THE CHAIN LETTER

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

March/April 2017 Issue 253 ISSN:2206-9585

PRESIDENT'S REPORT

Dog Attack

Some of you may be aware that one of our members was bitten by dog on a ride up the railway Heritage Trail. Although the injuries did not prevent the rider completing the ride, it was reported to the Local Shire, who have made investigations which resulted in the dog owner being fined.

Rider Etiquette

Situations like this are a good opportunity to reflect on our perceived appearance in the community. In no way do I believe that any rider on this occasion acted in a way that was inappropriate given the circumstances. The perception of the number of riders is often over estimated. This can also occur on the road. The perception of a group seen from behind is often that a group is riding 3 and 4 abreast, when in reality it is that a couple of the riders have a wider gap between themselves. The road rules state - Cyclists: "must not be more that two bicycles abreast on a road. When riding abreast, the two bicycles must be no more than 1.5 m apart". I think this is an area where we, as a club could make some improvement. Riding within cycle lanes (when provided) is another part of rider etiquette, where it could be perceived that: "the group were all over the road." The Law states: all vehicles on single lane roads are required to keep "the vehicle as close as practicable to the left boundary of the carriageway". This includes bicycles.

Caltrop (Bindii)

With the recent summer rain we have seen an explosion of caltrop plants in the area that Connie and I have been trying to eradicate this weed from. If you have not come across this horrible plant that has a seed pod that no matter which way it sits on the ground there is a spike pointing up you are extremely lucky. Keep an eye out for it, a simple Google search give you lots of examples.

We would all like to send our best wishes to Greg Atter, who is on crutches for the next 6 weeks, due to a bike accident.

Regards, Noel

UPCOMING EVENTS

Social

Thursday, 20 April 2017
Loftus Centre, 99 Loftus Street, Leederville—7:15 pm for 7:30 pm start.

Mark your calendars for our next Social Night. This promises to be an entertaining evening as we join Stuart Crombie for a first hand account of his bike ride from Perth to Cairns via Uluru. The 3 month unsupported journey was undertaken on mostly gravel roads and tracks and included many days between water and food points with some unseasonal rain adding to the challenges. Stuart will show you pictures of his epic trip and will recount high (and low) lights of this remarkable journey. See page 4 for more info on Social Night.

As always tea, coffee and light snacks will be available. **Please let Stephen know if you will be attending for catering purposes at** social@ctawa.asn.au or 0420 224 911

Tours

Retirees Run—Sunday, 19 to Saturday, 25 March 2017

See Rides Calendar (Page 5).

Good Friday 14th to Easter Monday 17th April 2017

This year we will be visiting and enjoying the town site of Narrogin and riding the quiet back roads that surround the town site. See pages 6 and 7 for more details.

New Website, now up and running: www.ctawa.asn.au

2017 On Your Bike - Loaves to Fishes Tour

Saturday 2 September to Sunday 10 September 2017

This epic tour of Biblical proportions starts from the only monastic township in Australia, the Benedictine Community of New Norcia. Cycling northward on quieter, sealed rural roads through the State's central agricultural corridor, the tour will wend its way through Western Australia's Wildflower Country to our final destination at the twin fishing towns of Dongara and Port Denison, one of the jewels of the stunning Coral Coast on the sparking waters of the Indian Ocean.

Participants will have the opportunity to see expansive cereal and livestock farms, wildflowers and visit some of the smaller country towns that once were the mainstay of the old inland road route to Geraldton and beyond.

With participation limited to a maximum of 130 riders, please put the tour dates in your diary and watch out for the release of the Tour Brochure and Entry Form in the first quarter of 2017. Enquiries: Trevor Knox – 0402 029 608 or trevorknox@arach.net.au

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DEADLINES: Contributions for the next issue (May/June) should be sent to the Editor (editor@ctawa.asn.au) no later than **6 April 2017.**

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

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Achievement Ride Successes

According to our records, the following people have completed Achievement Rides. For 2015. Please contact Achievement Rides Coordinator, John Farrelly, by email achievementrides@ctawa.asn.au if any details shown seem to be wrong.

Sunday 19 Feb 50k T1
Michael Penklis
Chris O'Brien
Michael Walters
Brian McAuliffe
Arie Lemson
Kyra Nimmo
Vanessa Crispe
Richard Marshall
Elspeth Marshall
Kleber Claux
Don Ward
John Farrelly
Christine Liddiard
Stuart Crombie
Udeni Gunasekera

Achievement Ride Dates for 2017**

Sunday 26 Mar 5000 in 4 T1
Sunday 9 Apr 100k T1
Saturday 13 May Century challenge T1
Saturday 10 Jun 2017 10000 in 8 T1
Saturday 1 July 2017 100k T2
Sunday 2 July 200k in 2 days
Saturday 29 July Century challenge T2
Sunday 6 Aug 50k T2
Saturday 19 Aug 200k
Saturday 16 Sep 300k brevet
Sunday 1 Oct 5000 in 4 T2
Saturday 14 Oct 10000 in 8 T2

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

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

Welcome to New Members: Natasha Stone, Jo Burges, Paul Fennell, Kristina Trigg, Glenda and Oliver Galante, Debbie Guyon

CTAWA—Annual General Meeting -Sunday 26 February 2017

The Cycle Touring Association WA (Inc). held its Annual General Meeting on 26 February 2017 and was well attended by 40 members. Here are a few highlights of the proceedings.

Reports

President (Noel Eddington) - Noel thanked the committee for their help and support during the year. He outlined the clubs main achievements during 2016:

* The transition from old member data-base to new system, thanks to the work carried out by Gus and Christine;
* New website, now up and running, tirelessly worked on by Roy and Gus;
* Excellent OYB led by Terry Bailey and his committee;
* Saw an increase in multi-day rides;
* Social nights well attended.

Treasurer (Christine Liddiard) - Christine presented a comprehensive financial report which showed that the club is currently in a good financial position. The electronic distribution of the Chain Letter to members has contributed to savings. Another factor that improved the finances was due to OYB being able to reduce their transport costs. The savings this year will help pay for the cost of the new website.

Rides Coordinator (Greg Atter) - Roy was able to give an account for Greg who was unfortunately unable to attend due to recovering from a bike accident.

Achievement Ride Coordinator (John Farrelly) - said that the rides were mostly well attended by a core group of riders. There is a plan to incorporate 2, 3, 5 dam rides into the AR ride calendar. He also thanked Michael Penklis for his help over the year.

Social Coordinator (Steve Napier) - the social nights were well attended. The change to a Thursday night has worked well, which has meant a more comfortable room to meet in. Topics or ideas are always welcomed by Steve for Social Nights.

Clothing (Doug Allen) - this year's clothing sales seem to be mainly periodic with no big changes. We still have an array of jerseys in stock, safety mirrors and socks.

Website (Angus King) - launched the new website, with a demonstration on new and different functions. He expressed appreciation to Roy for his contribution, particularly in writing up the specifications that needed to be presented to contractors. The contractor selected was Jill Banks from Redback Graphics who has done a marvellous job working with Roy and Gus.

Editors (Rosalee McAuliffe and Hilary Beck) - expressed particular thanks to Gus King for his assistance in notifying members when newsletter is available and for loading onto website. Also Christine for her work in maintaining the data-base and printing of labels. This year there was a reasonable contribution from members, however it is really important for the editors to continue to receive articles, ideas and information that you would like to see in the newsletter.

OYB (Terry Bailey): Terry's report was read to members by Noel. The 2016 OYB was enjoyed by 106 participants, including 2 from ES and 2 from NZ, and for 19 participants, it was their first tour. Some riders caught the bus from Armadale, while others decided to drive to the beginning of the tour at Borden. Two rest days were incorporated in the OYB tour; at Bremer Bay and Stirling Ranges, both idealic places for riders to look around and enjoy the sights. Terry expressed his appreciation for the help and support of the OYB committee members.

Awards

Achievement Ride Recipients

Merit Series— Miranda Stanton, Don Ward, Michael Penklis

Achiever Series— Chris O'Brien, Udeni Gunasekera , John Farrelly

Challenge Series— Christine Liddiard, Hilary Beck

Super Achiever Series—Bruce Robinson, Stuart Crombie

2016 Newsletter Article of the Year

Awarded by Rosalee McAuliffe and Hilary Beck to: Lucy Jarzabkowski for her article in the July/August 2016 newsletter: 'The Tortuous (not tortuous) Tootle to Toodyay' Long Weekend, 4-6 June 2016, led by Kleber.

2016 Ride of the Year

Single Day Ride of the Year—Christine Liddiard for: 'Trains Tracks, Highways and the River', on 1 May 2016

Multi Day Ride of the Year—Liz Marshall for: 'Retirees Run-Reversed' from 8 May to 11 May 2016

2016 Cycle Tourist of the Year

Awarded to Christine Liddiard (a true "Cycle Tourer"). Since 2012, Christine has been the Treasurer of CTA, this role is very time consuming to ensure the financial accounts and membership are in order. Over the past few years she has lead numerous rides, participated in many full pannier tours, and a much valued volunteer for OYB. *Well done!*

Election of Committee Members for 2017

President	Stuart Crombie
Vice President	John Farrelly
Treasurer	Christine Liddiard
Secretary	Roy Stone
Rides Coordinator	Liz Marshall
AR Rides Coordinator	John Farrelly
Tour Coordinator	Stan Wiechecki
Editor s	Rosalee McAuliffe
Webmaster	Gus King
Social Coordinator	Steve Napier
Clothing	Doug Allen
OYB Tour Leader	Trevor Knox

Award Recipients: Lucy Jarzabkowski, Christine Liddiard & Liz Marshall

(AGM brief continued on next page)

General Business

Subscriptions—to remain the same.

2017 OYB

They 2017 sub-committee for the OYB tour was endorsed and is as follows: Trevor Knox (Leader), Ann Wilson (Administrator), Terry Bailey, Tony Humphreys, Sue Piesse, Brian McAuliffe. Trevor said that planning for the 2017 OYB is well advanced. Pamphlet should be available by end of March for distribution.

Other Business

* Wednesday Morning riding group announced by Connie.
* Sustainable Tour criteria, should this be incorporated into Multi-day tour Awards. Committee will revisit this criteria.
* Safety—all members should abide by the State Road Laws.

2017 CTA Committee members

Social night- 20 April, 2017—Straggling Stu's Desert Epic

By Stuart Crombie

Crossing Australia through the Great Central Road from Perth to Queensland is one of the 'must do' cycling trips in the world. It is long (about 6019 km plus pub runs), isolated (at one point 350 km from any roadhouse, rough ('roads' of gibbers or sand or dust), beautiful and populated by wonderful people.

Although I aspire to be a minimalist tourer I always seem to take stuff that is not needed (on my first Australian crossing I took a pair of black dress shoes!).

My route took me from Perth through Kalgoorlie and Warburton to Uluru (Ayre's Rock). After a rest and some bike repairs it was on past Lambert's Geographical Centre of Australia to the western edge of the Simpson Desert. A big swing south around the bottom of Lake Eyre took me to Innamincka on the Cooper Creek where the explorers Burke and Wills died in 1861. The 1100 km run northwards to Waltzing Matilda country at Winton was the longest stage between towns of the trip.

Of the section along the Diamantina River Banjo Patterson wrote (and he was an optimist compared to Henry Lawson)

"That a drover's life has pleasures the townsfolk never know
Is just poetic fancy from the days of long ago,
And the chap who wrote that bull-dust was dreaming whilst asleep,
And was never down this river with a mob of travelling sheep.
The barren flats are desolate, the sandhills stark and bare,
And the only vegetation is the buck-bush growing there,
With scanty growths of never-fail scattered near and far,
And stunted clumps of gidyea where the river channels are."
(http://www.australianculture.org/diamantina-droving-1932/)

After visiting my brother's sheep station I reached the Pacific Ocean at Townsville fourteen weeks after starting.

I rang home but didn't get the response from home that I had expected;

"I'm not ready for you. Go somewhere else!" said Robyn.

That was a good excuse for another week riding the back roads up to Cairns. Then the wheels really did come off the bike to come home. ***Hear what happened next from Stuart and his next planned trip!***

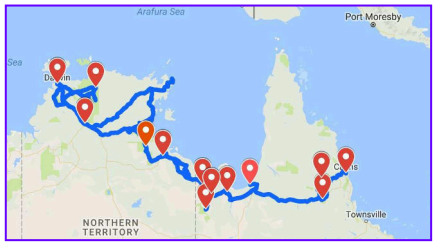
Planned 2017 Ride—"Creeks and Crocodiles"—Cairns to Darwin!

Stuart Crombie and a small team of CTAWA riders are drawing up plans to ride unsupported from Cairns across the bottom of the Gulf of Carpentaria to Darwin. Stuart completed a solo ride across Australia last year!

The 2500 km route roughly follows the line of Leichhardt's Port Essington exploration and of the first stock route from Queensland to the Kimberley in Western Australia. The mainly dirt road should (hopefully) have been graded after the wet season but not yet been chewed into bulldust by the stock trucks. Water in creek crossings will be lower and so reduce the chance of meeting a crocodile part way across.

As most of the proposed route is in sparsely populated pastoral country we will have to carry all of our gear and be prepared to camp in the bush most of the time. We are aiming to ride 50-80 km a day with a rest day every 4-5 days.

Landmarks along the way include the limestone caves at Chillagoe, lava tubes at Undarra, fossils and gorges at Lawn Hill and The Lost City and flood plains in Jabiru and Arnhem Land. Outback towns like Domadgee, Boroloola and Burketown and dots on the map like Hells Gate (a roadhouse) and Woologorang (a cattle station) will be oases on the long stretches of dirt road. ***Proposed map below.***



Mountain biking in Bali

There is a Mountain Bike Tour in Bali that our members Liz and Richard are joining. A tour for adventurous people who like riding on challenging trails and who love to hike and climb that extra km for the sake of mind blowing views. If you are interested in checking out more details you can contact: isabelle@bali-trailblazers.com or phone: 847001161990715

Lift out Rides Calendar for March/April 2017

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, uphills 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 unforseen circumstances can occur after publication of newsletter. **Therefore please check the website before going on a planned ride.**

Perth Environs Ride

Sunday, 5 March 2017

8:15 am for 8:30 am start

40 km, moderate pace (20 – 25 km/h), flattish.

Meet at the Loftus Community Centre, Leederville. It's the long weekend and we have an easy ride before tomorrow's *Lizzies Leg Burner*, just to keeps the legs tuned. Riding around Perth and our magnificent Swan River, we eventually will end up at one of the cutest little café's I have found with a garden outdoor setting at the back of an old house in North Perth. It's bonza.

Leader: Stan

Phone: 9345 3552 or 043 9955 241

Lizzie's Leg Burner

Monday, 6 March 2017

8 am for 8.15 am start.

48 km, moderate, 700 m uphill

Meet at Gosnells train station. Up Mills Road East for a coffee stop in Kalamunda, then it's a fast downhill on Crystal Brook Road and the back roads to Gosnells.

Leader: Liz 0423207258 or 92930398

Steve's Seafood Saunter

Thursday, March 9 2017

6:00 pm start

20 km

Meeting at Canning Bridge by the Raffles

Join Steve for a relaxing ride to Freo where we'll enjoy our choice of tucker from Kailis' Seafood market before the return journey.

Must have good working front and rear lights.

Leader: Steve, phone—0420224911

Morning Munchies in Mandurah

Sunday, 12 March 2017

Arrive with the first train to Mandurah at 8.21 am

70 km, moderate pace, flattish

It is only a few short km to the Cafe strip in Mandurah, where you can choose which one you prefer for your breakfast.

After we have had our fill it's on to the Freeway PSP North to Thomas Road for a short break, before continuing on to Anketell Road, where we leave the Freeway PSP. It's then onto quiet back roads through Hope Valley and Wattleup as we head towards the coast. We pick up the PSP at Woodman Point Regional Park as we head North to the finish in Fremantle.

Leader: Kleber, phone— 9354 7877

Stirling Markets Coffee Run

Sunday, 19 March 2017

8:15 am for 8:30 am start.

30 km, moderate, flat.

Meet at the Narrows Bridge South side near the toilet block. For those of us not doing Lizzie's Retiree Run here is an easy peazy ride along the freeway cycle path to the Stirling Markets in Stirling for coffee and cake and a wander around or just sitting on the grass scoffing yourself. Return via Herdsman & Lake Monger. It will be a doddle.

Leader: Stan

Phone: 9345 3552 or 043 9955 241

TOUR- Retirees Run—Sunday, 19 to Saturday, 25 March 2017

Start and finish in Armadale with overnight stops in Pinjarra, Boddington, Pingelly, York twice and Mundaring Weir. This ride is unsupported with some long and hilly days. The distances are: 70, 77, 75, 90, 96 and 41 km. You have the choice of either bringing your own tent or sleeping in a bed every night. In York, where we have a well earned rest day, we will all be sleeping in a bed, because the caravan park has been closed. Costs will be about $300 for the bedders and $160 for the tenters, this is accommodation only. A deposit of $50 is required together with the completed registration form. Please indicate your interest by e-mailing me and I will send you a registration form, ring if you have queries. **Numbers are limited and the enrolments should be finalised by the 3 March.** My email address is: elsbethmarshall@gmail.com

Leader: Liz , 92930398 or 0423207258

5000 in 4 Achievement Ride—Take 1

Sunday, 26 March 2017

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

55 km moderate (20 - 25 km/h) 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 uphills and down dales around the Armadale & Roleystone area. Time limit is 4 hours.

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

Three Bridges

Sunday, 2 April 2017

8:30 for 8:45 am start.

40 km, moderate pace , relatively flat

Meet at the toilet block south-side of Narrows bridge .

Heading south on the Kwinana freeway bike path to the Canning Bridge, Mt Henry, and Shelley Bridges and cycling on some bike paths and cycle friendly roads. After the mandatory CTA coffee stop cycle back to the starting point.

Ride leaders: Rita & Cliff

Phone: 0423 056 595

100K Achievement Ride - Take 1

Sunday, 9 April 2017

8.00 am for 8.30 am sharp start.

100 km moderate (20 - 25 km/h), road bike, some hills.

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

Easter Long Weekend at Narrogin

Good Friday 14th to Easter Monday 17th April 2017

See BELOW for more details.

Morning Gobble in Guildford

Sunday, 23 April 2017

8:15 for 8:30 am start.

60 km, moderate/fast, flat, some hills.

Meet at the Guildford Train Station car park (southern side of TS). Continuing on from Kleber's Morning Munchies in Mandurah we will do the same from Guildford. First, we walk our bikes (yes walk) across the road to the café opposite the TS. After a filling brekkie, we will ride along the very good cycle paths following the railroad to Perth then onto Freo where we will have MT. Riders can then decide to continue on with me to the Narrows Bridge via Applecross/Canning Bridge where the ride will officially end. Generally a moderate ride but the cycle paths are very good so where possible we open up the speed. Particularly good ride for the Mt Hawthorn Hooness and the Bayswater Bachelor.

Leader: Stan

Phone: 9345 3552

Eastern Bike Paths

Sunday, 30 April 2017

8:00 am for 8:15 am start

50 km, low end of moderate, flat

Meet at the southern end of the Narrow's Bridge (opposite the toilet block). After leaving South Perth, we will get onto our first eastern bike path along the railway line in East Cannington. Continuing south easterly, we will get to the Roe Highway bike path. Later, after a few turns, we will ride along the Tonkin Highway bike path, before crossing the river for morning tea at Tranby House. After being re-fuelled, we will make our way along the river, through Elizabeth Quay and back to the Narrows.

Leader: Christine (9457 4779

See website for ride on 7 May 2017

Easter Long Weekend at Narrogin

Good Friday 14 to Easter Monday 17 April 2017

Leaders: Stan

Phone: Stan- 9345 3552 (043 9955 241)

Phone: Tony- 0408 955 908

Email: stancds@netspace.net.au

This year we will be visiting and enjoying the town site of Narrogin and riding the quiet back roads that surround the town site. Narrogin is a large town in the wheat belt region, 192 km southeast of Perth on the Great Southern Highway between Pingelly and Wagin, a 30 minute drive east of Williams. The town has many historical buildings, café's, eateries, little shops and quiet back roads.

Accommodation: We will be staying at Tony H's residence, a long time CTA member, whose house is close to the centre of town. There is limited beds inside the house and if members require, they can bring their sleeping mats and bunk down on the floor. Preferably, members will be camping out on Tony's back lawn. Depending on participation, tenting may be 'wall to wall'. So bring your ear plugs. By the way, Tony has a rescue Greyhound which he has just adopted recently and depending how cold it gets, could be quite popular. He is a lounge lizard, the dog not Tony.

If you wish to attend this weekend but not stay at Tony's house, there are two Motels, two Hotels offering accommodation, a few B&B's or a caravan park. You are to make your own arrangements.

Food, what to bring, what is supplied: You are to bring all your own food, towels and bedding. Tony supplies a place to stay, water and a shower. Bring your own trangiers if you have them, just in case, as Tony has only one cooking top. A BBQ will be available and a large esky as well for cold drinks as it will help out Tony's fridge. Extra provisions may be available in town on Good Friday, otherwise on Saturday morning. There maybe not much open on Good Friday so plan your food and drinks.

Costs: $10/night, for three nights cost is $30. Numbers are limited so first in best dressed.

Confirmation:

1. Members who wish to attend this weekend are to confirm by email their attendance and stipulate if they want to camp out, take a bed, floor space or finding their own accommodation.

2. You are to confirm if you want to pub

(see next page)

(continued from page 6)

it for the Sunday evening meal (see below).

3. Email Stan, see address above.

How to get to Narrogin:

Members are required to drive down so carpooling may be an idea. Tony's address will be supplied when confirmation of attendance has been made.

Itinerary:

Friday, 14th April 2017

Members are required to arrive at Tony's house by 10.00 am which should allow enough time for members to 'make camp' and/or sort their bedding. Lunch is to be confirmed if available in town (it's Good Friday) otherwise bring your own. We will be going for a short ride around town to see if anything is open and to help the local economy. Narrogin has many historical buildings which we can visit or see. The evening meal will be your own. Suggest to bring a pre frozen meal for the first night. Make it easy for yourself or you can BBQ

Saturday, 15th April 2017

After breakfast we will go for a cycle in the country with Tony's guidance. Lunch is to be decided. Evening meal will be a group BBQ, so bring something for this evening cook out or have a picnic dinner in Dryandra visiting Barna Mia and the nocturnal animals including the Easter Bilby https://parks.dpaw.wa.gov.au/site/barna-mia cost $20. (will need to drive out to Dryandra)

Sunday, 16th April 2017

After breakfast we will going for a long cycle in the country with Tony's guidance. Lunch is to be decided. Evening meal we will be pubbing at one of the local hotels which is in walking distance of Tony's house. So it is not too far to stagger back.

Monday, 17th April 2017

After breakfast, break camp and head for home.

Where's the Weir Weekend
3 to 4 December 2016

By Christine Liddiard

Not so early on Saturday morning, 19 cyclists arrived by train or bike at the Midland Station for an overnight stay near Mundaring Weir. After a briefing by Kleber, it was on our bikes to start the climb up to Mundaring. Up Coulston Road and then up Darlington Road where, unfortunately, Tony decided to turn back due to a lingering injury. Next it was across Great Eastern Highway into John Forrest National Park.

There was a short stop along Park Road, to both regroup and enjoy views of the city skyline, then more uphill on Oxley Road. Well done to Brian and Michael on the tandem and to the fully loaded 'campers': Kleber, Stan, Hilary, Peter and Benjamin, for doing all these challenging hills. We then took quiet back roads to Mundaring for a well-deserved lunch at one of the bakeries. After lunch, there was a further 6 km to the hostel.

Once at the hostel, those tenting went straight to work putting up their tents. And the 'hostellers' simply selected a bunk bed for the night! Afternoon activities varied - some went to the No. 1 Pump Station, some to the Arts and Craft Gallery, others to the Hotel, several had a nap and many made friends with the resident grey kangaroos (including three with joeys). There was also much 'round the table' discussion in planning rides for the new year.

In the evening, Peter who came well prepared, cooked his dinner in the hostel, while the rest of the group went to the Mundaring Weir Hotel. In the hotel, which is set on a slope amongst the trees, we had views to the coast, allowing us to watch changes in the weather – read... cloud watching! After his *very wet* weekend to Serpentine in December 2015, Kleber was just a bit apprehensive about his reputation if he led another wet weekend.

Liz and Richard leading a group along Park Road

Not to worry, the rain came and then the sky started to clear. After dinner, a few took their time and went back to the hostel, while 12 walked about a kilometre to the Kookaburra Open Air Cinema to watch *"The Accountant"*. Due to the earlier rain, the deck chairs had to be wiped and the cinema people provided us with plastic garbage bags to put over the seats. There were a couple anxious moments on the weather front, however there was nothing more than minor drizzle.

With the sun rising early in December, there were several early risers on Sunday morning, particularly in the tent area. Breakfast started at 6:00 am and tents were soon down, with the first fully loaded bike being wheeled by around 7:00 am. The hostellers took things a little more leisurely, however all were ready for an 8:30 am departure.

Continuing along Mundaring Weir Road, initially down to the weir, it was then up, for the climb out. The tandem had a short walk on a steep section near the top. At the top, we all regrouped before the ride into Kalamunda. After an enjoyable morning tea stop, Liz and Richard left the group to ride the 2 km home, while the rest of us rode down the zig-zag on our return to Midland. Thanks to Kleber for organising the weekend (and to the weather gods for helping to restore his reputation!).

Alps2 Oceans—A Great New Zealand Trail

By Sarah Cutts

Sarah at the Alps2Ocean sign

Cycle touring in New Zealand feels like being a kid in a candy store as there are so many fantastic places to go that it is hard to choose. The Alps2Ocean trail is relatively new trail, but fast becoming one of the most popular. Riding along it feels like being part of a series of table mats showing Great Views of New Zealand.

The trail is carefully designed to take into account the terrain and prevailing winds to give a gentle, pleasant downhill ride from Mount Cook. So my two friends, Debbie and Delwyn, decided to do it backwards, and between Christmas and New Year, the busiest time.

We started out in Oamaru, the Steam Punk capital of New Zealand. This little town was a thriving metropolis until the early 20th century when financial disaster struck. There was no money to pull buildings down, so it remained a time capsule until the hipsters arrived 10 years ago. Now it has the best artists, coffee and beer in New Zealand. The Steam Punk Museum is mind blowing. Even if you don't think it is your thing, just go. And the $2 to put in the slot to get the train working is well worth your while. Penny farthings are big here.

The trail starts (or more usually, finishes) at the Pacific Ocean, and winds through the beautiful botanic gardens, then heads into beautiful rolling green country, through amazing rock formations. We stopped at Kurow, most famous as the birth place of Richie McCaw, former All Black captain, and a god like figure here. Check out the 5 m cutout of him in the main street! The Kurow museum is worth a visit to hear about the depression era building of the dams. Times were tough then.

The following day, we skirted around the hydro dams with some fascinating neo fascist architecture from the 1930s, and stayed at a back packers in Omarama. English was hardly spoken there – mainly German and French. One of the most enjoyable parts of the cycle was meeting so many foreign tourists who have come here for the cycling. Cycle touring is now seen by local communities as an asset, and they are keen to bring cycle trails through their towns.

We then took a detour to Twizel. Once famous as one of the most boring towns in New Zealand, it has become a thriving hub with lovely cafes and access to the lakes. The ride across the grasslands gave perfect views of Mount Cook the whole way. Once you get to Lake Pukaki's turquoise waters you will see the view that is on front cover of Classic New Zealand Cycle trails. The trail takes you around the lake and up to Lake Tekapo, famous for the Church of the Good Shepherd and a fantastic waterslide. This is the alternative starting point for the trail, as you don't have to take the helicopter ride over the river, which you need to do if you start in Mount Cook.

We went to return to Twizel the next day, but were treated with gale force winds. We couldn't even walk our bikes along the canals as the bikes were getting dragged away and we were seriously worried about ending up in the canal. As we had done this section the day before, we decided to admit defeat and call in the cavalry in the form of Cycle Journeys, a shuttle and guiding company, who were amazing. We rescued a Chinese cyclist on the way, who was sobbing with exhaustion trying to battle the head wind.

It was fascinating to discover what a big business the trail is. We looked around the enormous workshop in Twizel, and heard about some of the other companies leading people on the trail. It is good to know that the country's investment in Cycle touring has paid big dividends. It's also nice to know that you can still do it cheaply, staying in DO campsites.

The following stage was my favourite. From Twizel, we cruised around more canals, stopping off for cheese tasting, then went around Lake Ohau. Even through this was the busiest time of the year, there were very few people on the trail, and the Lake was stunningly beautiful. We stayed at Middleton Camp site, then rode to the Lake Ohau Lodge for coffee and cake – thoroughly recommended! The route around the Ohau Range has a very gentle gradient, and takes you through a beech forest, followed by a historic woodshed. This may not sound much, but the primitive conditions and stories of people who worked there were worth the visit. They built them tough in those days! After that we were back on track to pick up the trail back through Omarama and back to Duntroon, where we stayed on the Domain for New Year's Eve. My New Years Resolution for 2017 was not to spend the next New Year on the Duntroon Domain. I do recommend the Flying Pig in the little town though.

Be prepared for temperatures anywhere between -4° and 40°, gales and rain. Even in late December I was sleeping in thermals, down jacket and a beanie every night. Ideally, it would be better to go out of school holiday time, which ends in January. This ride showcases some of New Zealand's most stunning scenery. If you wanted a good reason to come over this is it. Check out: http://www.nzcycletrail.com/ to find many more reasons to come over!

Mt Cook in the distance

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.**

Please note: Our previous supplier (Sprint Design) has now ceased operating. Meanwhile we will be looking for an alternative supplier, however we won't make a decision until June 2017 as we still have a current stock of jerseys and socks.

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

CTA Members out and about!

Top left: Kleber's "Come for a Swim" Ride on 8 January, some riders had a swim at Bicton Baths.

Top right: Michael's tandem friendly ride—"Northern Excursion" on 22 January.

Bottom left: 2017 AR Award recipients at AGM

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 2017
Renewal Adult membership	$50.00
(If paid by 31 Jan	$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.

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