

THE CHAIN LETTER

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

July_August 2016

Issue 249

PRESIDENT'S REPORT

Here we are in the thick of winter but there are still lovely days that you can get out on your bike. A case in point was the bridges and tunnels ride, where the group of riders were treated to a fine day exploring the new paths out to the International airport. Returning through Tomato Lake in Kewdale where the sun shone down, people were out enjoying the day and things couldn't have been much better. We then rode on to Burswood for coffee where we were treated to good service followed by free food! The day did get better. No punctures, no agro from car drivers just a really enjoyable day out on the bikes.

I think the hardest thing during winter is just getting out the door. Once you're out, as long as your wearing warm gear it

is all worth it.

Connie and I have been watching the international cycling that we have recorded overnight. Through the one day classics the first of the Grand tours the Giro de Italia, where the Colombia Esteban Chaves now riding for Orica Greenedge was wearing the leader's pink jersey on the second last day. Beaten on the last mountain stage by Vincenzo Nibali. In the Critérium du Dauphiné. Richie Port of Australia, held second until the final kilometre of the final climb on the final day. It all goes well for the Tour de France. Why the interest in world cycling? It's exciting to see the best of the best, but also seeing where they are riding, and of course the amazing scenery.

The club has hosted lots of tours this year, we have been spoilt for choice. The Christmas in July titled "CTA's Festive Feast Weekend Escape" promises to be a good weekend away. More information elsewhere in this newsletter. Bookings with Robyn 0414 074 289.

Addenda to President's report

This year's 'Bay to Bluff Tour' is in the picturesque Great Southern. The OYB tour is the CTA's premier annual event. The tour looks to have the makings of a really enjoyable experience, with 2 rest days. The second rest day will give participants time to climb Bluff Knoll.

Enjoy the ride wherever that takes you.

Regards, Noel

UPCOMING EVENTS

Social

Next Social Night—"Let's go on Tour"

Wednesday, 13 July 2016—7 pm for 7:30 pm start

At Loftus Centre, 99 Loftus Street, Leederville, first room on the right as you enter (we are trying the larger hall).

This social night will provide you with some experienced advice on how to pack your bike and your pannier for 3 of the most popular tours we do as a club.

1. Overnight or multi-night tours
2. The On Your Bike tour
3. Overseas tours

Hear what works for some of our seasoned tour leaders and pick up some

tips which could save you time, money and a lot of hassle when you're next touring.

RSVP to editor:
editor@ctawa.asn.au for catering.

Tours

Jarrahdale Overnighter
Saturday 13 to Sunday 14,
August 2016. See page 7 for more details.

Long Weekend at Pinjarra-Geesebrook Farm Stay- Full Pannier Tour

Saturday 24 to Monday 26,
September 2016. See page 7 for more details.

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2016 ON YOUR BIKE—BAY TO BLUFF TOUR

Saturday 22 to Sunday 30, October 2016

Brochure and registration forms are now in the post to members and also on the website.



CTA's Festive Feast
Weekend Escape -
Christmas in July
Windmill Farmstay, Bindoon
Saturday 23 to Sunday 24, July
2016. See page 6 for more details.

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Welcome to new members

Bill Morgan
Jane Lodge



DEADLINES: Contributions for the next issue (Sept/October) should be sent to the Editor (editor@ctawa.asn.au) no later than **6 August 2016**.

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.

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 Ride Successes

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

Century Challenge T1	10,000 in 8 T1	Bruce Robinson (7/6)
Sat 14 May	Sat 11 June	Hilary Beck (12/6)
John Farrelly (10/5)	Bruce Robinson	Christine Liddiard (12/6)
Chris O'Brien	Dave Stobie	Udeni Gunasekera (12/6)
Christine Liddiard	Greg Atter	
Udeni Gunasekera	10,000 in 8 T1 Brevet	
Hilary Beck	John Farrelly (7/6)	

Calendar of Achievement Rides 2016**

Sat 2 July 100 km T2	Sat 1 Oct 5000 in 4 T2 (Brevet)
Sun 3 July 200 km in 2 days	Sat 15 Oct 10,000 in 8 T2 (Brevet)
Sat 30 July Century Challenge T2 (Brevet)	See achievement ride descriptions on the CTA website
Sun 7 August 50 km T2	<www.ctawa.asn.au> for more details.
Sat 20 August 200 km	** Please also check website, as dates and details may change.
Sat 17 Sep 300 km (Brevet)	

Missing text from Broad Horizons Tour in last issue!

Unfortunately some text was missing from Page 5. The last paragraph should have read: Overall a very enjoyable tour, some days were perhaps a little bit more challenging, there is an old bike riders saying: "what doesn't kill you, makes you stronger." The group were very appreciative of David's efforts in putting the tour together, well done to the tour leader!

“StraggingStu” - Journey Across Australia



There are not very many people who can say that they have travelled solo on a fully laden bike across Australia from one side to the other (no support or backup!). With the challenge of keeping yourself and bike going over isolated, rough, sandy and corrugated roads. Check out the track that Stuart has ridden on from Perth via the Great Central Road and Strezelecki Track to

Townsville: <https://share.delorme.com/StraggingStu>

A few CTA members have had an opportunity to chat to Stuart during his epic journey to find out how he has been progressing. As usual Stuart has maintained his positive attitude, despite having to deal with some serious bike mechanical problems, being flooded out near Uluru and no doubt many other trials that he will tell us about when we next catch up with him. His trip would have taken him through some beautiful and unique Australian scenery, that a lot of us have probably only experienced through a car window!



Stuart sent through this photo when he suffered a deluge of rain near Uluru, flooding his tent and making bike riding very difficult! Docker River road. *Photo above and below left.*



Stuart sent this photo (on the left) of Lambert Centre where he stopped off to check out the geographical and gravitational centre of Australia. Established in 1988, the Royal Geographical Society of Australasia determined Lambert Centre to be the geographical centre of Australia. There's a flag pole that looks like it belongs in Canberra! Lambert Centre is located on the edge of the Simpson Desert.

Retirees Ride in Reverse—8 to 11 May 2016



Twenty five riders met at Midland Train Station on a cold and frosty Sunday morning to head off to Toodyay.

Rain free Retirees Ride Toodyay - New Norcia - Bindoon

By John Bell

Systematic Approach to Evaluating a Ride (SAER)

Appearance: Everything from uber smart to average. The faster cyclists were not the best dressed or with shiniest bikes. Bev & George in their French style hi-vis, which had clear clarity, deep intensity and lemon, pink and ruby colours.

Nose: Brilliant hot showers at all 3 overnight stops. I had a weapon in Merino underlay, which was sworn to avoid any whiff., at least no one seemed to notice, or complained (yet). Even

(Continued on Page 4)

though Merino underlay was by day lilac, and eve pink, in clean looking condition, medium intensity, meat aroma!

Palate: Mandarin season was underway and by the Brook tearoom was the carrot that Kleber held in front of us, leading up the 8 km of gravel. We chilled out at the Bakers Hill Pie Shop on a busy Mother's Day. My bag of fresh Baby English Spinach produced a mouthful of magnesium to marry with a pie. Memorable Pea 'n Ham Soup was worth a mention at Five Roads Cafe in Calingiri, full of dry sweetness, low acidity, low tannin, full body, vegetable flavour characteristics (long finish).

Conclusion: Ride quality outstanding.

Liz allows challenges to evaporate with constant hearty laughter. She found the 2 late entry extras enviable alternative beds.

In case you hadn't guessed - this Systematic Approach to Evaluating a Ride was devised by attending Colin Prior's 2 am unforgettable Sommelier Workshop. Evaluating a ride instead of wine (I enjoy wine). Red on OYB is what floats my particular boat. What makes beer and wine magical is to complete an 80+km bike ride prior.

Mechanicals: So boring. Only bike problem was dropping a chain from gear shifting malaise. Our no 1 safety cyclist repaired it by tensioning a cable. Our no 1 safety cyclist fixed & tested it in the main street of Bolgart doing donuts sans helmet! I found the first day uncomfortable until I lowered my seat 20mm. There's always stuff to learn about bikes.

Technical Maps: In Jan 2016 Liz kindly emailed gpx maps. She had developed these on MapMyRide, and saved to gpx. I was able to open these after help from Roy Stone: to first download the Pocket Earth application, then import the gpx maps. Further instruction will be welcomed, perhaps at another Wed evening social night? Pocket Earth is a map application for iPhones that can store maps for offline use, and only 160MB.

Mutters about second half late changes were overcome by safer tracks found on Trev's tablet. We followed a 1890's railroad West of New Norcia. Gillingarra, Mogumber, Wannamal, Mooliabenee all areas on the road to Bindoon.

The railroad we followed from Muchea ended in new suburbs of Ellenbrook and The Vines avoiding the highway. We crossed

Sawpit Gully in Ellenbrook – I well remember cycling over Sawpit Creek near Perisher NSW. There are separate villages within Ellenbrook: Woodlake Village, Woodlake Rise, The Bridges, Coolamon, Morgan Fields, Charlotte's Vineyard, Malvern Springs, Lexia and Annie's Landing, Edgcombe Brothers Estate and we cycled some of them – a Cooks Tour - i.e. extra mileage for no extra cost.

Goss: None of that “what happens on the ride stays on the ride”!

Four knee replacements in three cyclists travelled well. This ride proves that all knee replacements will be improved by cycling 80 km plus daily.

Toodyay known as Newcastle between 1860 and 1910. The first European settlement occurred in the area in 1836 some 5km downstream. After flooding in the 1850s, the townsite was moved in the 1860s. During the 1860s, it was home to bushranger Moondyne Joe. The Anglican Church opposite our Freemason's Hotel is dated 1862. Conjecture has it that Tooyeep was a tracker's wife, and that was the origin of Toodyay. Interesting idea. Ellenbrook was named after Governor Stirling's wife Ellen.

Where the monks made wine a century ago: Wyening (off to the right on a side road) which we passed en route Bolgart to Calingiri.

Since 2009 I've been coach driver and guide on a pilgrim walk Subi to New Norcia so it was great for me to check out the surrounding towns and roads on a bike with fellow travellers. The 1830 hr daily Vespers at New Norcia is a 30 min song ritual well worth attending.

Joyful harmony: The forbidden window of St Gertrudes College that one of our party climbed through in 1964 was impressively elevated. Enchanting story was the legend of his subsequent success - and Flair Hair. Moondyne Joe eat your heart out (see pictures).

Retirees Run Reversed



Bev and George (above) relaxing after another hard day on the RRR. Hilary, Brian and Rosalee Clackline to Toodyay, while Gwyn is going for gold. Far right riders preparing to leave Toodyay

Lift out Rides Calendar for July_August 2016

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/hr
Leisurely	15 – 20 km/hr
Moderate	20 – 25 km/hr
Brisk	25 – 30 km/hr
Strenuous	30 – 35 km/hr
Super Strenuous	35 km/hr or more

Contact: info@ctawa.asn.au

LIABILITY DISCLAIMER: While every effort is made by CTA ride leaders to ensure the safety of all participants on our rides, individual cyclists (whether they are members or not) are **not** covered by the club for injuries if an accident occurs. We recommend that you obtain personal accident insurance before taking part.

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.**

100 km Achievement Ride - T2

Saturday, 2 July 2016

8:00 am for 8:30 am sharp start

100 km, moderate, hilly

Meet at Armadale Train Station for registration and map/ride description.

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: John 0400 361 406 or achievementrides@ctawa.asn.au

200 km in 2 Days Achievement Ride - Day 2

Sunday, 3 July 2016

8:00 am for 8:30 am sharp start

100 km, moderate, hilly

Meet at the Raffles Hotel, Applecross to enjoy the flattest 100km ride we could think of, straight down the freeway Principle Shared Path. This is the second day if you are doing the 200km in 2 days and can also count as a 50km ride if you have not completed that at an earlier time this year. Average 15km/h which could almost be described as leisurely.

Contact: John 0400 361 406 or achievementrides@ctawa.asn.au

The Back Roads to Kalamunda

Sunday, 10 July 2016

8:00 am for 8:15 am start

45 km, leisurely, some hills

Meet at Claughton Reserve. This is a leisurely ride using bike paths and the back roads to Kalamunda. There is a steep section, and it is okay to walk this. Coffee will be at the top and we will descend over the ZigZag and through Helena Valley.

Leader: Connie

Phone: 0407640012

Social night - Tour Preparation

Wednesday, 13 July 2016—7 pm for 7:30 pm start

At Loftus Centre, 99 Loftus Street, Leederville, See Page 1 for details.

Sunday 17 July

Refer to website

Century Challenge Achievement Ride Take 2- BREVET

Saturday, 30 July 2016

100 miles (160 km), brisk

Meet behind BAKER'S HILL Pie Shop, 4617 Great Eastern Highway, Baker's Hill. Parking – BEHIND PIE SHOP. This route takes in Toodyay, Northam and York.

As this will be run as a brevet please contact: John 0400 361 406 or

achievementrides@ctawa.asn.au

CTA's Festive Feast Weekend Escape—23-24 July 2016

Windmill Farm stay, Lot 132 Kay Road, Bindoon. (see Page 6)

For Riders to Bindoon:

Saturday, 23 July 2016

8:30 am for 8:45 am start

Meet at the Midland Train Station.

Approximately 85 km, flat with some rises around Chittering Valley, leisurely or moderate pace as you see fit.

Leader: Kleber/Phone: (08) 9354 7877

Beeliar: One Lake Chain, Many Bike Chains

Sunday, 31 July 2016

815 am for 8:30 am start

40-45 km, leisurely, flat

Meet at Murdoch Station Western Car Park, leisurely ride around the lakes of the Beeliar Wetlands.

Leaders: Barb and Gus

Phone: 0401 176 323

50 km Achievement Ride Take 2 - Byford route

Sunday, 7 August 2016

9:00 am for 9:30 am sharp start

50 km, moderate

Meet at the service station on the corner of Nettleton Road and the South Western Highway, Byford, for registration and map/ride description.

This is your second chance at achieving the 50 km. The time limit of 3 hours 20 mins (average 15km/h) should ensure that everyone has a chance of completing the distance. This is a straight forward ride in much cooler conditions than the Take 1 held in February.

Contact: John 0400 361 406 or achievementrides@ctawa.asn.au

Jarrahdale Overnighter

Saturday, 13 August 2016 -

Sunday, 14 August 2016

(see Page 7 for full details)

Sunday 21 August

Refer to website

200 km Achievement Ride

Saturday, 20 August 2016

6:00 am for 6:30 am sharp start

200 km, hard..

Start and finish at DEEPWATER POINT, Mt Pleasant.

New safer and more varied route, with much less distance on major roads, and options of catching the train if you need.

Note the ride is UNSUPPORTED.

Riders must meet qualifying criteria (see website) or similar.

Time Limit 13 hours 20 mins (average 15km/hr). Lights are a must.

Contact: John 0400 361 406 or achievementrides@ctawa.asn.au

Sunday 28 August

Leader Chris O'Brien 0434 720 620—see website for more information

WASMEx- Western Australian Scale Model Expo

Sunday, 4 September 2016

8.45 for 9:00 am start

25 km, Leisurely 15 – 20 km/h

Meeting at Charles Paterson Park, we will ride directly to the Exhibition Centre near the Canning Showgrounds to view WASMEx which is an annual event displaying the best of model ships, aircraft, cars and including Lego and sci-fi (Star Wars models are very popular). This is not a toy show. These are models produced by kids that grew up to be big kids who produce works of art. I myself have been doing it for years and will have some of my stuff on display as well in the competition. \$8 admission approximately in to the venue. Once there, I will lead you around to all the displays spending about an hour there. Morning tea will be at the venue. This is a great, easy ride to bring your kids or gran kids and also for those people that served in the military or have an interest in the history of the military. For more info google WASMEx 2016.

Leader: Stan

Phone: 9345 3552



CTA's Festive Feast Weekend Escape

Christmas in July—23-24 July 2016

Windmill Farmstay, Lot 132 Kay Road, Bindoon



Members and partners are cordially invited to celebrate Christmas in July with a festive 3 course dinner, overnight lodging and a hearty breakfast the following morning for \$100/person.

Windmill Farmstay is a 40 acre farm located in the tranquil hills of the Chittering Valley, north of Bindoon.

The orange orchards and surrounding bushland of the farmstay offer a pleasant retreat from everyday life and is a perfect place to relax, unwind and share an evening of festive feasting and good company. Our hosts Milton & Joan will make you feel most welcome. Soft drinks, beer and some wine will be available for purchase from the fridge or you are welcome to bring your own drinks.

Accommodation consists of multi room chalets with communal lounges and private en-suites. Some rooms have a mix of both double and single beds, so please be aware that bunking in with others (as per normal CTA routine) may be necessary. *For legal reasons camping is not permitted on the property.*

Secure bike storage has been arranged and there is also plenty of parking for those who will be driving to the farmstay.

If riding to Bindoon:

Saturday, 23 July 2016

8:30 am for 8:45 am start

Meet at the Midland Train Station.

Approximately 85 km, flat with some

rises around Chittering Valley, leisurely or moderate pace as you see fit.

Leader: Kleber

Phone: (08) 9354 7877

The farmstay accommodation is limited to 30 people, so if you are interested in joining us for this Weekend Escape, we suggest that you contact us as soon as possible, as places will fill quickly.

To book a place on our Festive Feast Weekend Escape or for further details, please contact :

Robyn on 0414 074 289 or email – 52robyn@gmail.com before 5 July

From: Life Cycle Charity Bike Rides

Our organisation "LifeCycle for CanTeen" is run by volunteers to raise funds for CanTeen "Youth living with Cancer".

The two Mountain Bike rides we are organising are::

Kept Track: Northam to Mundaring 28 August 2016. Entry \$30 includes coach and bike transport to Northam. Groups graded to suit your speed & skill. Distance 75 km. Book

before 14 August.

•**Munda Bididi** trail Nannup to Pemberton on 1 – 4 October 2016. Four day supported ride. Enjoy the fantastic scenery, great company and Pemberton MTB park. Viewing AFL final optional. Groups graded to suit your speed & skill. Entry includes Coach transport to start and return to Kelmscott, all meals and luggage transported to camp sites.

For further information see www.lifecyclewa.com

Jarrahdale Overnighter

Saturday 13 to Sunday 14, August 2016

Leader: Stan
Phone: 9345 3552 (043 9955 241)
Email: stannds@netspace.net.au

Both days of this two-day ride are mainly on back roads with flat terrain with the climb to Jarrahdale, and at touring pace.

Saturday, 13 August 2016, approximately 60 km

Participants are required to train it down to Kwinana Train Station at 9.00am for a 9.15 departure on the Saturday. Being a towel, soap and undies ride we will have a leisurely ride having morning tea along the way with lunch at Mundijong. Provisions can be bought in Mundijong with limited provisions in Jarrahdale. Then up the hill to Jarrahdale arriving early to mid arvo where we will be staying at the beautiful Jarrahdale Environmental Centre. The club has stayed here before, but I haven't; so I am looking forward to it. This time of the

year everything will be nice and green and if we are fortunate with the weather we will be able to really enjoy the serenity of this quaint little town and it's eateries, trees and bird life (yes I might bring my bird books and binoculars). Secure parking for our trusty steeds. I have made arrangements for us to enjoy a lovely pub meal at the Jarrahdale Tavern which is in walking distance (and watch the footy if one so desires). Alternatively you can cook in at the centre which has a modern kitchen with full cooking facilities, cooking utensils, crockery and cutlery. There is also a wood BBQ outside with a lovely Gazebo setting. The centre has bunk bed accommodation with pillows and mattresses provided but you must bring your own linen and sleeping bags.

For information on the Environmental Centre google by typing Jarrahdale Environmental Centre Accommodation.

For the tavern and to check out the menu google Jarrahdale Tavern. It looks good.

Cost for staying at the Environmental Centre can be as little as \$6!!!! There is a fixed price so the more people attending the cheaper it is. First in best dressed so please call me, Stan, to book yourself/yourselves in. It would be helpful if you could have the correct amount available.

Sunday, 14 August 2016, approximately 50 km

With a bit of a lie in in this idyllic spot and after having breakfast we leave not too early for the easy ride back to the Armadale Train Station where we will depart our ways. From Jarrahdale we will go down Nettleton Road to Byford then the back roads to Armadale.

Long Weekend at Pinjarra- Geesebrook Farm Stay

Saturday 24 to Monday 26 September, 2016

Leader: Stan
Phone: 9345 3552 (043 9955 241)
Email: stannds@netspace.net.au

Full Pannier Pannier Tour

All up approximately 140km, leisurely touring pace, meet at Mandurah Train Station at 10.00am for a 10.15 departure on the Saturday. Leaving Monday when we feel like it. Both Saturday and Monday will be touring pace on flattish roads and the Sunday will be a leisurely ride to Dwellingup with our trusty steeds not loaded.

Saturday, 24th September 2016, approximately 40km

Participants are required to train it down to Mandurah Train Station at 10.00am for a 10.15 departure on the Saturday. We will have a leisurely ride on flat back roads to Pinjarra for morning tea/brunch at the famous Pinjarra Bakery then 9km of flat road to Dwellingup (before the scarp) arriving early to mid avo. Provisions can be bought in Pinjarra (there are no provisions at all at the farm). By the way I like red, also white.

We will be staying at Geesebrook Farm for both nights so that means that our bikes will be nice and light for the climb up to Dwellingup on the Sunday. The farm has a botanic garden feel about it and it is set up for weddings and art displays. It has beautiful grassed areas with native and ornamental trees, fruit

trees, rose gardens, a lake with marron in it and an island (I have been told by the owner you can camp on the island too).

There are new facilities being built (as I type) with bar and kitchen, refrigerators in the workers shed and gas BBQ's. Shower and toilet facilities is limited in the workers quarters but they are hot. Also available will be a camp fire unless it is dry, hot and windy which highly unlikely at this time of year. We may even get a sing song going.

Tariff is \$10 a night. First in best dressed so please call me, Stan, to book yourself/yourselves in. It would be helpful if you could have the correct amount available.

Sunday, 25th September 2016, approximately 60km

You can stay on the farm reading a good book and/or go for a wander. Ride to Pinjarra if you wish but I will be leading a ride up the scarp to Dwellingup to enjoy one (or two) of the many eateries in this idyllic town. Early afternoon we will head back to the farm via Del Park Road, North Spur Road where you will experience one of the most steepest of downhill descents, to the South Western Highway and to Pinjarra again to pick up provisions for your Sunday meal back at the farm.

Monday, 26th September 2016, approximately 40km

Easy, After waking up, and good brekky we will leave mid morning back to Mandurah Train Station via the Pinjarra bakery for lunch. Road the same as Saturday - flat.

The Tortuous (not torturous) Tootle To Toodyay Long Weekend, 4-6 June 2016

By Lucy Jarzabkowski

What a memorable long weekend was the trip to Toodyay, and not just because the Dockers won their first match of the season after ten straight losses. It started with 20 of us bravely assembling at Midland Station on the first Saturday of June for the "Tortuous, not Torturous, Tootle to Toodyay" (very creative with ride names is our leader, Kleber). It was threatening to rain but Kleber had promised us fine weather for the day. He hadn't been too successful with his weather predictions on the Serpentine trip, so Stan and Christine, the only ones from that wet and windy ride to risk it again, were delighted with his return to form. The weather turned out to be cloudy and mild, which was excellent for cycling and quite unlike the tales told of the hot and sticky ride to Toodyay in November the previous year.

Riding out of Midland in single file, we took the back roads to the Puma Roadhouse on the Great Northern Highway where we stopped for morning tea and purchased provisions for lunch. Here we divided into three groups. Kleber led the speedy group out first. Stan volunteered to lead a second group at a more moderate pace, the group later named "Stan's harem" because of its all-female composition, this being the Wild Women of Willetton (Hilary, Christine and Miranda), Jane and me. Liz and Richard's more sedate posse brought up the rear.

After a brief stint riding on the highway we turned off onto the Chittering Road and made our way up the escarpment into the Chittering Valley. We stopped for lunch at a park at the turn off to Julimar Road, preparing ourselves for the climb ahead. Being hill-averse, I must admit that I was hesitant about my ability to get up those hills, but Stan's guidance was exemplary and I made it all the way, much to my delight! If you heard a rumour that two of Liz's group hitched a ride along the way, that is false! They just kindly accepted a lift from a very nice man who saw them struggling and offered to transport them and their loaded bikes to their destination. No names will be mentioned, but one of those ladies still managed to achieve a personal best for her longest ride on that day, and a further personal best on the ride home. Well done, Philippa.

Finally reaching Toodyay we were joined by John and Jacinta, who had ridden in on their tandem from a different starting point. After lovely hot showers at the Freemasons Hotel, we gathered for pre-dinner drinks and the keen ones in the bar watched the Dockers finally win a game this season. At 6:30 we assembled in the dining room for a lovely lamb roast dinner followed by apple crumble. Bill had been hoping for sticky date pudding, but was rewarded the following night when it was served with ice cream following our fish and chips. Good things come to those who wait!

Sunday was a free day to do what we pleased. We started the morning with a continental breakfast which included porridge, a CTA favourite. Rita and Cliff, having been disappointed on previous occasions not to have muesli for breakfast, were delighted to receive special packs of Kleber's home made muesli as a supplement. Rita proceeded to add hers to her porridge (good combination, Rita).

Unfortunately, Hilary, John and Jacinta had to return to Perth early but the rest of us planned to stay and enjoy the country

surrounds. Patrick, who was testing out his new front panniers, would be happy to leave them behind for the day. We had already been told of the delights of the Duck Duck Goose Café at Pecan Hill, only 4km from town, and Kleber rang them to ensure that the celebrated pecan pie was stocked for the day. To make sure we didn't miss out on this treat, some of us decided to go there for morning tea. Eight of us headed out at 9:15 with Kleber taking us via a circuitous route that included the longest hill I have ever ridden, but the 31km round trip was worth it for the mouth-watering pecan pie and hot chocolate, with marshmallow, of course. No marshmallows? Anne and Bill, what is wrong with you? On our way back to town we passed Rita and Cliff heading out of town, and later that day Christine and Miranda made their way to the Café too (lucky we left them some pecan pie).

A few others planned their Sunday differently, with Don and Jane heading the long way to Northam, and the others using the morning to wander around town, when they eventually got up (yes, I'm talking about you, Vanessa). Most of us took some time to visit the Fibre Festival, which fortuitously was being held in town that Sunday, where we were intrigued by the difference between alpacas and llamas, and the fact that some people spin the fur of woolly rabbits. After lunch at the Toodyay Bakery where the pasties are award-winning, the AFL tragics gathered in the bar of the hotel to watch the Eagles game, which sadly, ended in a loss for the Eagles. Unfortunately, Mark didn't appreciate Kleber's humorous comments about the losing team so picked him up to throw him out of the bar! Luckily the bar man realized that it was only in jest or they both would have been thrown out. Stan, Mark and the other Eagles supporters licked their wounds and we ended the day with a lovely dinner together.

The next day, after an early breakfast we said farewell to our wonderful hosts and ventured out of the hotel. What a gloomy and cool morning it was. Liz and Richard's group got the jump on us and started off early. Kleber's group sped off after them, leaving Stan's harem, plus Greg, to follow. I'm sure Stan felt much safer with Greg there to protect his reputation! In some ways it was fortunately that it was foggy because we couldn't see the long rise out of the valley that awaited us. With condensation forming on our helmets and dripping onto our faces, we made our way towards the Great Eastern Highway. The fog stayed with us all the way to Bakers Hill, where we met at the pie shop for some nourishment.

Our trip home took us via Mt Helena where we stopped for lunch at a small cafe. All of us except Trevor opted to take the Railway Heritage Trail from there leading towards the John Forrest National Park. The trail was firm and we managed to keep good speed while enjoying the wonderful scenery through the National Park. After that, it wasn't long before we reached Midland Station again.

This was my first ride away for the weekend with the CTA and it was such a good experience that I signed up for the next one. Maybe I might even be able to tackle the On Your Bike tour this year too. Thank you one and all for a very enjoyable long weekend.

The CTA Achievement Ride Series

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 website for details and conditions)

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

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/activetransport/25460.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.

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.

CTA Clothing

CTA clothing is available as follows:

CTA jerseys:

Short Sleeve Unisex (full zip): \$85

Short Sleeve Womens (short zip): \$85

Long Sleeve Unisex (short zip) : \$95

Long Sleeve Womens (short zip): \$95

Long Sleeve Unisex (full zip): \$95



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 6-8 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

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

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.



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

More from the The Tortuous (not torturous) Tootle To Toodyay



From Left Ann keeping warm at the Toodyay Tootle 'Fibre Festival', Stan and his harem; Lucy, Miranda, Hilary and Christine , and Kleber Toodyay Tootle tour leader with Stan

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).

	Membership 2016
Renewal Adult membership (If paid by 31 Jan)	\$50.00 \$45.00)
New Adult membership	\$45.00
Concession:	
Full-time Students/Pensioners	\$33.00
Dependents under 18	No charge
Printed newsletter-additional	\$10.00

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**

