

# THE CHAIN LETTER

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

January/February 2015

Issue 240

## PRESIDENT'S REPORT

It's the end of the year and a time to reflect on the last 12 months and to acknowledge all those people who have given time and worked hard to make CTA the club that it is. We have had two successful tours; 40th Anniversary and On Your Bike.

Thank you to all tour leaders and committee members who have helped make these tours a success.

Thanks to those that lead long weekend rides and thanks to all those who were Sunday ride leaders.

A very big thank you to Michael Waters who is retiring from the webmaster role. He has maintained the website over the

last four years and during the time has improved it and made it user friendly.

I would also like to acknowledge John Faris who is working behind the scene to maintain CTA's member data base.

A big thank you to Theresa Dewse who has been the Social Coordinator. She is retiring from this role. The social nights have been well attended and the nights have been interesting

Last Sunday was the children's ride, 6 children were accompanied by grandparents and parents. It was a very good ride of 15 km and the kids kept up with the pace. Thanks to Stuart for organising and leading this ride and

thanks to Terry Bailey who contacted the past members with kids.

We look forward to next year; the AGM will be held on 8th March 2015, the Victorian Sustainable tour is filling up fast and planning is underway for the next OYB tour.

The CTA will be needing a webmaster, and a social coordinator for 2015 and if you think you would like to fill one these roles please let the committee know.

Seasons Greetings to all and a Happy New Year.

**Regards**

**Connie**

## UPCOMING EVENTS

### Annual General Meeting

Sunday, 8 March 2015, 11:00 am to 2:00 pm with light lunch/refreshments

Loftus Community Centre  
99 Loftus Street, Leederville

### Tours

#### Long Weekend Pannier and Camping Tour

Saturday, 28 February 2015 - 7:00 am - Monday, 2 March, 2015 - 7:00 am

Weekend pannier tour especially suited to testing the kit for the Sustainable Ride in three weeks or just to enjoy the long weekend on a short self-supported tour.

Contact: 0407 640 012—see page 8 for further details

#### Sustainable Tour of 2015

22 March to 3 April 2015

The Sustainable Tour for 2015 will be going to Victoria! Contact: Tour Leader Noel on 0419 964 804 to register your interest or Email [connie\\_noel@westnet.com.au](mailto:connie_noel@westnet.com.au)—further details are on the CTAWA website.

#### 2015 On Your Bike—Golden Heartlands Tour

Saturday 12 to Sunday 20 September 2015

Contact Tour Leader Trevor Knox on 0402 029 608 or email [trevorknox@arach.net.au](mailto:trevorknox@arach.net.au)—further details are on the CTAWA website.

#### 2015 Membership Renewal forms—Apology!

Unfortunately some Membership Renewal forms were not inserted into the correct November/December 2014 newsletter posted to members. Some members may have received an incorrectly addressed Membership Renewal with their newsletter.

If you have any concerns about your CTAWA membership, please contact the Treasurer, Christine for further information or any queries.

We apologise for any inconvenience.

#### Nominations for 2014 Cycle Tourist of the Year Award

The closing date for nominating 2014 Cycle Tourist of the Year is 28 February, 2015.

Please send your nomination and reasons for your nomination to the Secretary at [info@ctawa.asn.au](mailto:info@ctawa.asn.au) or post to: PO Box 174, Wembley WA 6913.

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 Website: [www.ctawa.asn.au](http://www.ctawa.asn.au)

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](mailto:editor@ctawa.asn.au).

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**Congratulations—2014 Achievement Ride Awards**

According to our records, the following people have succeeded in the 2014 Achievement Rides. Please contact Achievement Rides Coordinator, Hilary Beck by email [achievementrides@ctawa.asn.au](mailto:achievementrides@ctawa.asn.au) if any details shown seem to be wrong.

<b>Merit Series</b>	Wayne Roberts	<b>Super Achiever</b>
David van Zyl	<b>Achiever Series</b>	Bruce Robinson
Hilary Beck	Kleber Claux	Stu Crombie
Liz Marshall	<b>Challenge Series</b>	
Lucy Jarzabkowski	Christine Liddiard	

**Calendar of Achievement Rides 2015\*\***

Sun 15 Feb 50 km	Sat 17 Oct 10,000 in 8 T2
Sat 14 Mar 5000 in 4 T1	<b>See achievement ride descriptions p. 13 of this newsletter, or go to the CTA website &lt;<a href="http://www.ctawa.asn.au">www.ctawa.asn.au</a>&gt; for more details.</b>
Sun 19 April 100 km T1	** Please also check website, as dates and details may change.
Sat 16 May Century Challenge T1	
Sat 13 June 10,000 in 8 T1	
Sat 4 July 100 km T2	
Sun 5 July 200 km in 2 days	
Sat 22 August 200 km	
Sat 19 Sep 300 km	
Sat 3 Oct 5000 in 4 T2	

**DEADLINES:** Contributions for the next issue (March/April) should be sent to the Editor ([editor@ctawa.asn.au](mailto:editor@ctawa.asn.au)) no later than **6 February 2015**.

**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 8 March 2015, 11:00 am

## Loftus Community Centre, 99 Loftus Street, Leederville

### AGENDA

1. **Welcome**
2. **Apologies**
3. **Minutes of the last Annual General Meeting (16 February, 2014)**
4. **Reports**
  - (1) President
  - (2) Treasurer
  - (3) Rides Coordinator
  - (4) Achievement Rides
  - (5) Social
  - (6) Clothing
  - (7) Website
  - (8) Editor
  - (9) OYB
5. **Awards**
  - (1) *Achievement Ride Recipients*
    - i. Merit Series
    - ii. Achiever Series
    - iii. Challenge Series
    - iv. Super Achiever Series
  - (2) *Newsletter Article of the Year*
  - (3) *Ride of the Year*
    - i. Single Day Ride of the Year
    - ii. Multi Day Ride of the Year
  - (4) *Cycle Tourist of the Year*
6. **Election of Office Bearers for 2014**
7. **Change to CTA Constitution – Special Resolution**
8. **General Business**
  - (1) Subscriptions
  - (2) Appointment of Auditor
  - (3) CTA Address
  - (4) Other

### Achievement Rides Series

Merit Series – 50 and 100 km, and 5000 in 4.

Achiever Series – 50 and 100 km, and 5000 in 4 *plus* any one of: Century Challenge *or* 200 km *or* 300 km *or* 10,000 in 8 *or* 200 km in two consecutive days.

Challenge Series – 50, 100, Century Challenge and 200 km, and 10,000 in 8.

Super Achiever Series – 50, 100, 200 and 300 km, and 10,000 in 8.

### Newsletter Article of the Year

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

### Ride of the Year — Single day and multi-day

This is an opportunity for you to nominate your favourite ride, weekend away or tour. Choose the ride you enjoyed the most – nice weather, great atmosphere, interesting destination, good food, great company, achievement or fun? 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). A list of all rides provided during the 2014 calendar year will be available at the AGM for members to vote for both categories. This award is an opportunity for you to show your appreciation to a ride organiser, and allow the club to recognise and reward their effort. Note that the On Your Bike Tour can not be nominated.

### Cycle Tourist of the Year

Nominations are called for the 2014 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. Refer to last Chain Letter for Cycle Tourist of the Year criteria.

Note: If you believe 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.

**The closing date for 2014 Cycle Tourist of the Year award is 28 February 2015.**

### Election of Committee Members for 2015

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, and 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. A summary of the roles and responsibilities for each of these positions is given below.

#### 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:

Attends meetings and takes minutes of the meeting. Retains records of CTA committee meetings and sends meeting reminders at least one week prior to meeting. Attends to any outgoing correspondence as required. Prepares documents for the AGM and ensures notice of meeting is sent to all members at least one month prior to the meeting.

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**Treasurer:**

Keeps the financial books/electronic files up to date for the CTA, including a proper record of all payments and monies received 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, including updating the CTA website. 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:**

Organises 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 CTA's bi-monthly newsletter "The Chain Letter". Corresponds with contributors to The

Chain Letter and helps to set formatting standards for CTA publications. Formats the main events calendar and includes this in the January/February newsletter.

**Clothing Coordinator:**

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

**Notice of change to constitution – Special Resolution**

The Department of Commerce has recommended some further, small, constitutional amendments following the changes made at the Annual General Meeting in February 2014.

It is proposed to amend the CTA WA Constitution at the Annual General Meeting on 8 March 2015 by Special Resolution in accordance with the Department of Commerce recommendations. The Annual General Meeting will be held at the Loftus Community Centre 99 Loftus Street Leederville, commencing at 11:00 am.

The proposed motions to be put at the SGM for Special Resolution are:

1. That the CTA amend clause 20 of the constitution by changing 'charitable object' to 'charitable purposes' as follows (changes are underlined):

*Clause 20 Winding up*

*The Association may be dissolved or wound up voluntarily if the Association is solvent and resolves by Special Resolution, of a General Meeting or at a Special General Meeting called for such purpose, that it be wound up voluntarily. If upon the dissolution or winding up of the Association there remain, after the satisfaction of all its debts and liabilities, any property whatsoever, the same shall not be paid to, transferred or distributed amongst members or former members of the Association. The surplus property must be given or transferred to some other association incorporated under the Associations Incorporation Act 1987 having objects similar wholly, or in part, to the objects of the Association, or it shall be paid to or transferred to some charitable purposes, which association or charitable purposes shall be determined by the members of the Association at or before the time of dissolution or winding up.*

2. That the CTA change the name of the Association by deleting 'The' at the front of the name and concluding with the abbreviation 'Inc.' as follows:

Cycle Touring Association of Western Australia (Inc.)

This notice of motion to change the constitution is proposed by Roy Stone and seconded by Connie Van den Ende.

**Nomination—2014 Cycle Tourist of the Year**



To date, we have received one nomination for Cycle Tourist of Year—**Liz Marshall**.

Liz has been an active member for 19 years, **supporting the club**, since joining the CTA in 1995. During this time Liz has led many rides for the membership and participated in many rides. This year in 2014 Liz meticulously organised a very successful overseas self-supported pannier tour in Switzerland with 14 CTA members participating. Everyone enjoyed the tour and were in awe of Liz for their overseas **cycle touring experience**.

**A group of CTA members together on the 'Tour de Suisse' that Liz organised. Liz is pictured wearing the blue Australian jersey—second from the left.**

# Cycling Stakeholder Safety Workshop

27 November 2014, Department of Sport and Recreation, Leederville

**Cycling safety is back on the radar.** On 27 November 2014, Westcycle ([www.westcycle.org.au](http://www.westcycle.org.au)) hosted a workshop to collate views from as many varieties of cyclists as possible on the state of cycling safety in Western Australia, and how improvements might be made.

## Who are Westcycle and why were they organising this?

Here is part of the preamble from Westcycle's website:

"WestCycle was announced as the new peak body for cycling in Western Australia by the Minister for Sport and Recreation, Mr Terry Waldron in September 2011.

We aspire to be the catalyst for cycling in WA by actively promoting cycling and by creating a framework that allows our member organisations and the broader cycling community to increase their capability to deliver cycling outcomes."

In short, Westcycle is an umbrella organising that aims to speak for the interests of all cyclists in WA.

## What was the aim of the meeting?

The opening paragraph of notes released after the meeting states that the aim of this workshop was to "...address the reactivity of the sector and how to better collectively advocate the case for cycling safety."

The meeting was chaired by Clint Shaw, CEO of Westcycle, and run by a professional facilitator, Dorothy Wardle.

The approximately 25 participants represented many areas of cycling in WA, including regular commuters, casual and recreational cycling, children and schools, cycle touring, and track and road. The Cycle Touring Association of WA was represented at the meeting by me (Stephen White), and your club president, Connie Van den Ende.

## What was discussed?

The well-managed meeting divided the subject into several well-worn but still relevant headings:

- Best and worst cycling practices in Australia and overseas
  - Positive experiences
  - Negative experiences
- What do we want to achieve over the next three to five years [from this] workshop session?
- Priority areas for action
- Where to from here?

Minutes from the meeting were circulated to participants about one week later, and will be posted on the CTA website.

point out that, although there might be a view in the wider community that cyclists have pretty much the same interests, this is quite evidently not the case. A few exchanges between participants during the evening reflected different perceptions, and the broad scope of the outcome statements acknowledges that.

Under the heading of 'Best and worst cycling practices', it was encouraging to see that the list of positives balanced the list of negatives. Clearly there are a lot of ideas already in place somewhere—mostly not in Western Australia—that might be implemented here, to the benefit of all road users. On that note, one theme that arose several times was the need to recognise all road users, and to appreciate that an 'us and them'



**Workshop participants circulate and discuss while taking a short break at the Department of Sport and Recreation, Leederville**

## Observations and impressions

The concept of the initiative seems laudable: safer cycling should be everyone's concern. The meeting was run very democratically and, for the most part, there was broad agreement on many issues, and the overall atmosphere was positive and pragmatic. In fact, given the range of experience and interests brought together on the evening, it was quite remarkable how much agreement we achieved. However, someone did

approach to cycling issues ('them' being primarily motor vehicle drivers) is unlikely to make headway.

The section on 'What do we want to achieve...' was run as a brainstorming session and each table was invited to come up with a wish list of achievements in the short to medium term. These were collated into broad themes such as: legislation, infrastructure, attitudes and

*(Continued on page 6)*



culture, research, and so forth (see the Minutes for a full listing of themes).

The following discussion on 'Priority areas for action' built on this by identifying a few areas where there was greatest agreement among the participants, and framed these as a series of action bullet points to be tackled over the next one to three years. The main areas that emerged were: improved advocacy, new and better legislation, improvements to infrastructure, and improvements to road-user attitudes and culture.

A strong case was made several times during the meeting that the statistics and data around cycling behaviours, road-user conflict, and the growth of cycling in WA are ambiguous and difficult to interpret. Although research was not one of the final 'big four' action points, it may be covered to some extent by the advocacy theme.

**Left – Example of the post-it notes with participants' ideas, grouped under headings of 'Infrastructure', 'Education' and 'Legislation'. Pink and dark green dots record votes for short- and medium-term action on each theme.**

**Where to from here?**

Westcycle asked members of the various groups represented to 'spread the word'; that is, to solicit feedback from our own cycling groups about the action points arrived at on the evening, and to report back when the forum reconvenes in early 2015.

This, then, is your chance to have a say. Do you agree that advocacy, legislation, infrastructure, and attitudes and culture are the right targets at which to direct money and effort? If not, then what else can you suggest to improve the record of cycling safety in WA? Would you be willing to take part in a campaign of one to three years, or longer, to achieve better safety outcomes for all cyclists? What else do you think is important for a campaign of this kind?

Please take a little time to read the Minutes from the meeting (posted on the CTA website), and send your thoughts to [editor@ctawa.asn.au](mailto:editor@ctawa.asn.au) or to Connie Van den Ende at [president@ctawa.asn.au](mailto:president@ctawa.asn.au).

*Stephen White  
Connie Van den Ende*



**Christmas Long Table Lunch on Sunday, 29 November 2014. About 40 members and friends attended the lunch at the Tradewinds. It was a good opportunity for members to catch up with their fellow bike riders.**

# Lift out Rides Calendar page for January/February 2015

## 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 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

Contact: [info@ctawa.asn.au](mailto: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.

**IMPORTANT:** We do what we can to ensure the ride details are correct when going to print. However sometimes unforeseen circumstances can occur after publication of newsletter. **Therefore please check the website before going on a planned ride.**

## Blown up to Butler

**Sunday, 11 January 2015**

8:15 am for 8:30 am start.

43 or 86 km, rolling, leisurely to moderate pace. Meet at Loftus Centre, Leederville.

The Mitchell Freeway bicycle shared use path was one of the original off-road facilities in Perth. Come with us on this ride to see how it has changed and design has improved as it has rolled out to Currambine and ultimately by the on-road cycle lane to Butler (the morning south-easterly will help). After coffee near the station the train awaits to return you to Leederville or you can ride back as preparation for the 50km Achievement Ride in February.

Leader: Stuart

Phone: 0409 882 931

## My Rivervale Triangle Ride

**Sunday, 18 January 2015**

6:45 am for 7:00 am start.

45 km, moderate Pace

Meet at the Victoria Park train station.

We travel south east following the railway line to the Roe highway. Then follow about 12 kms 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: Stuart

Phone: 0409 882 931

## Narrows Leisurely Ride

**Sunday, 25 January 2015**

8.00 am for 8.15 am departure.

Approximately 41 km, leisurely and flat.

Meet at the underside of the Narrows Bridge (south side). The ride follows the Swan river south and around Shelley returning via Waterford, Como to the foreshore, head north around the Windan bridge, returning to the start point.

Leader: Pat

Phone: 0419 241 787

## Post Xmas return to the saddle

**Sunday, 1 February 2015**

8.15 am for 8.30 am start

Easy 25 - 30 km ride,

Meet at the Mount Henry Car-park - 27 Manning Road

If you want to lose those extra Xmas kilos this is NOT the ride for you.

However, if you wish to meander around the Canning River making our way to the "Markets under the Pines" for coffee, then do join us.

[www.marketsunderthepines.com.au](http://www.marketsunderthepines.com.au)

Leader: Lucia

Phone: 0417 189 385

## 5 Domes Tour

**Sunday, 8 February, 2015**

7:30 am start.

75 km, moderate pace.

Meet at The Dome, Leederville.

You've probably heard of the 5 dams ride – long hard and hilly. Well the hardest part of this ride will be resisting the choice of cakes at each location. Starting with optional coffee at 7.00 at Dome Leederville and visiting 5 dome locations.

Leader: David

Phone: 0408 866 787

## 50km Achievement Ride

**Sunday, 15 February 15 2015**

7:30am for 8:00am sharp start

50km, moderate

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

Email: [achievementrides@ctawa.asn.au](mailto:achievementrides@ctawa.asn.au)

**Low and Leisurely on the littoral**

**Sunday, 22 February 2015**

8:30 am start

**Check website for meeting place.**

30 km, very leisurely and very flat.

Leader: Burt

Phone: 0407 074 502

**Moonlight Mountain Biking**

Sunday, 22 February 2015

5:00 pm start

45 km, hilly, loose gravel.

Meet at Midland Railway Station.

This is a classic of the CTAWA calendar. Bring your retina burning mountain bike lights and your off-road bike to Midland Rail Station for a 45km ride on the Heritage Rail Trail. Be aware that because of the loose gravel off-road tyres including knobbies are highly recommended.

Leader: John F.

Phone: 0400 361 406

**Long Weekend pannier & camping tour**

**Saturday, 28 February 2015 - 7:00am - Monday, 2 March 2015 - 7:00am**

Meet at the Raffles Hotel at 7 am for an early start.

The Long weekend pannier tour is especially suited to testing the kit for the Sustainable Ride in three weeks or just to enjoy the long weekend on a short self-supported tour.

We will ride to Mandurah for the first night, to Rockingham for the second night and back along the coast to Fremantle on the third day.

The weather can be extremely hot over this weekend and we will stay on the coast as much as possible. Don't forget your bathers. **Please contact Connie on 0407 640 012, if you are interested in coming along.**

**No Ride - Annual General Meeting**

**Sunday, 8 March, 2015 - 11:00 am - 2:00 pm**

Loftus Community Centre, 99 Loftus Street, Leederville.

**5,000 in 4 Achievement Ride**

**Saturday, 14 March 2015 - 7:30am**

7:30 am for an 8:00 am sharp start

55 km, moderate, road bike, hilly

Meet in the car park on the left cnr of Gilwell Ave and Page Rd across Albany Hwy from Kelmscott Train Station for registration and map/ride description. Please note it is best to park at Kelmscott Station due to parking restrictions at Gilwell. The course promises 5,000' of uphill and down dales around the Armadale & Roleystone area. Time limit is 4 hours.

Contact: Hilary—phone 0405 427 246 or [achievementrides@ctawa.asn.au](mailto:achievementrides@ctawa.asn.au)

**CTAWA Children's Canning Loop**

**Sunday, March 15, 2015**

8:45 am for 9:00 am start.

Meet at the playground next to the cafe at Kent Street Weir in Manning.

10 or 17 km rides specially designed for our younger riders. Rides are completely flat (10km Canning River Loop), or with one or two short moderate rises (17km Mt Henry and Manning loop). Very leisurely pace staying safely together in a group.

These rides have been organised and led by the CTAWA to support BikeWeek in Western Australia although it is not part of that week-long event.

The little wheelers will have a completely flat, off-road 10km loop from the Kent Street Weir up along the Canning River to Nicolson Road and back on the other side of the Canning River. Plenty of corners there to show off their skills under parents eyes.

Slightly bigger kids will have a 22 km loop from the Kent Street Weir, along the Canning River to Riverton, over the Mt Henry Bridge and by Aquinas College to Hope Avenue and Clontarf back to Kent Street Weir. This loop is mainly on bike path but does include some sections of on-road bike lanes on low traffic roads in Manning. Mum and Dad will be impressed by kids road-awareness and hill climbing up the freeway overpass bridges and the rise to Aquinas.

This is CTAWA's ride designed to introduce youngsters to the joys of two-wheels.

Children under 16 will need to be accompanied by a parent for safety and for comfort but apart from that they will be riding with the grown-ups.

After the ride we will meet back at the LoQuay River Cafe for a morning tea. Parents, might want to bring along a suitable ride snack and drink or spring a baby-cino for the junior wheelers.

Contact: Stuart

Phone: 0409 882 931

**CTAWA Children's Canning Loop—Sunday 7 December 2014**

**The Children's Canning Loop on Sunday 7 December was a great success.**

Five youngsters escorted by parents and grandparents joined twelve CTAWA adult riders for a relaxed 14 km loop on the off-road cycle path including four bridge crossings of the river. The ride ended at the Lo Quay Cafe with a well deserved ice-cream for the kids and a coffee for the adults.

No children were lost during the running of this event even though some of the bigger ones took off on a couple of break-aways (Zander, Damian and Mitchell!). The new riders showed

good form over the distance with an average speed around 15 km/hr. Riders showed great road sense in riding in straight lines, keeping left, passing pedestrians, dogs and other riders carefully and in calling out hazards on the path to following riders. So much fun was had that the CTAWA will be running another **Children's Ride in March 2015 in support of Western Australian Bike Week.**

Personal bests for group rides were set by Lucas King and Brodie Sath.

**Well done lads! (see photo of group on page 14)**



## On Your Bike – Early Settlers Tour 2014

### Saturday 4 to Sunday 12 October

Everyone gathered with their bikes, luggage and good spirits at the Armadale Train Station parking area on Saturday 12 October to embark on the yearly On Your Bike tour. Bikes were packed on the truck and riders started boarding the bus; Bev and Cheryl took advantage of getting a last minute coffee and were the last to board. John hobbled onto the bus with his walking sticks – are you going to ride John? It was a smooth trip to Albany apart from poor Cheryl who felt a bit bilious after her milky coffee at Armadale, and she was the first out of the bus at the Williams stop!



We arrived at the North Albany Football ground around 3:00 pm. Bev and Cheryl along with a few others read the weather forecast and decided to set up their tents in the sheltered 'Hilton' area overlooking everyone. Once set-up most people took the opportunity for a sight seeing ride around Albany. Albany was gearing up for the Anzac commemorations to mark the 100th anniversary of the departure of troops from Australia to Europe, with events commencing at the end of October. Albany's heritage, arts and culture will certainly be a great attraction to visitors during this period. That night we were treated to a great dinner at the football club, where the only downside was for

Ann who after a visit to the Albany hospital discovered that she had broken a bone in her arm following a fall the previous couple of days. Unfortunately it was to be no riding for Ann.

On Sunday we set off for the ride from Albany to Mt Barker. As predicted we did awake to some rain, so people were packed early, keen to avoid too much rain and wind. It was a scenic ride out of Albany via the Lower King road. The sun came out at morning tea at the Napier Hall – not a cloud in sight! Raj was very keen and nearly missed the morning tea stop—the long downhill run must have been exhilarating—and after lots of yelling he eventually turned around and joined us for morning tea. The views of the Stirling Ranges as we rode along Porongurup Road were wonderful, the valleys had lush green pastures and there was a nice sprinkling of wildflowers along the side of the road. However, once again the weather changed, blue skies vanished and clouds, rain and wind started to set in. We arrived at Mount Barker to find the new amenities at Sounness Park absolutely fantastic. The dark clouds rolled towards us as we were setting up our tents, rain again followed. A few riders decided that the verandah surrounding the complex was a good place to set up their tents. Colin, with the assistance

of Kleber, carried out the Bike Workshop session before dinner. Colin's usual quips added to the session, which I am sure all newcomers found very interesting and entertaining. The dinner served up by the Mt Barker ladies was fantastic: soup, followed by a roast and then strawberries, cream and mini cheesecakes for desert. Could any of the meals get better on the tour?

Everyone retired to their cosy tents with a full belly and feeling very contented.

Next morning the truck loaders were on duty early, under instructions (from the dear leader) to 'watch how high you load those bags'. The ride from Mt Barker to Frankland was very picturesque, colourful wild flowers were in abundance, especially spider orchids, lush green rolling pastures and crops, running creeks and countryside dotted with the occasional vineyard. What a wonderful season the farmers are having this year. It was mainly a flat ride, with a slight head wind, but no rain. Fortunately the Maggies were fairly friendly with only a few swooping sessions. After riding for 21 km we stopped at Kendenup for morning tea, which is a great little spot to stop at and take in the small town's history. Our overnight stay was at the Frankland District Country Club; the facilities were comfortable, and the riders really appreciated the hot showers and nice green camping ground. It was interesting to see the local Community Centre (funded by Royalty for Regions), which appears to be the hub of the town, and there are plenty of services available in the centre. Dinner again was a very indulgent affair with plenty of good, wholesome food for hungry bike riders.

The next morning everyone stirred early, eager to get packed up and on the bike again for the 80 km ride to Kojonup (and rest day!). Unfortunately, the day did not





with Pedro our tour bike mechanic. Roger from Canberra took the opportunity to give his Birdy (German folding bike) a good work over. Roger prefers to carry all his gear on his small bike much to the wonderment of all the riders, as he says that he can then find everything he needs more easily. Dinner was again a mouth-watering affair and stories of the stuck truck adventures were

start well for the water heating team; the lid on the hot water urn was stuck and would not budge – a tricky situation at 6:15 am. Eventually it was pulled off with the help of three men, thank goodness, as we needed hot water for morning tea. It was nice riding conditions again, although a bit hilly in places and as usual head wind. At 26 km we stopped for morning tea where we found Sue sitting very comfortably in her Helinox chair, observing the wildlife and checking in the riders. Bev, Cheryl and Don decided to check out the wildflower display at Alkoomi Wines, and after viewing the display they all took a sneaky shortcut ride, led by the farmer in his ute through his farm road to join up with people at the morning tea stop. That stop proved to be very entertaining when, unfortunately, the rear end of the luggage truck got stuck on a mound as the driver was attempting to manoeuvre it into place near the edge of the road. Ann (the co-passenger) commented to the driver that it reminded her of the time when she accidentally bogged the van and CTA trailer – ‘oops, she said, this is just how it happened.’ After a lot of digging by some very industrious men (the women kept out of it) the rear end of the truck was eventually dislodged and moved off the obstacle – no damage done! Well done guys! We arrived at the Kojonup Football Club with plenty of time to set up our tents, relishing the thought of the following rest day. Once again the amenities were very good. A few people tackled their laundry while others thought about some bike maintenance

still buzzing around, probably more embellished with the retelling! We were all happy to retire to our tents, looking forward to a sleep-in next morning.

However, there was no rest for Neville and Bob on the rest day as both were up early for a quick 50 km ride before the scheduled train departure time at 11 am. The rest day was filled in very easily in Kojonup. Many riders opted to go on the train ride run by the Kojonup Tourist Railway organisation. This organisation has done a fantastic job of getting the train up and running and reinstating 16 km of railway track for the train to run on. The train was purchased by the organisation from the Perth Zoo in 2002,



and eventually funding by Royalties for Regions and Lotterywest and a lot of work by volunteers managed to get the ‘Spirit of Kojonup’ launched in October 2012. For a small town, Kojonup offers quite a few places to see and explore. The Kodja Place provides a lot of historical information on early Kojonup life both for the pioneers and indigenous people. The adjoining Rose Maze was also very interesting from a historical point of view and to see the amazing roses. The Rotary club catered for the evening meal at the football club; once again a great meal and appreciated by all.

After a previous day of really nice weather we were surprised to see drizzle in the morning, and wet tents were packed up as we all prepared for our ride from Kojonup to Darkan (82 km). Fortunately the rain soon disappeared and we were treated to some good riding conditions, the winds were friendly and riding enjoyable. Wildflowers were again in abundance along the side of the road, and there was plenty of opportunity for photos to be taken of these beautiful plants. The morning tea stop was at 27 km, where we found Terry who was slightly miffed that he had overlooked some of the morning tea supplies. Most riders stopped at Lake Towerinning to enjoy the views while having an early lunch. Such a contrast to last year’s OYB where the only views were of a wind swept lake! We all had another stop just before Duranillan where some entrepreneurial girls had set-up a stall selling cake, biscuits and raspberry cordial to riders. These great kids were holding small joeys with their heads popping out of hand-made pouches, the girls said that they fostered the rescued joeys after their mothers had died as a result of car accidents. We all thought the money they were earning was going to a good cause and the extra cake and biscuits helped spur us on! On arriving at Darkan we found the amenities at the Darkan Districts Sports Club very good—another example of what the local communities can do with Royalty for Regions money to improve their facilities. Kleber suffered a flat tyre on the ride which probably only slowed his pace down a bit and eagle-eyed Liz spotted a long-neck turtle in the water at Lake Towerinning. After setting up their tents a few people tried their hand at

bowls – even one armed Ann performed very well on the bowling green. It was great to know that the money earned by the local Darken people for catering for our meal will go towards new gym equipment for the Sports Club.

We left early next morning to head off to Boddington, our next stop on the tour at a distance of 98 km, the riding conditions were really good with only light winds. A few riders decided to take an alternative route from Darkan on unsealed roads to cut off 15 km and avoid some of the traffic. Mike said there were several steep gravel corners which were a bit of a challenge, and he erred on the side of caution in these patches and got off his bike before he fell off! At one stage a kangaroo joined the riders on the side of the road jumping blindly alongside the riders. Most people stopped off for lunch at the Old English Inn at Quindanning, sitting on a nice shady grassed area, eating lunch and observing a large entourage of motor bike riders, obviously a popular stop over for the group. Cyclists pedalled off in silence, followed by noisy motor bike engines. Feeling full and nourished from our stopover and a little sluggish we soon had to tackle a 4 km climb out of Quindanning. Most riders were more than happy to get into Boddington, after a last few kilometres that were a bit hairy with one truck driver in particular having no sympathy for leg-weary cyclists who were attempting to tackle the uphill into Boddington, passing very close with seemingly no care. Apart from that everyone thought the ride and scenery was excellent. Unfortunately the men's showers flooded and the plumbers had to be called in to unblock the drains – trust men to block up the system!

Dinner at the Boddington Old School was set up beautifully, and riders' appetites as they entered the dining area were whetted at the smell of lamb on a spit. The tables were set up with white table cloths, candles and colourful nasturtiums in vases, obviously a lot of effort had been put in by the local community for our evening meal. The table service by young local girls was amazing, so happy and obliging, the service as good as any first class restaurant! Offer of a second lot of dessert was willingly accepted by riders, which capped off a brilliant meal.

The riders were relishing the thought of only riding 55 km the next day into Dwellingup, for which the only drawback was the long uphill out of Boddington. Poor George had a sleepless night thinking about that hill! The Pinjarra–Williams road turned out to be relatively busy with lots of weekend traffic. One recalcitrant truck driver insisted on giving everyone a fright by passing very close – not much fun when the road is fairly narrow and winding. Apart from that, the ride through the forest area was very enjoyable with a few ups and downs, and only moderate winds. Most riders headed directly into Dwellingup to feast on the delicious offerings at the Blue Wren Café. Once again motor bikes were everywhere, roaring around Dwellingup – there must have been a motor bike convention in the town. Cycling is so much more environmentally friendly – no fuel and no noise and eating after our riding is totally justified!

Once fed and watered and after short stroll around Dwellingup, the riders then headed off to Camp Kelly (Trinity College) the final camping night, nestled in a small open area among tall forest trees, about 6 km out of town along the Nanga Road. It was a beautiful, quiet setting for the overnight stay, with kangaroos our only other company. Dinner was very filling: the portion of chicken pie was more than enough for two people let alone one! Bev decided that some of the men needed a hair make over in preparation for the night's concert, her *piece de resistance* was Brian with his new Rod Stuart look-alike hair style (what a spunk!). After dinner, Colin our concert host and organiser for the night gathered everyone together to view the performances of a few brave presenters. Graham had some hilarious jokes, the 'Old McDonald Threesome' (Neville, George and Brian) put on a very robust act, Roberto (with his ukulele) and Mal, performed some beautiful songs, and Dave in his broad English accent

provided us with some more jokes. The finale was Kleber, who with the assistance of the audience sang 'Old Man River' – what a wonderful end to the night, Kleber certainly has a great voice which not very many people were aware of.

Our appreciation was shown to Tony the Tour Leader for a great job, also the many volunteers – without whose support the tour would not be possible. The OYB committee of Tony, Terry, Ann, Sue, Neville and Trevor once again did a fantastic job, their dedication and support on the tour was certainly appreciated – a job definitely well done!

Everyone was up early in the morning, awakening to some light sprinkle on the tents, for the final ride from Dwellingup to Armidale (78 km). Some riders had planned a quick stop over in Dwellingup at the popular Blue Wren for some last minute goodies! On the ride from Dwellingup to the morning tea stop at North Dandalup, views of valleys with lots of running water and tall forest areas made a very scenic ride, and the traffic was fairly friendly although busy at times. After the morning tea stop we had around 13 km of busy South Western Highway traffic, and it was good to turn off from this busy road into the quieter roads around Serpentine and Mundijong. After another 34 km we started to hit suburbia again, our peaceful week in the country was finally coming to a close. Time to collect our bags and say farewell to all the friends we have made on the tour.

Once again many thanks to the fantastic OYB Committee for all the hard work in putting the tour together!



## Housekeeping

Please shoot us an update if your contact information changes (so we can keep our database up to speed).

Email: [members@ctawa.asn.au](mailto:members@ctawa.asn.au)

## Safety Issues

If you have safety issues — email [info@ctawa.asn.au](mailto: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](mailto:cycling@transport.wa.gov.au) and/or [enquiries@mainroads.wa.gov.au](mailto:enquiries@mainroads.wa.gov.au) (send a copy to [info@ctawa.asn.au](mailto:info@ctawa.asn.au)).

You may also make hazard reports at [www.transport.wa.gov.au/cycling/2345.asp](http://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:

Debbie Guyon  
Malcolm Vernon  
Peter (Pedro) Taylor  
Nellie Scanlan  
Mike Scanlan  
Roger Peterson  
Brayden Briggs  
Matthew Buttsworth  
Phyll Tiller  
David Oakley

## 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](http://www.sprintdesign.com.au/cycling-clothing/cta.html)

### CTA bib knicks and knicks

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 they can be purchased from 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](mailto: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 (10,000 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

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; <i>or</i> Super Achiever Series previous year

these rides, as detailed in the next table.

## 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 2015

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

## 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

## HAVE YOU RIDDEN A PERSONAL BEST?

We would love you to let us know if you have done a personal best in 2014, this is apart from participating in one of the Achievement Rides. If you can email your name and the distance in km, and any other details, that would be great!



**Left – One of the much-loved characters on any tour, Colin uses expressive gestures in an animated conversation with Don, during the stop over at the Old English Inn at Quindanning (2014 OYB).**



**Above - CTAWA Children's Loop ride on 7 December 2014.**

**Right – Kleber and John, are eying off the sheep on a spit, which was to be part of our royal feast for the dinner at Boddington (2014 OYB).**



**L to R—Xander, Lucas, Mitchell, Brodie and Damien.**

**Background—Stuart, Gus and Terry**

## 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](http://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](mailto:info@ctawa.asn.au).

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

