

THE CHAIN LETTER

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

September/October 2017

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PRESIDENT'S REPORT

Your President, Treasurer, On Your Bike Truck driver and a couple of others have been enjoying warm and rain free days while riding from Cairns to Darwin. The ride was great fun, bouncing over rough roads, camping under the stars by bush, billabongs and wondering "what on earth is that heavy breathing outside my tent at three in the morning" (a donkey).

We understand that Perth has had good rains in late July and August and that conditions have been wetter than usual! But don't let a bit of rain put you off riding in the cooler months though. Remember that CTAWA riders are not made of sugar.

CTAWA riders are really covering territory this year. David started with a personal solo tour of Japan and the Intrepid'eans headed off in mid-June from Cairns across the corrugations to Darwin and have just arrived at the Arafura Sea. Finally, Rita and Cliff are planning a ride from LA to San Diego later on in the year.

But remember, that these big rides didn't come from nowhere. They were backed up by gaining fitness on Sunday morning club rides. More kilometres were added by riding on the mid-week and evening tootles. Strength and endurance were built and tested on the Achievement Ride

series.

So this newsletter's message is "small rides beget bigger rides, and big rides beget even bigger rides" Let's get out there when the sun shines this spring and join our fellow CTAWA members for rides on Sunday, midweek and for long weekends and for the great On Your Bike ride starting in a few days."

Soon you will be planning rides to Pinjarra, or Uluru, or Beijing, or maybe even London. See you out there, and keep safe,

Regards

Stuart, from sunny Darwin

Upcoming Events

Social

Social Night—Thursday, 19 October 2017

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

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

Please let Stephen know if you will be attending for catering purposes at social@ctawa.asn.au or 0420 224 911

Christmas Long Table Lunch—Sunday, 26 November 2017

Venue: Tradewinds Hotel, 59 Canning Highway, Fremantle, you will need to RSVP to social@ctawa.asn.au or 0420 224 911

Tours and Events

Carinyah Mountain Bike Overnighter (Munda Biddi) - Sat, 7 October – Sunday, 8 October

Two day mountain bike ride with an overnight stop at the Carinyah Camp Site on the Munda Biddi Trail. Vehicle parking provided at members property. Contact: Stan (9345 3552, 0439 955 241), email: stancds@netspace.net.au. (Refer to Rides Calendar, page 6 for further details)

"Kleber's Karaoke Karryon" at the Stirling Range National Park

Friday, 10 November to Sunday, 12 November

(see page 7 for details)

Serpentine Falls - Full Pannier - Weekend Tour

Saturday 2 and Sunday 3 December 2017

(see page 8 for details)



Important Information to CTA Members
CTA's New Website for Members



Dwellingup Weekend—Del Park Road
threw down the gauntlet for this group!



Overnight on the Munda Biddi! Page 6



Stirling Range NP and Kleber's Karaoke
Karryon weekend! Page 7



Back to nature weekend at Serpentine
Falls. Page 8

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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.

Contents

President's Report/Upcoming Events	1
Club Information	2
Achievement Ride Successes	2
Important Information to Members-CTA's new website	3
Report: <i>WA Long Weekend Tour at Dwellingup</i>	4
Rides Calendar	5/6/7
<i>Coming Events: * "Kleber's Karaoke Karryon" at the Stirling Ranges .</i>	7-8
<i>* Serpentine Falls weekend</i>	
Cyclists—Don't Be Caught With a Fine!	8
Achievement Ride Info, Clothing, Safety, Hiring Equipment	9
Membership Details /Munda Biddi Social Night	10

Achievement Ride Successes

According to our records, the following people have completed Achievement Rides for 2017. Please contact Achievement Rides Coordinator, John Farrelly, by email achievementrides@ctawa.asn.au if any details shown seem to be wrong.

Sunday, 6 Aug 50k T2

- John Farrelly
- Udeni Gunasekera
- Liz Marshall
- John McMahan
- Jane McMahan

- Steve Riley—non member
 - Jaime Ortuor—non member
- Saturday, 19 Aug 200k**
- Don Ward
 - Bruce Robinson

Achievement Ride Dates for 2017**

- Saturday, 16 Sep 300k brevet
- Sunday, 1 Oct 5000 in 4 T2
- Saturday, 14 Oct 10000 in 8 T2

** 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 (Nov/Dec) should be sent to the Editor (editor@ctawa.asn.au) no later than **6 October 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.



Important Information to members

CTA's New Website

Angus King (CTA Webmaster)

As most of you are aware we launched a new website at the AGM earlier this year. Same address, <http://ctawa.asn.au>, similar content, but a revamped layout, the possibility to add members only content, and much easier to maintain. The site seems to be ticking on quite nicely and has seen about twice the number of (unique) visitors as the previous site.

With still a few months before renewals are due I thought I'd give a brief update on the site. The new website provides a user login for all members which will enable you to update your member details, and to renew your membership when it come due towards the end of the year. No need to post or email a renewal form (you'll still need to transfer the

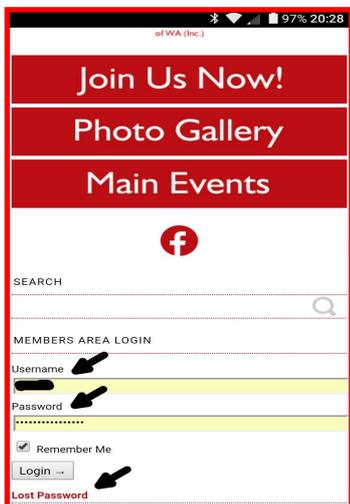
money 'tho). To login you enter your email address or User-ID in the Username field just below the Main Events and Facebook links (towards the left of the main window on a computer screen) and Password in the password field (for most – but not all - of us our User-ID is our first name and initial of our surname). First time though you should click the **'Lost Password'** button to allow you to set your password. This will send you an email link to reset your password.

Once you've logged on you'll be presented with some extra options under the Membership menu item. The Membership Account option will allow you to Renew your membership and update your profile which includes your address and email address. The membership system requires a separate

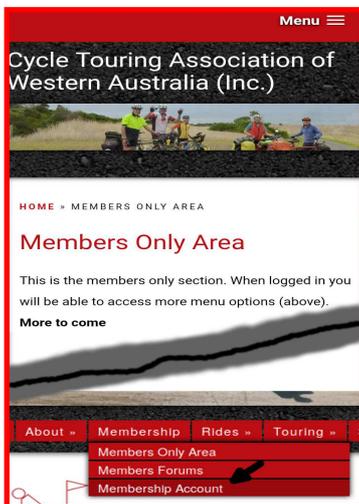
email address for each members, so a few of you will have a **'membern@ctawa.asn.au'** address; hopefully these should work for you, but if they don't get your partner to send me an email and I'll investigate. It's also important that you keep your email address up to date.

Several of you have asked if it's possible to add images to the website. We will be opening it up for member content in the future but in such a way that it doesn't flood either the website or the webmaster (i.e. me) with too much additional work – headaches – or inappropriate content. If you have any queries or suggestions just drop an email to webmaster@ctawa.asn.au

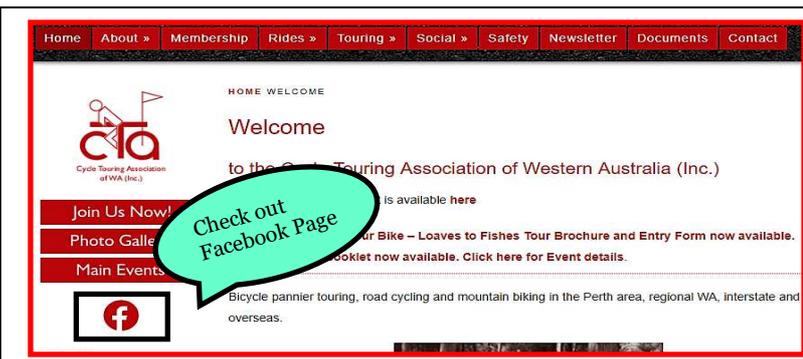
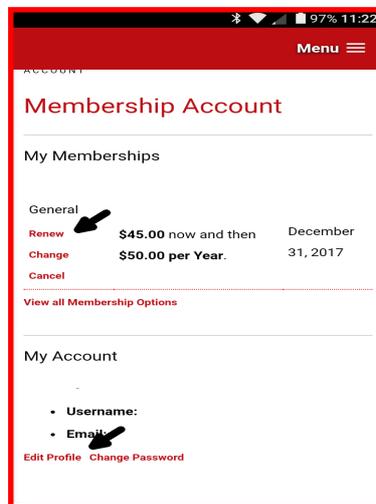
Step 1.



Step 2.



Step 3.



Facebook Page

"If you're a Facebook user the CTA also have a Facebook page at <https://www.facebook.com/ctawa.asn.au/> - or click the Facebook button on the CTA home page. The webmaster knows almost nothing about Facebook, so if you have any questions or suggestions on "how to use the page contact Steve on social@ctawa.asn.au "

WA Day Long Weekend Tour at Dwellingup 3-5 June 2017

By Kristina Trigg

Saturday, 3 June dawned bright and beautiful, as 15 intrepid CTAWA members headed to Mandurah train station to gather and head off to Dwellingup for the WA Day Long Weekend which promised to be filled with fun, adventure, conviviality, jocularity, companionship and good cycling times! And that is exactly what was delivered thanks to the leadership of organiser and all round bike Yoda, Kleber - (what Kleber doesn't know about bikes and cycling isn't worth knowing).

Cycling out from Mandurah, the participants headed towards North Dandalup, unburdened by the extra weight of panniers. Stan very generously took our belongings in his trusty ute to make the hill climb we were to undertake astride our bikes after morning tea, easier. 'Hardcore Hilary' was the exception, carrying all her gear the whole way. The scenery was idyllic, with wafts of farm smells emanating from the countryside, reminding us we had left the hustle and bustle of suburban city life behind for a while.

Morning tea was at the roadhouse at North Dandalup, and thereafter Del Park Road threw down the gauntlet and challenged us to make it to the top without busting a lung. It was then on to the Blue Wren Café in Dwellingup for lunch and a well earned rest. The café is bike friendly with plenty of décor showing their appreciation for our beloved two-wheeled steeds. After a relaxing time at the luncheon stop, and a few supplies purchased from the local supermarket, it was then a short ride to cabin accommodation at the DARE Adventures camp site for most riders, while a few riders opted for the motel accommodation that is within easy crawling distance.....errr.....I mean WALKING distance of the pub.

Not surprisingly, a few cold beverages of the alcoholic variety were consumed after refreshing showers were had after the approximately 54 km ride. Meanwhile Stan was very industrious and stoked up the fire in the pot belly stove, cleaned the BBQ in readiness for cooking a fine repast, and lit up the fire pit outside. We thank Stan for these efforts as a master

fire builder (or is that pyromaniac??...we are not entirely sure which.....).

The motel crew joined the camp crew for dinner and many delicious meals were consumed, stories shared, and the next day's events discussed. Later that evening, some rugged up campers convened round the fire pit outside and bemoaned the fact that none of us had thought to bring marshmallows for toasting!! Oh well, put it on the list for next year's camp.

There were ride options for everyone, so the next day it was off to Nanga Brook along the Munda Bididi trail for the mountain bikers. The temperature got warmer as the day went on and the mountain bikers returned from a 34 km ride with sweat and stories of surprisingly steep trails that tested them. The roadies returned equally sweaty and spent after a ride of over 70 km with some doozy hills thrown into the mix. Yours truly rode to the Nanga Mill area and back.

Once again lunch was consumed at the Blue Wren Café, then it was back to the motel and camp for relaxation and recovery before heading to the pub for dinner and socialising. The food was tasty and plentiful, and a good time was had by all.

Next day dawned glorious, but some

warm layers were required for the first part of the ride as we were blessed with some gloriously long downhill stints. Once at the bottom, it was time to remove some of those layers as it was a flat ride to Pinjarra for a rest stop. The café we attended was magnificently positioned right beside the Murray River, and delicious goodies were consumed. Next it was the final flat stretch to Mandurah which was made easier once again by Stan carrying everyone's junk in his trunk. 'Hardcore Hilary' once again carried her own gear like a trooper. The total distance for the day was about 54 km.

Thanks once again must go to Kleber for his time, effort and commitment for making the weekend a reality. A massive thank you Kleber, for making sure the most perfect weather for the long weekend was arranged. You really do have some significant influence with the powers that be.

If you haven't attended a CTA weekend camp before, make the effort to come along. You won't regret it. This was my first camp with CTA and it was absolutely all I was hoping it would be. I have been welcomed into the club from day one, and I very much look forward to many more adventures with CTAWA.

Happy trails!



Photo of CTA group at Dwellingup

Lift out Rides Calendar for September/October 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, 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

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.**

Guildford loop

Wednesday, 6 September @ 8:00 am

56 km, moderate - flat. Meet at the south side of the Narrows Bridge. We stay on the southern side of the river until Guildford. We deviate to a hidden coffee stop in Hazelmere, then return following the river on the northern side. It is mainly flat.

Leader: Liz 0423 207 258; 9293 0398

Ring around the river

Wednesday, 13 September @ 8:00 am

45 km, moderate, some hills. Meet at the south side of the Narrows Bridge (Toilet Block). Cycling north across the bridge then west on Mounts Bay Rd to Hackett Drive (UWA), enjoying the views of our beautiful Swan River. Climbing up to test the legs at Mosman Park tea rooms/ Mosman Park Bowls club and catching our breath at the Bayview lookout before crossing the Stirling Bridge and head east to Bicton and coffee at The Little Stove on Harris St in Bicton. After refuelling, it's an enjoyable ride along Burke Drive, through Applecross to Canning Bridge. It's a sprint to the finish along Kwinana Freeway back to the start.

Leader: Rita 9385 2562; 0423 056 595;

300K Achievement Ride - Brevet

Saturday, 16 September @ 5:00 am

300 km., moderate, road bike - hilly

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;

Go Bush in Spring

Sunday, 17 September @ 8:00am

45 km approx, moderate, mountain bike - hilly. Meet at the Midland train station.

Dust off your mountain bikes for a Sunday morning cycle in the bush. We will ride the Reserve Rail Trail - counter clock-wise through Darlington, Glen Forrest and enjoy a well-earned coffee/ cake at the Mundaring Bakery. Then its downhill to Sawyers Valley, Mt Helena, Parkerville to Midland where we began our journey. Come prepared to ride at a moderate pace, have some previous experience riding off the bitumen, as the route takes us uphill for 20 km. The ride will not be held if wet weather, call or text if in doubt.

Leader: Rita 9385 2562; 0423 056 595

Bull Creek loop

Wednesday, 20 September @ 8:00am

44 km, moderate, road bike, flat Meet at Trevor Gribble Park, corner Parry Avenue and Karel Avenue, Bull Creek. This loop takes us via the Raffles and Fremantle to the South Beach Cafe for coffee before we return to Bull Creek. We will be riding past the Raffles at 8.30 (for those who prefer the Raffles as starting point)

Leader: Miranda 0468 932 269

The Long Weekend, One Day, No Pannier Tour

Sunday, 24 September @ 8:15am

110 km., moderate, road bike, flat, Touring bike

What!!!! Well here's the thing. The Queen's Birthday long weekend is two weeks after the On Your Bike tour and we figured it is too close to have a weekend away because of it. So we are going to have a long days ride as a tour and we can all rest up on the Monday public holiday.

Meeting at the Mandurah TS at 8.15 am for a 8.30 am start, we head off in a clockwise direction, east, through flat farming country side on back roads to Pinjarra where we will have an enjoyable morning tea at that quirky tea room which we affectionately call Patrick's cafe (because Patrick found it). Purchasing our lunches from the world famous Pinjarra Bakery to have on the road, we head southish again along quiet back roads where we will scoff down our lunch at the road side rest stop on the Forrest Highway. From here we wrap around the bottom of the Harvey Estuary heading north and getting onto the very scenic Estuary Road, one of the most beautiful quiet cycle touring roads, and stopping at the Leprechaun General Store Cafe for afternoon tea. Finishing off, we continue over the Dawesville Cut and get onto the scenic coastal roads and back at the Mandurah TS where the tour will end.

This ride will be conducted as a tour, at touring pace. However there will be the opportunity for the hoons of the club to 'open up' on some of the sections.

Leaders: Stan 9345 3552; 0439 955 241 or stannds@netspace.net.au; Christine 9457 4779;

Swan Valley with one hill

Monday, 25 September @ 9:00am

48 km.; moderate, rolling hills. A few undulations, just to warm up for the big one in Brigadoon. Coffee and cake after the hill before it's all flat back to the start.

Leader: Liz 0423 207 258; 9293 0398;

Kalamunda loop

Wednesday, 27 Sept @ 8:00 am

45 km, moderate, hilly, road bike. Meet at the start of the Bibbulmun track (Railway Road/Mundaring Weir Road). We either do a loop to Gosnells with coffee at the end in Kalamunda or we do a loop to Mundaring with coffee at the half way mark.

Leader: Liz 0423 207 258; 9293 0398;

55 km of undulations

Sunday, 1 October @ 7:45 am

55 km, achievement ride, moderate, road bike, hilly.

Please note it is best to park at Kelmscott Station due to parking restrictions at Gilwell Avenue. This ride can also be accounted for as a "5 in 4" achievement ride. Well earned coffee and cake at the Dome in Kelmscott.

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

Guildford loop

Wednesday, 4 October @ 8:00am

56 km, moderate, road bike - flat. Meet at the south side of the Narrows Bridge. We stay on the southern side of the river until Guildford. We deviate to a hidden coffee stop in Hazelmere, then return following the river on the northern side. It is mainly flat.

Leader: Connie, 0407 640 012

Northern Exposure

Sunday, 8 October @ 8:45 am

60 km, moderate, road bike, flat. Meet at the Stirling Train Station riding along the Mitchell Highway cycle path, around Lakes Goollellal and Joondalup to a morning tea stop at the Dome, Banksia Grove. We'll wind our way back via the outskirts of Wanneroo, Wangara and Balcatta

Leader: Trevor- 9345 1048; 0402 029 608

Carinya, MTB Overnighter— Saturday, 7 October to Sunday, 8 October 2017

8.45 for 9.00 am start

50 km approx, with bitumen and mountain bike trails, some hills.

Meeting spot will be provided when booking for ride. Two day mountain bike ride with an overnight stop at the Carinyah Camp Site on the Munda Bididi Trail. Meeting and vehicle parking provided at members property in Kalamunda. Upon arrival and preparing our trusty MB's we will head off to the Kalamunda town site, on bitumen, for morning tea and buy our lunches for en route to the Carinyah Camp Site. Leaving Kalamunda, a little bit more bitumen riding before we get onto the Munda Bididi Trail for our overnight stop. For those unfamiliar with the Munda Bididi Trail and its camp sites, there are shared huts with tables, chairs, water and toilets. The next day we ride back the same way.

Members must be prepared to carry their own sleeping gear, food and water as there is no facilities after and until we get back to Kalamunda. No tenting is allowed.

Members wishing to participate must email ride leader to book. Meeting spot will then be provided.

For further updates on the ride please see web site.

Leader: Stan— 9345 3552 (043 9955 241)

Email: stannds@netspace.net.au

Ring around the river

Wednesday 11 October @ 8:00 am

45 km.; moderate, some hills

Meet at the south side of the Narrows Bridge (Toilet Block). Cycling north across the bridge then west on Mounts Bay Rd to Hackett Drive (UWA), enjoying the views of our beautiful Swan River. Climbing up to test the legs at Mosman Park tea rooms/ Mosman Park Bowls club and catching our breath at the Bayview lookout before crossing the Stirling Bridge and head east to Bicton and coffee at The Little Stove on Harris St in Bicton After refuelling, it's an enjoyable ride along Burke Drive, through Applecross to Canning Bridge. It's a sprint to the finish along Kwinana .

Leader: Rita 9385 2562, 0423 056 595;

**10000 in 8 Achievement Ride - T2
Saturday, 14 October @ 7:00am**

115 km, moderate, - hilly

115 km Hard. This ride will be run as a Brevet. Time limit is 8 hours. Contact: John 0400 361 406 or

achievementrides@ctawa.asn.au

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

How Well Do You Know Perth?

Sunday, 15 October @ 8:15am

25 km, leisurely,- flat

Here is a Sunday ride with a difference. I would like to offer to lead you on a ride through our capital city centre to show the Old Perth to you. To say that I am a proud West Australian who was born and bred in Perth is to mask the change that has occurred to the city in my lifetime. The city is however, not completely strange to me and still has an air of familiarity about it because of the traditional landmarks of my childhood which remain. Perth's Pre-Colonial and Colonial buildings are often missed or people are .

Leader: Patrick—0467 978133

Bull Creek loop

Wednesday 18 October @ 8:00am

44 km, moderate, - flat

Meet at Trevor Gribble Park, corner Parry Avenue and Karel Avenue, Bull Creek. This loop takes us via the Raffles and Fremantle to the South Beach Cafe for coffee before we return to Bull Creek. We will be riding past the Raffles at 8.30 (for those who prefer the Raffles as starting point)

Leader: Miranda—0468 932 269

Lakes Look Around

Sunday, 22 October @ 8:45 for 9:00 am start

Moderate, MTB, flat, touring bike.

Meet at the Loftus Community Centre for an easy flat ride around some of the many water ways north and not far away. Touring bikes are the go because many of the trails will be on hard tracks and limestone trails. This is an interesting picturesque ride which may surprise you. After about 35 km we will be going to a nice eatery for brunch.

Leader: Stan - 9345 3552, 0439 955 241 or stannds@netspace.net.au;

Kalamunda loop

Wednesday, 25 October @ 8:00am

45 km, moderate - hilly

Meet at the start of the Bibbulmun track (Railway Road/Mundaring Weir Road). We either do a loop to Gosnells with coffee at the end in Kalamunda or we do a loop to Mundaring with coffee at the half way mark.

Leader: Liz—0423 207 258; 9293 0398

Rides Calendar continued on page 7

4 National Parks**Sunday, October 29 @ 8:45 for 9:00 am start**

65 km, moderate, hilly

Meet at Midland Train Station. Ride up into the hills cycling through the National Parks of Greenmount, John Forrest and Kalamunda with a well deserved refreshment stop at Kalamunda township. Down from the hills cycling

along the Zig Zag road in the Gooseberry National Park.

Leader: Ann; 9444 5160

First Night Ride**Thursday, 2 November**

6.00 pm for 6.15 pm start.

25-30km, moderate, flat.

Meet at the Loftus Community Centre, Leederville. It is the start of the night

ride season and we kick off with a simple one from the LCC, heading north through suburban back streets to a lovely cafe in Gwelup. It's pizza night.

Must have good working front and rear lights.

Leader: Stan

Phone: 9345 3552 or 043 9955 241

Email: stannds@netspace.net.au

“Kleber’s Karaoke Karryon”**Friday, 10 November to Sunday, 12 November 2017****Organiser: Kleber****Phone: 9354 7877****Email: kleberc@bigpond.com****0 km cycling, your choice km walking pace, flat****Confused ?**

This will be a NON cycling long weekend, open to all CTA members. On Friday, members will have the opportunity to take their non cycling partners on a pleasant drive through the areas that we cyclists have had the pleasure of riding through. We will be staying at the Stirling Range Retreat in the Stirling Range National Park. Saturday there will be an opportunity to experience the natural beauty of the area, with walks viewing the bird life and wild flowers. Saturday night, at the Bluff Knoll Cafe we will enjoy dinner, and hopefully be entertained by everybody participating in the Karaoke, organised by our host Chris. Sunday you can sleep in, after the Karaoke night, before your drive home or extend your stay and explore more of the South West.

Friday, 10 November 2017

Tony H advises that it would take about three and a half hours to the Stirling Range Retreat from Perth by car, with rest / fuel stops at Williams or Kojonup. It would be a good idea to car pool with a friend to save fuel costs and help pass the time.

Recommended route: Leaving Perth, head South on Albany Hwy., through Williams to Kojonup. Continuing for 61km on the Hwy., turn left onto Frankland / Cranbrook Rd. to Cranbrook. Through Cranbrook onto Salt River Rd., then 48 km to right onto Formby Road South. Then 10 km to a left

turn onto Chester Pass Rd. It's then only 6 km to Stirling Range Retreat on the left, opposite Bluff Knoll Rd.

After settling into your accommodation and an afternoon nap, you can get ready for tonight's BBQ, with your friends, in the camp kitchen at the Retreat. It would be great for a buffet style meal to share with everyone, so, bring nibbles, salads etc. BYO frozen meat and drinks. No need to bring cutlery, crockery etc, as the accommodation is equipped to self - cater.

Saturday, 11 November 2017

Today you can relax and enjoy the natural surroundings of the Stirling Range National Park, with many walk trails close by. The Retreat has a guide to show us the native flora of the area, and if we can encourage Barb, Gus and Stan to come along, we would have an informative treatise of the fauna so abundant to this area. The afternoon can be spent warming up your vocal cords for tonight's Karaoke. It's only a short walk to the Bluff Knoll Cafe, where our hosts Chris and Jacqui, are providing our set menu dinner, at 6.00pm, of roasted meat, gravies/sauces, seasonal veg, potatoes, bread rolls and butter, dessert and dressings/sauces at \$35 per head. No BYO, the cafe is fully licensed. A vegetarian option is also available. After the dinner and a few drinks I'm sure everyone will be ready to participate and enjoy the Karaoke which Chris will be organising. Please think about a song you would like to sing and Chris will endeavour to make it available on the night.

Sunday, 12 November 2017

Sleep in, have breakfast, don't make the bed, pack the car, hug your cycling

friends goodbye and have a safe drive home, or explore more of the South West. I hope you have enjoyed the NON cycling weekend.

Accommodation: The Stirling Range Retreat has a large range of units available. Participants will need to book their own accommodation, there are: rammed earth cabins, spacious chalets and powered sites for caravan or tent. Details can be found on their website,

<http://www.stirlingrange.com.au/>

and booked on their email, info@stirlingrange.com.au, or phone; 9827 9229. To take full advantage of the units available and to reduce costs, it would be advisable, if appropriate, to share with someone. It is essential to book early for the two nights, as the Retreat will take what ever bookings they can get from the public, and not reserve the units. The Retreat advises that the units are equipped to self - cater and for you to bring clothes, food, toiletries and a torch. When you book, mention that you are with the Cycle Touring Association.

Food: As well as what was previously mentioned, the Bluff Knoll Cafe opens for breakfast from 8.00 am to 10.00 am and also do lunches.

Confirmation: Please confirm with me:

- * If you require the vegetarian option for Saturday night.
- * :The chosen Karaoke song you will be singing.
- * That you have booked a unit.
- * The number of people in your booked unit.

Serpentine Falls—Full Pannier

Saturday, 2 December to Sunday, 3 December, 2017

Tour Leader: Kleber

Phone: 9354 7877

Email: kleberc@bigpond.com

This will be a repeat of a popular tour held two years ago, when my NO RAIN tour leader reputation was washed away with a heavy downpour. With a gradual improvement of my reputation I can safely say IT WILL NOT RAIN this time.

The two days of cycling will be mainly on flat roads at touring pace. Starting from

Wellard train station, we pass through Rockingham and skirt around Cockburn and Warnbro Sound and head East to our overnight stop at Serpentine Falls Park Home and Tourist Village. For those not tenting, onsite cabins are available for hire. Sunday will see us riding to Armadale via Mundijong and Cardup.

Full details will be in the November/December edition of the Chain Letter.



Serpentine Falls

Put This One In Your Calendar for 2018!

Great Southern Full Pannier Tour—11 March to 17 March 2018

Leader: Stan

Phone: Stan- 9345 3552 (043 9955 241)

Email: stannds@netspace.net.au

Planning is now under way for a 7 day full pannier tour encompassing the Porongurups, Denmark and Albany with two nights in each caravan park. This way on the rest days there is a base camp

which means less packing but a lot more exploring of towns that we visit. Accommodation will be the way of tenting or members may choose to use the on-site cabins/vans. So book your holidays for this exciting tour.

More details will be in the next Chain Letter and also on the website.

Beautiful area around the Porongurups



Cyclists—Don't Be Caught With a Fine!

Further to the article written by Angus King in the July/August, 2017 newsletter regarding "Cycling and the Law." One of our members sent in a link with information from The Road Safety Commission's website which lists the offence and fines for both cyclists and drivers.

Information for cyclists

Not wearing a helmet—\$50 fine

Failure to have at least one effective brake and working warning device—\$100 fine.

Failure to have correct lighting—\$100 fine.

Bicycles can ride 2 abreast with up to 1.5m between riders. Failure to do so—

\$50 fine.

Riding less than 2 m behind a vehicle—\$100 fine

Passing on the left of a vehicle that is turning left—\$100 fine

Information for Drivers

Drivers:

* When overtaking cyclists, it is recommended to do so at a distance of at least one metre;

* Must give way to cyclists if crossing an on-road bicycle lane;

* Before opening a car door, should make sure there isn't a cyclist is in the way;

* When turning left - if a cyclist is in front, allow them to pass before making a turn;

* Must not park or stop in an on-road bicycle lane;

* Must not drive in an on-road bicycle lane for more than 50m;

* Must not enter the bicycle storage area at intersections.

Failing to overtake a bicycle at a safe distance—\$400, and 4 demerit points.

Entering a bicycle storage area—\$200 and 2 demerit points.

The link for full information to the Road Safety Commission's website is below.

<https://www.rsc.wa.gov.au/Road-Rules/Browse/Cyclists>

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: transport.wa.gov.au/activetransport/online-hazard-report-form.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

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 later in the year, 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

Munda Bididi Trail—Social Night, 20 July, 2017

The topic of the Social Night on 20 July 2017 was very informative and entertaining. Steve addressed the most important aspects of tackling the Munda Bididi, with some good advice and tips. Doug followed up with his own entertaining account of his experience on the Munda Bididi, firstly with his friend and then with Roy (the secretary of our club). Doug showed us some of the photos taken on his Munda Bididi ride. The Munda Bididi Trail is an off-road cycling trail in Western Australia, running for over 1000 km from Mundaring to Albany - the longest track of its kind in the world, with some obstacles along the way!



Below: Doug clearing a tree on the track! Left: Doug on a rough part of the track. Right: Roy, admiring the scenery.



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 (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 ctawa.asn.au/membership-join-us-now 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**

