

THE CHAIN LETTER

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

September/October 2016

Issue 250

PRESIDENT'S REPORT

The cold wet days are getting less frequent. Early spring is a great time to be out on your bike. As I write this I am waiting to leave on a tour of Europe. After planning the route using 'Ride with GPS' and reviewing the road conditions with Google 'Street view', I feel like I have already seen where we are going. The tools and free maps available now make the task of identifying the quiet roads and cycle friendly routes (often sign posted national routes), much easier. Over the years of being a member of CTA, going away on overnight weekends, 'On Your Bike Tours' and taking part in the achievement rides, has given a number of members the skills and confidence to take on touring overseas. To me this is the pinnacle of

cycle touring.

Christmas in July saw a good turnout of members (and some partners) heading up to Bindoon. Great venue and nice food. It was very interesting listening to Stuart talk about his adventures riding through the centre. I'm sure we will hear more of his tails in coming 'Chain Letters' and Social Nights.

The weekend before I flew out I rode the 50 km Achievement course at Byford/Jarrahdale. There were actually only 2 of us who rode it on the day, as the weather looked a bit iffy. We got around without putting on our rain jackets. The other rider was the newest member of the club who came on the community ride, 'Bike in the Valley'. CTA had a display at this

event which looked of interest to this rider. I would encourage members to promote the club activities with riders they meet when out riding. It is largely through this personal contact that the club will continue to grow and revitalize.

I was shown the video clip below by someone from work. I'm not sure if I will be calling myself a cyclist after watching it. Very clever. Be warned there is some language which is not the queen's English.

<https://youtu.be/47cGzu6-q40>

I'll see you in the Spring.

In the meantime, enjoy the ride.

Regards, Noel

UPCOMING EVENTS

Social

**Next Social Night—
Thursday, 6 October 2016**

Come along and enjoy the company of fellow members and cyclists. A topic for the night will be sent out shortly!

At Loftus Centre, 99 Loftus Street, Leederville, meeting will be in the middle room on the right of the entrance.

**Christmas Long Table Lunch
Sunday, 27 November 2016**

Venue: Tradewinds Hotel,
59 Canning Highway, Fremantle

**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

**on the website or contact: oyb@ctawa.asn.au or write to: On
Your Bike WA, PO Box 174, Wembley WA 6913**

Rider Leaders Always Wanted!

Many thanks to the members who have lead a ride during the year, either on Sundays or weekend rides away. If you have a favourite ride and interested in showing us where it is, please contact Greg who would love to hear from you— rides@ctawa.asn.au

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The Chain Letter

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

We welcome articles and photos on:

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

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

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Achievement 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.

100 km T2	Udeni Gunasekern	50 km T2
Sat 2 July	Michael Penklis	Sat 6 July
John Farrelly	Dean Craig	Christine Liddiard
Miranda Station	Lucy Jarzabkowski	Hilary Beck
Udeni Gunasekern	Century Challenge T2	Sun 7 July
200 km in 2 days	Sat 30 July	Noel Eddington
Sat 3 July	Christine Liddiard	Tanya Crozier
Miranda Stanton	Miranda Stanton	
Patrick Smythe	Hilary Beck	

Calendar of Achievement Rides 2016**

- Sat 17 Sep 300 km (Brevet)
- Sat 1 Oct 5000 in 4 T2 (Brevet)
- Sat 15 Oct 10,000 in 8 T2 (Brevet)

** Please also check website, as dates and details may change.

See achievement ride descriptions on the CTA website
www.ctawa.asn.au for more details.

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

Trans-Australian Cyclist Reaches Winton!

Below are some excerpts from the article that Stuart Crombie compiled for the Longreach Reader newspaper.

Also check out some of the logistics of Stuart's epic bike ride in the May/June 2016 and July/August 2016 editions of the Chain Letter.

Stuart successfully reached his brother, Peter's property, 'Drumlion' at Chorregon situated between Winton and Longreach on Friday after ten weeks cycling on the road from Perth. Peter and Noni were also very appreciative that Stuart brought the rain on his arrival, especially after some very dry seasons in the area!

Stuart's solo and unsupported trek started in Perth in April. On the way he has travelled the Great Central Road from Kalgoorlie to Yulara, the Finke Road to Dalhousie Springs, the

Oodnadatta and Strzelecki Tracks to Innamincka and, the longest stretch of all, the road from Innamincka through Diamantina Lakes National Park to Winton. We believe that Stuart continued his ride from his brother's property past Muttaborra and Lake Galilee to Charters Towers, Townsville to end up in Cairns. *(Editor: we cannot confirm this with Stuart as he is having a well earned rest in USA!)*

The ride was done entirely for a sense of personal achievement and a love of seeing the big skies and changing landscapes of Australia.

This is Stuart's third crossing of the Australian continent by bicycle. In the process he has ticked off many landmarks including Australia's most easterly (Byron Bay), most westerly (Steep Point north of Carnarvon in WA), most southerly (South Cape in Tasmania

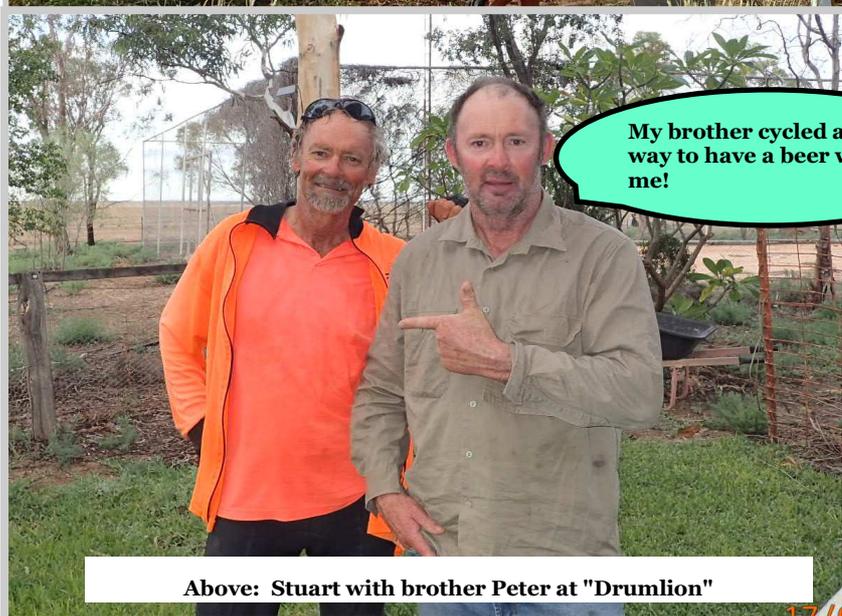
and Wilson's Promontory in Victoria), most northerly (The Tip on Cape York) and most central (Lambert's Centre at Finke in the NT) points and historical sites such as the Burke and Wills 'Dig Tree' at Innamincka.

Stuart is a plant scientist studying how plants are affected by changes in the amount of available water in their environment. To him, every sand dune and swale, every ridge and copse can be interpreted as the outcome of rainfall, evaporation and season.

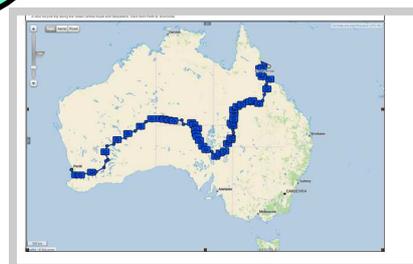
Stuart tried hard not to be a burden on the people he met on the way. The help and encouragement of strangers during his ride confirmed his belief in the good nature of people in the world, for which he was truly appreciative.



Left ,is Stuart at Haddon Corner, note before size (above) and Stuart's reduced size on the left!!



Above: Stuart with brother Peter at "Drumlion"



Stuart's route across Australia: <https://share.delorme.com/StragglngStu>

Let's go on Tour

Social Night—13 July 2016

By Kleber Klaux

The "Let's go on Tour" Social Evening on 13 July at the Loftus Centre was well supported with the hall filled with a mixture of new members, wanting to find out more about cycle touring, and experienced CTA pannier tourists and tour leaders.

History of CTA touring

When asked by Rosalee if I would like to give a short talk on overnight or multi-night tours, I thought it might be an idea to investigate some of the tours the CTA has run in years past. Once I started to research the information I had available, I was amazed at the large number of tours the CTA has organized over the years. I thought it would be of interest if this information was available on the night, and for it to be forwarded onto the committee for safe keeping. From the research, "A Touring History of the CTA" evolved and started with an "Early Days" preamble followed by "The Tours" from 1987 to 2016. Because of the considerable number of two and three day weekend tours the CTA has run over the years, "The Tours" list was for tours of four days or more. I would like to take this opportunity to thank Christine for the excellent "Time Line" of "A Touring History of the CTA" developed from "The Tours" list.

Recognition must go out to those members who organized, and participated in, the many weekends away as well as those listed.

After handing out some "Suggested Packing List for Cycle Touring" sheets, it was only a matter of talking through some of the pannier tours that have been held over the years and observe what changes have occurred. Some of the information

and ideas that came out of the talk is listed below.

1) Planning:

Depending on the planned state or country that is to be visited and duration of the tour, it was found to be beneficial to make contact with the local cycle touring club to seek their recommendations of accommodation and routes. To allow for flexibility of the longer tours, i.e. 3 to 5 weeks, booking accommodation was avoided. This allowed for unplanned extra time to be spent at an interesting location, or, a recommendation by a local to change to a safer or more interesting route, and ending up at a different location not originally planned for. Since full pannier touring allows for flexibility when it comes to being able to "fit in" to a sometimes busy caravan park, it was only a matter of ringing ahead the day before to book accommodation. Depending on the type of tour, where possible, it is an advantage to have participants pay for their accommodation on arrival at the overnight stop. This allows the tour leader to have more time to attend to other duties and he or she can also enjoy the tour. On some of the longer pannier tours not pre-booking and participants paying as they go, allowed participants to leave the tour to visit friends or relatives and rejoin the tour later on.

2) Route Information:

Over the years the method of "finding your way" around has changed, from asking the locals how to get to the next town or relying on road maps catering mainly for motorists. Then as cycling became more popular, a number of local Shires could see the potential for increased tourism by developing off road cycle trails, rail trails from redundant

train lines, and the recently completed Munda Biddi Trail. These changes saw an increase of cycle specific maps becoming readily available.

More recently the "Tech Nerds" are fully embracing the GPS to "find their way". With the Garmin mini computers on their bikes they can now travel the world and not get lost, so they say.

3) Clothing / Equipment / Bike / Food:

The items in this section over the years have changed considerably with new technology and materials now being available. What you choose from this section will depend on the type of touring you intend to do in the future. The wealth of information and experience that is available from the seasoned pannier tourists in the CTA will be invaluable to the new member. Most new members start off with a basic bike and back pack and will participate in an overnight "towel & undies" weekend. Before going out and exhausting your credit card, observe the seasoned pannier tourists, and ask how, why and where. This will allow the new member to choose the best items to suit their needs. If you have had the opportunity to observe the excellent CTA cycling chefs at work, you will never go hungry for ideas on how to sustain your energy levels required for touring. Remember to always carry an emergency food ration with you when touring.

For the benefit of you and your bike, minimise what you take with you on tour.

Happy Touring



From: Life Cycle Charity Bike Rides

•**Munda Biddi** 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

Lift out Rides Calendar for September/October 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.**

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

300km Achievement Ride Brevet

Saturday, September 17, 2016

300km Very Hard. This ride will be run

as a BREVET.

This is the club's most challenging ride, having to complete 300km in 20 hours (average 15km/h) and is required to complete the Super Achiever Series. Riders need to have front and rear lights in good working order.

Participants **MUST BOOK** at least one week prior to the ride to arrange details, and to prove their ability to ride long distances before being accepted to start.

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

My Way from Stirling to Midland

Sunday, 11 September 2016

8.15 for 8.30 am start

60 km, moderate 20 – 25 km/h

Meet at the Stirling Train Station to see how I get to the Midland Train Station (I live in Stirling) when I meet up with the club on other rides. The ride involves lots of quiet back roads, basically the safest and quickest way to get to Midland. The return journey will be longer with morning tea along the way finishing at the Stirling TS.

Leader: Stan

Phone: 9345 3552

O.Y.B. Pre tour ride

Sunday, 18 September 2016

8:30 am start

Meet at Bullcreek rail station, for a scenic

ride and get to meet fellow tour participants, stop for morning tea/coffee

Leader: Terry

Phone: 0439922765

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

Saturday, 24 September to Monday, 26 September 2016

See details on Page 6.

Leader: Stan

Email: stancds@netspace.net.au

5000 in 4 Achievement Ride - Take 2 Brevet

Saturday, 1 October 2016

8:00 am start

55 km, moderate

This ride will be run as a BREVET. Time limit is 4 hours.

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

Sunday, 2 October 2016

Check website for details

Sunday, 9 October 2016

Check website for details

10000 in 8 Achievement Ride Take 2 Brevet

Saturday, 15 October 2016

8:00 am start

100 km, hard, road bike: hilly. This ride

will be run as a BREVET. Time limit is 8 hours.

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

GO BUSH

Sunday, 16 October 2016

8:30 am for 8:45 am start

45 km approx. Mountain Bike: Some Hills.

Meet at the Midland Train Station

A ride on the Railway Reserves Heritage Trail. The surface of the Heritage Trail is only suitable for either Mountain Bikes or Hybrid and touring bikes with fatter tyres. (Not road bikes).

For approx. 22kms the ride will be up hill at a very gradual incline. It previously was a rail line so no sharp uphill. We will have coffee at the half way point Mt Helena Deli & Takeaway, then return to Midland train station downhill.

If you are wanting to ride through the tunnel which is approx. 1.5km please ensure that you come prepared with a front bike light and rear flasher. We will keep a steady -moderate pace enjoying

the sights and sounds of the bush trail.

Any questions – call Rita and Cliff on 0423 056 595

2016 On Your Bike Bay to Bluff Tour

Saturday, 22 October - Sunday, 30 October 2016

Cycling on sealed, quiet country roads to the western gateway of the Fitzgerald River National Park and then through the acclaimed Stirling Range National Park, the 28th On Your Bike Tour will explore this biodiverse area within the Great Southern region of Western Australia. This loop tour starting and finishing in the small town of Borden will allow participants to experience a wide range of scenery. From agriculture to flora and fauna unique to this southernmost area of the State's land division, to the unspoilt coastline and beautiful beaches of the fishing community of Bremer Bay and finally the majesty of the Stirling Range, with Bluff Knoll its highest peak, one of only a few places in WA to experience snowfalls. With a generally cooler climate, this

region of the State is ideal for cycle touring. The tour starts in Borden and travels to Ongerup, Jerramungup and Bremer Bay, stopping for a rest day, then continues to Boxwood Hill and Stirling Range, stopping for a second rest day, then finally to Gnowangerup before returning to Borden.

Tour Leader: Terry

Phone: 0439 922 765

Email: oyb@ctawa.asn.au

Clone of Mundaring Cake Run (Take 3)

Sunday, 6 November 2016

7:30 am for 7:45 am start

74 km, medium pace, hilly.

Meet at Cannington train station. This time we'll try to get all the way around.

If you are gen-Y and you would like to get the gpx file for this ride, just e-mail me (elsbethmarshall@gmail.com) and I will send it to you.

Leader: Liz

Phone 9293 0398, 0423 207 258

Long Weekend at Pinjarra- Geesebrook Farm Stay

Saturday 24 to Monday 26 September, 2016

Leader: Stan

Email: stancks@netspace.net.au

Full 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 arvo. 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.

CTA Members on Tour!

Many of our CTA members have been busy on cycling trips. Club members recently had the Christmas in July trip to the Windmill Farm, Bindoon and many other members have been or are going on cycling tours overseas.

Bruce Robinson in a band of six Perth riders, recently completed a bike tour, crossing France from St Malo to Nice, the tour was organised by the UK firm Skedaddle. St Malo is a beautiful walled port city along the Brittany coast (north-west France). He said as the group set off from the start of their tour, they caught glimpses of Mont Saint Michel across the



Yes, even 1.5 m from vehicles in France, photo taken by Bruce near Moustiers-St Marie

bay, this was one of the starting points for this year's Tour de France.

Bruce said that on an organised tour, most things are provided, however in his view there are some drawbacks in travelling with a guided group, especially if you want to stop and take a longer look at some of the sights along the way. They got into trouble for stopping for half an hour or so to look at some Gallo-Roman ruins right by the route. Also, there is only a limited opportunity to meet up with the locals, as meals and tea breaks are usually with fellow group members.

Bruce said that people can be independent and follow approximately the same route that his group did on his tour. This would mean greater flexibility (but some added responsibility), to stop and have a look around. You just have to be prepared to arrange accommodation (or camp), carry some luggage or tent, and either take your own bike overseas or hire one.

If you are interested in tackling the same route as Bruce travelled from St Malo to Nice and the options along the way, he recommends a good book titled "France en Velo" (he also has a copy if you would like to have a look at it). It is described at <http://franceenvelo.cc/>. There is a



Photo from Bruce, Squirrel in Lot Valley, part of Tour de France route

good short video of the delights of the route at: <http://bit.ly/1J91z4d>

Bruce's photos (the link to his blog is below), show stunning scenery, historical buildings, magnificent views and vistas from vantage points where the bike riders climbed some amazing ascents. They were in Nice on Bastille Day when the terrible terrorist attack occurred, fortunately well out of the way. Either on an organised tour, or freelancing he said it is a magic route.

<https://brucedotrobinson.wordpress.com/>

Many thanks to Bruce for sharing this information, his experiences and photos. (Editor)

One of our CTA members sent in the link to a great website - CYCLINGABOUT, this website lists their favourite cycle touring websites and blogs.

<http://www.cyclingabout.com/our-favourite-bike-touring-links/>

The Pain of Cycling—Anecdote!

Dr Max Kamien

I am a cycling enthusiast. But I am one who likes to stop and smell the wildflowers and ride well within my physiological limits. I am at the opposite end of the riders' spectrum to the professional cyclist whose mantra is—"Ride through the pain"

Early on a Monday morning one of my regular patients asked if I could drop by

on my way to work to see his son who was in great pain after completing a 161 km road race the previous day.

The young man told me that he had developed a severe pain in his left testicle at about the 130 km mark. But he had trained so that he could ride through the pain, which is what he did.

He had a torsion of the testicle. Now he has only one testicle, like Lance

Armstrong. But in the world of professional cycling he has achieved minor legendary status as a rider who has proved that he can ride through the pain!





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

By Rosalee McAuliffe

It was great to see a good number of members and partners join the festivities at the Windmill Farm, Bindoon for CTA's—Christmas in July.

Kleber led a group of cyclists for the ride to Bindoon for the weekend, navigating through quiet back roads from Midland train station to eventually join Great Northern Highway. Brian and Mike had managed to negotiate Mike's tandem from Greenwood train station to Midland train station, with a neat technique of upending the bike vertically to fit into platform lifts.

The first stop was at Kleber's favourite Road House on Great Northern Highway where cyclists had the opportunity to fuel up for the next 55 km or so of the ride. Unfortunately Patrick discovered that he had 3 broken spokes on his rear wheel. It was difficult to fix due to the size of his wheels (26 inch), as no one had spare spokes for his size bike wheel. John kindly offered to carry one of Patrick's panniers to reduce the back load on his bike, this enabled him to keep riding. There is a good hard shoulder along Great Northern Highway and the riding conditions although overcast and cool, were perfect for cycling.

We all turned off the highway at

Chittering Road for a scenic ride through the Chittering Valley, the creeks and waterways were full of water due to some good winter rains, it was great to see the countryside so green and vibrant. Upon arriving in Bindoon everyone headed for the Bindoon Bakehaus and Café, a place where riders thoroughly indulged themselves with some delicious treats, the Bakehaus is also famous for when Prince Harry dropped in for one of their Bannofee Éclairs in 2015!

The final stop for the day was the Windmill Farmstay, only a couple of kilometres north of Bindoon, perfect surroundings to relax and unwind and prepare for the evening festivities. Robyn did a fantastic job of organising the weekend, she decorated the dining room (along with helpers Jan and Deb), with a Christmas theme and our hosts Milton and Joan, were friendly and helpful as always. In the evening, Robyn organised bon bons, a Christmas quiz sheet, and even gifts for everyone from the decorated Christmas tree. Another special surprise for the evening was a birthday cake from Robyn for Stuart Crombie who turned sixty while camped at Betoota during his riding trek across Australia (see page 3). Everyone enjoyed talking to Stuart about his latest ride, he had many amusing and interesting

a n e c d o t e s which we all enjoyed hearing about.

Milton and Joan put on a great evening meal and in the morning a wonderful breakfast spread. Just the perfect breakfast for bike riders to commence their ride! It was quite a chilly start for our



Robyn (organiser), Deb & Jan, team who set up the Christmas decorations and room

return trip back to Perth, again taking the Chittering Valley Road, then turning on to the Lower Chittering Road towards Muchea for a morning tea/early lunch stop. After Muchea we followed a good road along the railway line, past Pearce Airbase area, and through the new housing estates of Ellenbrook to wind our way back to Perth.

Congratulations to Robyn for organising such a successful weekend and many thanks to Kleber for leading the ride.



The Christmas theme, decorations organised and set up by Robyn at the Windmill Farmstay



Udeni, Kleber, Ann and Stan got into the Christmas spirit!

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



A group of riders at Windmill Farmstay, Bindoon ready to start the ride back to Perth

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

