge, we will hug the Western side of the river to the Deepwater Point Cafe for coffee.

Leader: Susan Debono

Phone: 0431 679 246 or

sdibona@gmail.com

Wed 12 Mar—'Nutrition for Cycling'

Loftus Community Centre at

7:00 pm for 7:30 pm start. (see page 8 for more information)

Contact: Theresa

social@ctawa.asn.au

Kent Street Weir Ride

Sunday, March 23 2014

8:15 am for 8:30 am start

45 km approx, leisurely

Meet at Bullcreek Train Station, west side carpark.

The ride will take paths and quiet roads, heading south along Roe Highway towards Gosnells and then back along Canning River to the café at Kent Street weir. The return journey will be back along Shelley foreshore, Mt Henry Bridge finishing at Murdoch Train station.

Leader: Barb and Gus

Phone: 9 310 6461 or 0401 176 323

Richards Rectum Ripper

Sunday, 30th March 2014

8.45 am for 9.00 am start

55 km, moderate, hilly

Meet at Gosnells Railway Station.

After a steady (and in my case slow) climb up Canning Mills Road, we will ride through the Bickley Valley then enjoy a coffee and cake in Kalamunda

and then a whizz down Crystal Brook Road and back to Gosnells.

Leader: Richard

Phone: 9293 0398

40th Anniversary BBQ Ride Sunday, 6th April 2014

8.45 am for 9.00am start

30km, leisurely

Meet at the gazebo near the "Movies by Burswood" outdoor cinema, in Charles Paterson Park, Burswood. Come and help celebrate the CTA's 40th Birthday as we participate in the pastimes we all enjoy, CYCLING and EATING.

The ride will be a leisurely one following the river on the shared path to UWA, and then a loop through Kings Park with a short stop to view our beautiful city and the Swan River. To avoid the traffic we will return via the same route to Charles Paterson Park. We can now relax and enjoy the food and drinks kindly supplied by your Club, as we reminisce about past experiences and achievements. With an expected good attendance on the day, we will be taking the opportunity to hand out the 40th Anniversary Full Pannier Tour shirts and information kits.

To assist with the catering, please contact the ride leader if you intend to join us on the day.

Leader: Kleber Claux

Phone: 9354 7877

Email: kleberc@bigpond.com

**100 km Achievement Ride
Sunday, April 13 2014**

8.00 am for 8.30 am sharp start

100 km moderate,

Meet at Armadale Train Station for registration and map/ride description. **NOTE NEW ROUTE.** A pretty but demanding ride taking in Mundijong, Serpentine Dam (coffee stop), keep going uphill to Jarrahdale, and then back to Armadale. The middle section is hilly. Time limit is 6hrs 40mins. This works out to be a leisurely pace average.

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

**40th Anniversary Full Pannier
Tour Albany to Perth**

Saturday, April 19, 2014 (All day) -
Sunday, May 4 2014 (All day)

**Guildford to Ellenbrook via
Whiteman Park**

Sunday, April 27 2014

8:00 am for 8.15 am

40 km, leisurely, flat

Meet at Bassendean Train Station.

Ride north through the Swan Valley and Whiteman Park to Ellenbrook, where we will stop for a coffee & cake before we make our way back to Guildford.

Leader: Janice

Phone: 0438 375 558 or wandjbertram@bigpond.com

**Easter—20 April 2014—no
organised ride**

Mandurah Weekend

**Saturday, May 3, 2014 (All day) -
Sunday, May 4, 2014 (All day)**

Meet at East Perth train station at
8:00 am for 8:15 am start

What a great opportunity to ride down to and meet up with the riders from the 40th Anniversary Tour. Meet at the East Perth Railway Station, with a Southern pick up at Farrington and Thomas Rd. Camp overnight at Timbertop Caravan Park and dinner with the Anniversary riders at Silver Sands Tavern. In the morning a group of day riders will join us for the ride back from Mandurah.

Note: You will need to contact Timbertop Caravan Park, to make a booking for your accommodation, phone: 9535 1292

Leader: Noel Eddington

Phone: 0419 964 808

Ketchup with Kleber and Friends

Sunday, May 4 2014

8:45 am for 9:00 am start

82kms, moderate, flat

Meet at East Perth train station.

Cycling 45kms to Bertram where we will meet up with the 40th Anniversary riders for lunch. Join us as we accompany them on the last leg of their journey; returning

to East Perth via the freeway cycle path. Note that this is a LONG ride. So start training, you have until May to ensure that your butts are up to the distance to enable you to enjoy the ride without too much discomfort.

Leader: Leanne & Bill

Phone: 0412 777 280 or wlsrobb@inet.net.au

**Century Challenge Achievement
Ride**

Saturday, May 10 2014

7:30 am for 8:00 am sharp start

MEET AT BAKER'S HILL

100 miles (160 km) brisk

Meet behind BAKER'S HILL Pie Shop, 4617 Great Eastern Highway, Baker's Hill. Parking - BEHIND PIE SHOP

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

Contact: Hilary

Phone: 0405 427 246 or achievementrides@ctawa.asn.au

Nutrition for Cycling—March 12, 2014

To be held at the Loftus Community Centre, 99 Loftus Street, Leederville at 7:00 pm for 7:30pm start.

All members and friends are invited to come along and hear this interesting topic.

Ian Wee, Director of Perth Integrated Cycling, has kindly agreed to share his considerable knowledge and experience on this topic. Ian's commercial presentations usually have a cost involved but tonight is free to attendees .

Some of Ian's credentials include:

Managing Director—Perth Integrated Health, Perth Integrated

Health Trisports Group, Swimstrong Academy

Director Sportif- Perth Integrated Health Cycling Group

Medical Classifier-Cycling Australia / Australian Paralympics Committee

Event Director-Tour of Jarrahdale 18 Jan 2014, Tour of Toodyay 28 Jun 2014, Tour of York 3 Aug 2014, Kep Track Adventure 16 Nov 2014, City of Armadale Grand Fondo 18 May 2014

To ensure we have enough seating and refreshments please contact : Theresa on social@ctawa.asn.au or 0407 074 502.

CTA 40th Anniversary Full Pannier Tour

Albany to Perth

Saturday 19 April to Sunday 4 May 2014

Not long to go now before the 'BIG ONE'

Coloured posters of the 40th Anniversary Tour polo shirt were displayed at the AGM, with those present giving it a stamp of approval. A classic style cycling jersey was also featured. Sprint Design will be happy to supply, post tour, additional 40th Anniversary Tour polo shirts and the classic style cycling jersey to anyone that is interested in these visually safe and outstanding designs.

Hopefully, most of those members who are coming on the tour will have participated in the Pre - CTA 40th Anniversary "Shakedown Full Pannier Tour". Meeting with your fellow tourists and developing friendships prior to the 'Big One' will make for a more cohesive and friendly group. For those that participated for the first time, they would have had the opportunity of gaining invaluable pannier touring ideas and knowledge from the more experienced tourists. I would like to thank Stan for putting together the "Shakedown Tour" with a good mix of conditions that we can expect to experience on the 'Big One'.

Those members that are participating in the 40th Anniversary Tour should make the effort to attend the 40th Anniversary BBQ Ride on Sunday 6 April. While we enjoy the BBQ, put on by the CTA after the ride, we will be handing out the tour shirts and information kits. It will also be an opportunity to discuss the tour in general, and answer any questions that might arise.

For those members who are unable to come on the 40th Anniversary Tour, the options to join in with the 40th Anniversary Tourists on Saturday/Sunday 3/4 May or Sunday 4 May are detailed in this Chain Letter.

Tour Organiser: Kleber Claux

Phone: 9354 7877

Email: kleberc@bigpond.com

40th Anniversary BBQ Ride: Please advise Kleber if you are attending the ride and staying for the BBQ, need to know numbers for catering.

40th Anniversary Clothing

The 40th Anniversary Tour jersey and polo style shirt are now available for members through SprintDesign (refer to images below).

The jersey is available in a range of styles :

SD603 long sleeved - 3/4 zip jersey, SD613 long sleeved- full zip jersey, SD403 short sleeved- 3/4 zip jersey, SD413 short sleeved - full zip jersey.

The polo shirt also has a range of styles:

sds 606 short sleeved polo with zip, sds 624 long sleeved polo with buttons, sds 500 unisex t-shirt (round collar), sds 503 ladies t-shirt (v shaped collar)

In addition, the popular 20th Anniversary (2008) OYB ride jerseys, the one illustrated with balloons is also available from

SprintDesign.

Note: you will need to contact SprintDesign directly to place an order for the listed clothing and allow 4-6 weeks for delivery. Contact details and website details are as follows:

Website: <http://www.sprintdesign.com.au>

E/mail: info@sprintdesign.com.au

Phone: 1300 650 525

In future it is hoped that the CTAWA website will have a range of available CTAWA cycling clothing with a link to SprintDesign.



40th Anniversary Polo shirt



40th Anniversary jersey

On Your Bike 2014—Early Settlers Tour 4 to 12 October, 2014

Did you miss out joining the group on the 40th Anniversary Tour, or looking for some one to carry your luggage?

So come join the 26th 'On Your Bike tour' where we ride from Albany to Perth.

This year's tour starts in Armadale where we all travel by coach down to the first settlement in WA - Albany. There will be an opportunity for a ride around town once you have set up camp.

The following day the tour will start in earnest heading to Mount Barker via the Porongurup's, then to Frankland, Kojonup, where we will enjoy a rest day or even a historic train ride. We then continue to head north to Darkan passing by last

years camp site at Lake Towerrinning, Boddington, then to Dwellingup for the final concert night before heading back down the scarp to Armadale and home.

The brochure is likely to come out in mid May.

Leader: Tony

Ph: 0408 955 908

Email: oyb@ctawa.asn.au

(Continued from Page 6)

CJ's wide experience in Europe has clearly left him wanting more, and his insights are a great way to start planning your own ride. Go to the CTA website to

read more, get the details, and be infected by his enthusiasm for cycle touring a part of the world in which bicycles are an integral part of the culture.

Thanks to CJ for sending in some fantastic photos—unfortunately too numerous to insert in this edition.



Dee Ponta (also CTA member) on Mosel cycle way

Letters to the Editor

CTA Sheriffs?

Dear Editors,

I suggest that road safety gurus would see further if they sat on the seat of a bicycle. They would note that hoons are rare, multanovas catch generally law-abiding citizens who marginally exceed speed limits due to paying attention to the traffic and not to their speedometers, and that the most dangerous drivers are

those talking or texting on mobile phones. These inattentive and irresponsible drivers are only caught on the days that the motor cycle police target them.

I suggest that CTA members assist the common good by applying for Sheriff's badges and volunteering our services to target those who use their iPhones when in control of a potentially lethal vehicle. We would stand or sit on our cycles at a

traffic light or stop sign and guarantee to catch a minimum of 15 mobile telephone users an hour. With 100 volunteer hours a week, at \$250 per fine, we would collect \$375,000 a week. The income would put a smile on the face of Troy Buswell, who would use half to improve cycle paths and facilities. CTA would thus make a real win-win contribution to road safety.

Max Kamien, City Beach

Dear members of Cycle Touring Association of WA.

This e-mail is to let you all know why I am no longer participating in the annual OYB ride. In September 2012 I was knocked off my bike by a truck. This resulted in leg fractures, a large skin ulcer and a dislocated shoulder. I spent 9 weeks in hospital and was out of action for 6 months. The good news is, I have been back on the bike since April 2013. I lost a lot of fitness whilst out of action, and have not regained the level I had prior to the accident. I might get fit

enough again to participate in organised rides, but at my age this is doubtful. I turn 79 next month. I rode in at least 10 OYB rides between 1995 and 2011. I have many fond memories of these and it was lovely to catch up with everyone each year. I have always said the OYB rides are the most friendly in Australia. I always enjoyed the company, and visiting the interesting places we rode through and stayed at. Coming from Victoria it was all new to me. In particular, I will never forget how good you were to me when I broke my leg at Geraldton in 2005. In particular, I must mention, Ron Bowyer

and Kleber Claux. Ron and Kleber, what you did for me was way above what could have been expected. Also, I always said Ron made the best porridge I have ever tasted. I am keeping my membership going as I like to receive and read the Chain Letter. If anyone is ever in Traralgon it would be nice to catch up with you. My phone number is 03-51742180 or mobile 0438742180. Best wishes to the CTA for the future. You may publish this e-mail in the Chain Letter if you wish.

Kind regards,
Richard Jeffery

Light Clamps?

I am a new club member and I am looking for two 'old' clamps for my Cateye front and rear lights.

Model nos. FRONT (HL-EL500/550)
REAR (TL-LDH00).

Is there anyone out there who can help or know where I can go to find some second hand parts? These lights are

about 3-4 years old and have a wider base than the newer ones.

Contact: patrick.smythe89@gmail.com

Cycling Rules

A member has raised the topic of riding after drinking alcohol and the road rules this applies to.

The rules are:

"When using a public road all bicycle riders must obey the same rules as other vehicles, such as cars and trucks. This includes (amongst others) rules applying to traffic control lights, stop signs, careless and reckless riding, riding under the influence of alcohol and keeping left.

A full version of the Road Traffic Act 1974, Road Traffic Code 2000, and the

Road Traffic (Bicycles) Regulations 2002 is on the State Law Publishers website"

Also here is the link to the e-newsletter: www.transport.wa.gov.au/mediaFiles/active-transport/AT_CYC_P_cycling_and_the_law.pdf

The main message is that it is illegal to ride a bicycle on a road, bike path or footpath if under the influence of alcohol or drugs and serious penalties can occur if caught. Apart from the possibility of being fined, bike accident statistics have shown that alcohol has played a significant part in cycling deaths and

injuries. Alcohol can impair safe judgment with a higher risk of acting recklessly and not taking due care.



Why we ride bicycles!

HOUSEKEEPING

Please contact us if your contact information changes (so we can keep our database up to date.)

Email: members@ctawa.asn.au

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, 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 (send 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 seems 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.

We would like to extend a warm welcome to our new members:

- Lucy Jarzabkowski
- Juliet Hargreaves
- Patrick Smythe
- David Tucker
- Patricia (Trish) Tucker

CTA CLOTHING



CTA Clothing

CTA clothing is available as follows:

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

- Short Sleeve Unisex (full zip):
- Short Sleeve Womens (short zip):
- Long Sleeve Unisex (short zip) :
- Long Sleeve Womens (short zip):
- Long Sleeve Unisex (full zip):

Sprint Design, recommend that buyers select a tighter fitting jersey to achieve good moisture absorption.

CTA jerseys are available in a range of sizes, in both long and short sleeve and half and full zip. Sizing is deliberately small to aid in moisture absorption, however it is **recommended you try on a sample before selecting**. If CTA's selection does not suit your requirements you can order direct from Sprint Design. Allow a 12 week lead time. Providing you only vary the length (long or short), rather than CTA's regular length and do not vary the jersey material, pricing should be approximately the same. 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. Limited stock in size 16 & 22

CTA Socks

Orange/blue socks with CTA logo — \$10 a pair



Take-a-Look Mirrors—no longer stocked by the CTA as these can be purchased through bike shops

Safe-Zone Mirror

The 57 mm diameter 'Safe-Zone' mirror gives an improved vision of vehicles or other riders approaching from behind. Normally only available on line at \$53, including handling and postage. CTA is able to offer these mirrors to members at **\$43 including postage**, or if you collect the mirror yourself from Doug (at Greenwood) \$35.

These mirrors use two zip ties for mounting onto your helmet. If you are cycling overseas where traffic is left hand drive, these mirrors can be easily adjusted.

Contact : Doug 9447 2554 (H) or email clothing@ctawa.asn.au for any enquiries or orders.



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.



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. Each ride is supported by a volunteer and the series is coordinated by the Achievement Rides Coordinator. (See page 2 for contact details)

Background

The series is designed to help cyclists train for fully loaded pannier touring. It is presumed that, if a rider can complete an achievement ride of x km carrying little or no gear, they would be able to ride half that distance fully loaded. The longest ride in the series is 300 km, on the basis that 150 km per day is a likely maximum travelling fully loaded.

Ride series

There are four levels to which achievement ride participants can aspire. Each level comprises a combination of set rides undertaken over the year. These are summarised in the following table.

Series	Rides
Merit	50 and 100 km, and 5000 in 4
Achiever	50 and 100 km, and 5000 in 4 <i>plus</i> any one of: Century Challenge <i>or</i> 200 km <i>or</i> 300 km <i>or</i> 10,000 in 8 <i>or</i> 200 km in two consecutive days
Challenge	50, 100, Century Challenge and 200 km, and 10,000 in 8
Super Achiever	50, 100, 200 and 300 km, and 10,000 in 8

Awards are made for successfully completing any of the stipulated ride combinations. A member can only nominate for one award per year. A longer ride can be substituted for a shorter ride in the category, provided the longer ride is of the same kind (e.g. in the hills).

For the Achiever category, back-to-back 100 km rides (200 km in two consecutive days) can only be used to count towards either the 200-in-two *or* one 100 km ride, but not both. That is, no double dipping is allowed.

Ride time limits

Although non-competitive, time limits are set for each ride, based on an average speed of approximately 15 km/hr.

Ride	Time limit
50 km	3 hr 20 min
100 km	6 hr 40 min
Century Challenge (100 miles/160 km)	10 hr 40 min
200 km	13 hr 30 min
300 km	20 hr
5,000 in 4 (5,000 feet of hills)	4 hr
10,000 in 8 (8,000 feet of hills)	8 hr

Qualifying to start the Century Challenge, and 200 and 300 km achievement rides

The length, difficulty and time required to complete the Century Challenge, 200 km and 300 km rides means that prerequisite criteria must be met to be eligible for these rides, as detailed in the next table.

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

Using brevets

If you cannot attend an achievement ride on the given day, it can be completed by brevet. This means taking a brevet card with route description (provided by the AR coordinator), and having the card signed at recognised waypoints along the route. The AR coordinator must be contacted in advance of attempting a ride by brevet.

Completed cards must be returned to the Achievement Rides Coordinator, preferably within 2 weeks of attempting the ride, and no later than the end of the current calendar year.

Achievement Rides support

Longer achievement rides generally have vehicle support. If you can provide support on any achievement ride, you will be reimbursed at a rate of 50 cents per km. Other related expenses may be reimbursed on presentation of receipts and an expense claim.

Information and dates for 2014

Questions about achievement rides, or offers to support achievement rides, can be directed to the Achievement Rides Coordinator. See p. 2 for contact details.

Further information, including AR dates for 2014, is given on p. 7–8. and on the website <www.ctawa.asn.au>.

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 100.1 FM, Saturdays 7.40 – 8.00 am and SBS 2 (TV), Sundays 6:00 – 6:30 pm



Riders enjoying the morning tea stop during the "Take Me to the Skies Above" ride on 2 Feb, the leader was Rob and the photo was submitted by David Lewis

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, to name a few of the material benefits.

For more information, send an email to info@ctawa.asn.au.

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

