

THE CHAIN LETTER

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

Spring 2023

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PRESIDENT'S REPORT

It's certainly warming up out there! And the projections are for a hotter than normal summer (a projection is a calculation of what might happen, a prediction is saying that this is what we think will happen. Very important distinction when considering medium to long term climate trends). So get out there and ride NOW as it may be unpleasant in January and February.

And coming up NOW is the 2023 'Rivers of the Darling' On Your Bike Tour in early October and then the Bridgetown Hills spoke tour in late November. This year's OYB will roughly follow the Avon River from Bullsbrook up to Tooday and eventually return via Dwellingup to Mandurah. It is one of the flattest OYB's for a long time with quite modest daily stages and a sag wagon so everyone can do it. Don't forget to sign up **NOW**.

Ride reports are coming in for CTAWA members who are well into their foreign tours in Portugal, Switzerland (oh, we rode over the Alps today, lovely jaunt!), Taiwan and the USA. I am jealous and spending hours looking at maps and campgrounds between Land's End and John O'Groats for a spin next year. We are a touring club and we love to hear the stories of these longer tours.

The Achievement Ride series has nearly completed with only the 300km to go. Notable happenings on earlier shorter rides were Taka getting lost on the 200km (again), Steve finding out the hard way that the Serpentine Dam coffee shop is not open mid-week on the 100km and me cramping out of the 10 in 8 after 80km of the 115 km route. It's all good fun and worth trying a few of them by brevet if you want to start now.

The warm weather is tempting us into the hills again with Liz having a couple of lung busters lined up for us in early

September. But that's alright as for every uphill there is a ripping down hill.

Bruce and I both enjoyed the artisanal apple muffins at the Oxford Yard on one of Connie's gentle lakes rides. Alwen has a younger person's interpretation of 'leisurely' but still knows to end with a lemon curd muffin or cheese cake at Lo Quay.

Ride safely and ride often,

Stuart



UPCOMING EVENTS

[Tours and Events. Put these in your calendar.](#)

- **On Your Bike 2023 - Rivers of the Darling tour** - Sat 7th Oct to Sun 15th Oct 2023. For further details (including the Tour Brochure and Entry Form) please refer to the website. Link: <https://ctawa.asn.au/event/2023-on-your-bike>
- **Bridgetown Spoke Tour – We Love Hills**- Sun 26th Nov to Sat 2nd Dec 2023. For details click on link [Bridgetown Spoke Tour – We Love Hills](#)[Cycle Touring Association of Western Australia \(Inc.\) \(ctawa.asn.au\)](#)
- **Albany to Perth - CTAWA 10 Year Milestone Tour** - Sat 20th April to Sun 5th May 2024. Next year the Cycle Touring Association of WA reaches a major milestone, the club being operational for fifty years. In keeping with past practice of celebrating every successive decade a long distance cycle tour from Albany to Perth is currently being organised by Trevor.

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DEADLINES: Contributions for the next issue (Summer 23/24) should be sent to the Editor (editor@ctawa.asn.au) no later than **25 November 2023**.

DISCLAIMER: Opinions or comments from contributors and members do not necessarily reflect those of the Club, its committee, the Editor, or its membership as a whole.

The Chain Letter

The Chain Letter is published by the Cycle Touring Association of WA (Inc.) every Three 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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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: <https://www.transport.wa.gov.au/activetransport/online-hazard-report-form.asp> and/or enquiries@mainroads.wa.gov.au (send a copy to info@ctawa.asn.au).

Former Green Senator Scott Ludham 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.

NOTICES

1. **COVID.** The CTAWA abides by the latest WA government regulations. [COVID-19 coronavirus \(www.wa.gov.au\)](https://www.wa.gov.au) . If unwell please don't attend the club's events.
2. **CTAWA MEMBERSHIP.** Membership to the CTAWA is not valid until Membership Fees are paid in full.
3. **SCAM E-MAILS.** Be careful when viewing emails and then downloading attachments from purported CTAWA members. They may not be genuine.

WELCOME TO NEW MEMBERS

John Nitschke

OUT AND ABOUT

The CTAWA have day rides around Perth on Wednesday and Sunday mornings, fortnightly Thursday lunch rides in winter and night rides in Summer and extended tours. Here's some photos.



Coffee and cake time.



On top of the hill in Greenmount.



Noel looking the part.



Swan Valley café.



Riding the Kep Track.



The mini Stelvio Pass in Henley Brook.

Ride Guidelines and Information

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

For any other general information refer to: <http://ctawa.asn.au/ride/general-information>

LIABILITY DISCLAIMER:

The Cycle Touring Association of WA (CTA), its officers and ride leaders, may not be liable for loss or damage whilst taking part in any CTA activity. It is important to note, that 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.

Riders must wear an approved safety helmet and obey all road rules (eg not use a mobile phone while riding). If a rider leaves a ride, they must make sure that the ride leader is informed of this.

Do you have a redundant bike still in good condition, that you no longer ride or need?

GIVIT (givit.org.au) is an online charity where people can go to donate to people in need. Currently on the GIVIT website there are a number of charities asking for donated bikes for their vulnerable clients (adults and children's size bikes).

If you have a used bike in good condition, that you no longer need, they are asking if you would be willing to donate to GIVIT.

Donating your old bikes might help a child get to school and a job seeker get to an interview. For vulnerable WA people bikes are an essential means of transport and would be so appreciated.

If you need further information on how GIVIT works you can check out their website or contact: Sarah Visser, Engagement Officer – WA, Sarah.Visser@givit.org.au (0480 223 840)

Two great but long rides out from Geraldton

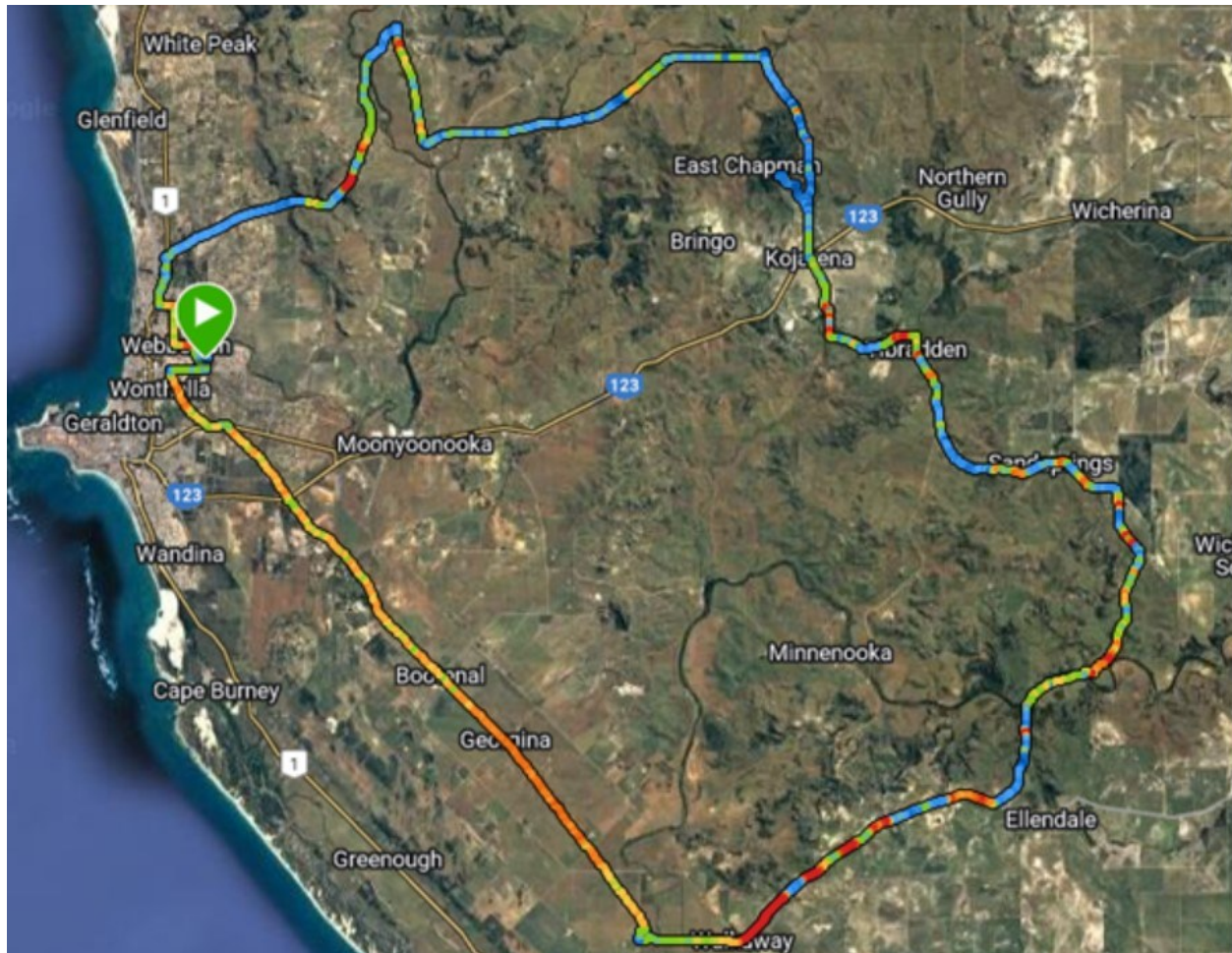
By Bruce Robinson

We were in Geraldton for some ten days for family in mid August, but I managed to have a couple of very enjoyable rides.

The first was recommended by Revolutions bike shop, out east, past the spy base, then south to Ellendale Pool, Walkaway, then return. 122km

I had left late and dawdled a bit, then needed a hot chocolate at Walkaway. I appreciated the strong southerly to get me the 28 km back to town before dusk

<https://connect.garmin.com/modern/activity/11756705758>

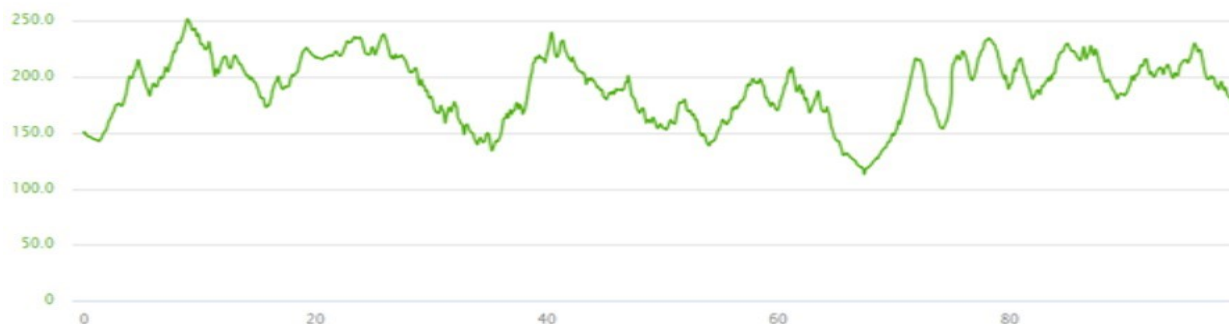
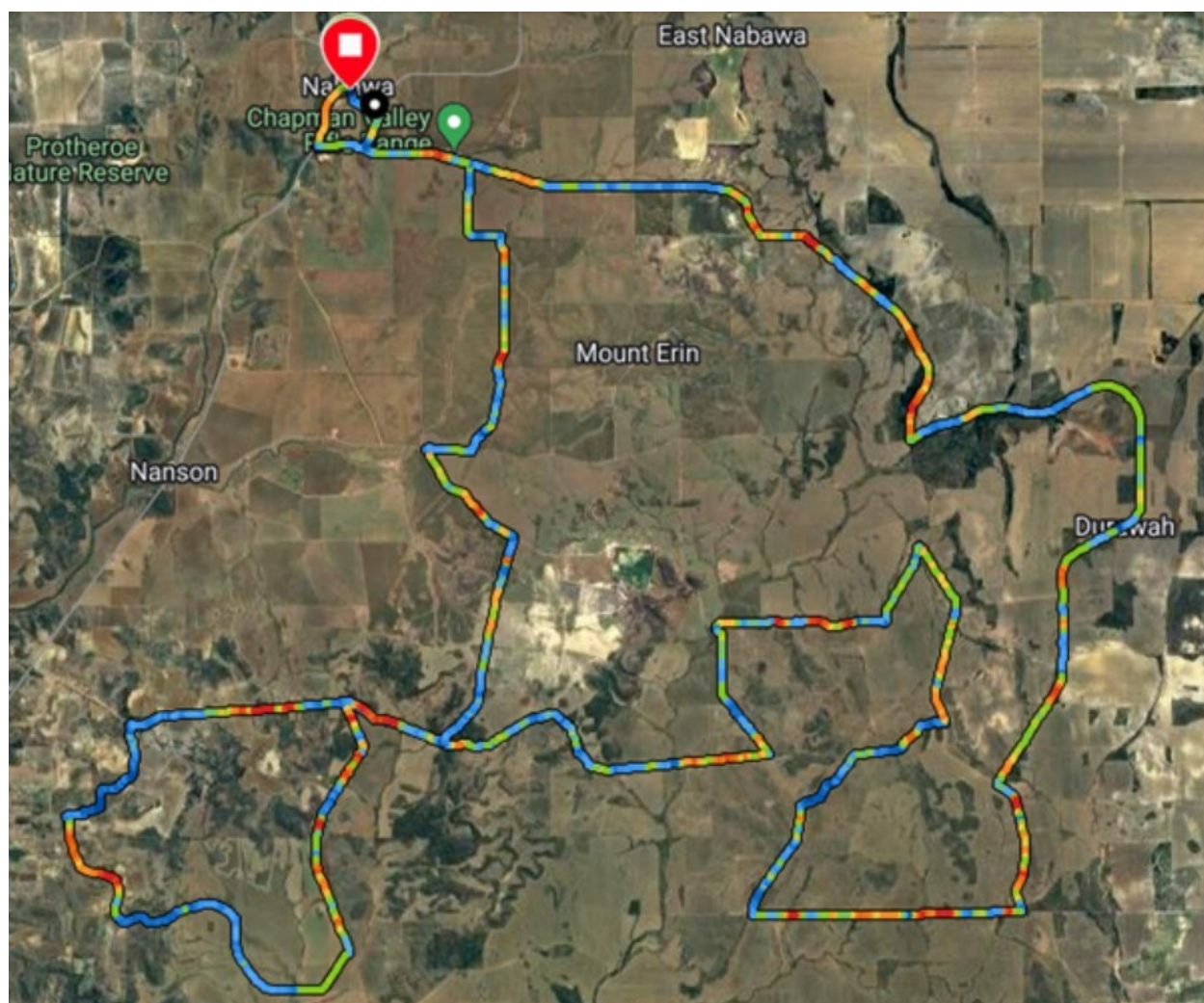


The second was because the other bike shop told me about the Backroads Gravel event the next day based out of Nabawa (40 km from Geraldton). I was going to ride out and do the 60 km version, but Sue took me out, so I entered the 100 km event.

My Trek gravel bike is well suited to the generally smooth all-unsealed roads, and it was fun to see all the serious riders zooming past in pelotons. I explained, when needed, that I was a tourist rather than a racer, as my reason for coming in last. The enormous green wheat paddocks and yellow canola made a very interesting landscape, with quite a few undulations and lots of entrancing vistas. It included 1170 metres of ascent.

I rode the 40 km back in good spirits without hurrying (apart from the very long downhill into town)

<https://connect.garmin.com/modern/activity/11778048565>



Some photos from 'Two great but long rides out from Geraldton'



Vlogs and Blogs



SUEUONHOLIDAYS2019.TRAVEL.BLOG

life on a bike ... my story

don't count the days ... make the days count - Muhammad Ali

CTAWA members Sue and John are travelling around Croatia, Slovenia and Austria. You can read about their adventure by clicking on this link;

[life on a bike ... my story | don't count the days ... make the days count – Muhammad Ali \(travel.blog\)](#)



Roland and Julianna cycle around France in Autumn last year visiting many beautiful locations. Click on the link below to follow their exciting journey.

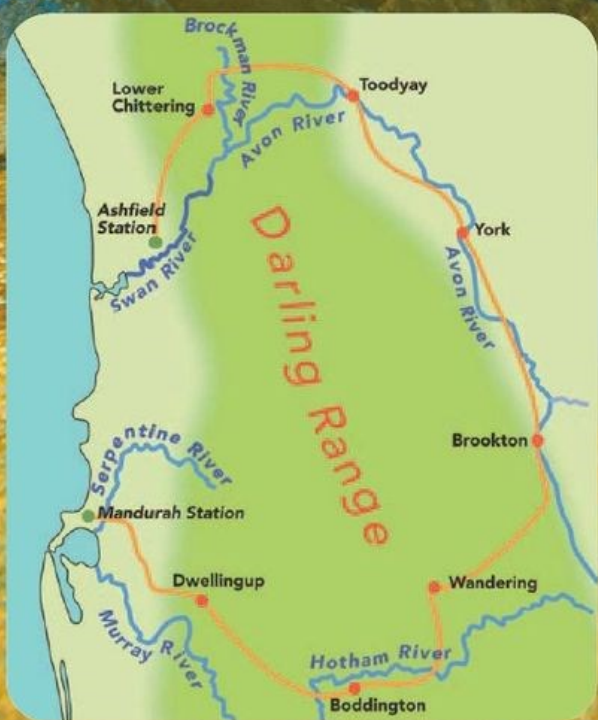
[\(4\) France by Bicycle | PART 1: THE LOIRE A VELO: SANCERRE - YouTube](#)

Cycle Touring Association of WA (Inc) presents

On Your Bike

Rivers of the Darling

Tour 2023



Saturday 7 October
— Sunday 15 October

Ashfield Station
Lower Chittering
Toodyay — York — Brookton
Wandering — Boddington
Dwellingup
Mandurah Station

Bicycle Art from Adelaide to Melbourne

By Christine Liddiard



On Your Bike article in *The West Australian*

(published Saturday, July 19, 2023, Travel Section p31)

PEDAL POWER

Wheelie good time on the outskirts

Get on your bike and explore the Darling Range and its rivers with the Cycle Touring Association of WA, writes MOGENS JOHANSEN

Cycle touring is a fun and cheap way to get around and a great way to really absorb and connect with a place.

Rolling on two wheels allows you to fully immerse yourself in nature and it is easy to jump off the bike to further explore your surroundings.

Each year, the Cycle Touring Association of WA (CTAWA) runs a major cycle tour in different parts of Western Australia and this year it celebrates the 35th anniversary of its flagship, On Your Bike, tour.

The 2023 On Your Bike – Rivers of the Darling tour will start at Ashfield train station on October 7 and circle inland to follow the major rivers of the Darling Range before coming back into the Perth region via Mandurah.

Along the way riders will stay at Lower Chittering, Toodyay, York, Brookton, Wandering, Boddington and Dwellingup.

The tour is over nine days and a total of about 450km.

There will be a midweek rest day and the daily distance is 50-60km.

CTAWA president Stuart Crombie says the ride is completely non-competitive and designed to give even novice riders an achievable target to complete each day.

"Cycle touring is a great way to explore our State, close up and at a relaxed pace," he said.

"It very social with a number of stops along the way to take a break and have a chat with other riders



On Your Bike Tour with CTAWA.

fact file

■ For more information about CTAWA and a detailed description of the On Your Bike itinerary, head to ctawa.asn.au or email them on oyb@ctawa.asn.au.

and the locals. Our annual tours are fully supported, with a truck carrying each rider's gear from one location to the next.

So you just ride your own bike

with no extra load or special gear."

The CTAWA tours are run on a not-for-profit basis by volunteers and they aim to build a friendly and supportive atmosphere.

The On Your Bike – Rivers of the Darling tour is limited to 130 riders. Participants will camp at town ovals and use local recreation centres for evening meals and breakfasts which are included.

The tour costs \$675 for CTAWA members and \$710 for non-members.



How to check your membership status

There are a few members who appear to have forgotten to renew their membership for 2023

To check your current membership status you can log into your membership account here: <http://ctawa.asn.au/login>. After logging in you can check your membership level and correct it if necessary by selecting **Change**, if it's correct but expired select **Renew** (once selected the correct fee will display)

On the Membership Checkout page you can update your details as needed and then click on "I agree to the Objects of the Cycle Touring Association" and then click on "Submit and Check Out". Your Online Renewal is complete when you have received the "Membership Confirmation" message.

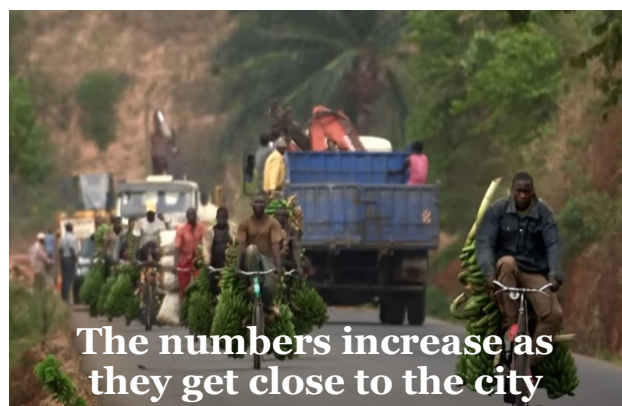
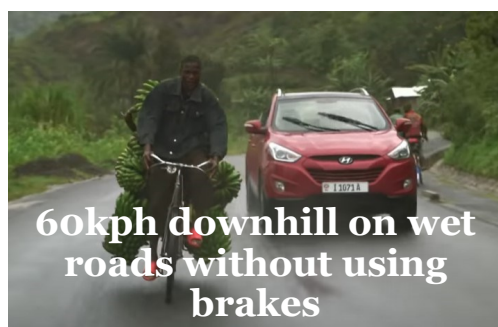
An email will be sent to you advising an invoice has been created and you are required to make the payment, e.g. by bank transfer (via your online banking) or by sending a cheque to the address shown.

When renewing your membership, payment can be made by bank transfer to the 'Cycle Touring Association of WA' account, BSB 306-073 (BankWest), Account Number 4190658, using a description of your first name and surname (or initials and surname if you're renewing for two of you).

The Racing Cyclists of Burundi

So who would be regarded as the toughest cyclists of the world? In the Tour de France they climb up mountains then scream down hills at break neck speed. Maybe the cyclists in the Atlas Mountain Race in Morocco where you ride self supported in desert heat up mountains ranges and through the night on rocky tracks with sleep deprivation and fatigue taking its toll. However, I think the award for the toughest cyclists would have to go to the Racing Cyclists of Burundi in Africa. They load up their bikes with over 200kilos of bananas (very unstable) and ride for over a 100 kilometres up steep hills where they attempt to grab hold of a truck to tow them up the hill then race down the hill at over 60kmph (if they use their brakes they could burst a tyre). Slippery wet roads, cowboy truck drivers and chaotic city traffic adds to the danger. I don't think I could ever complain about the weight of my panniers after watching this video. You can watch the video by clicking on the link below;

[\(2\) World's Most Dangerous Roads | Burundi - The Racing Cyclists | Free Documentary - YouTube](#)



THE SOCIAL PAGE

Christmas in July

By Stu Crombie

Did you miss Christmas in July with your cycling buddies? We didn't.

A beautiful ride down interrupted by a coffee at Cockburn Central (sorry Mary, we didn't know you were waiting for us at Auburn Grove). Very nice lunch with ham and Christmas pudding before John led us home up a less busy road. Yeah, less busy because it was unsealed with big puddles. Still we all made it through and rode home with people dropping off to their various abodes.

Thanks for organising Allwen. Much enjoyed.



**Christmas in July at Golden Ponds Fish and marron farm.
But we had ham and Christmas pudding.**



**Why is there so little traffic
on Telephone Road? The
water and the gate at the
end.**



**And so we head home in the
quiet afternoon**

The CTA Achievement Ride Series 2023 Results

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)**

50K	100K	5000 in 4	160K	10000 in 8	200K	300K
19/02/2023	19/03/2023	16/04/2023	7/05/2023	25/06/2023	19/08/2023	
John Farrelly	John Farrelly	John Farrelly		John Farrelly	John Farrelly	
Christine Liddiard	Christine Liddiard 25/5			Christine Liddiard	Christine Liddiard	
Linda Tompkins					Linda Tompkins	
Noel Eddington						
Connie Eddington						
Rita Miller						
Cliff Miller						
Bruce Robinson		Bruce Robinson	Bruce Robinson	Bruce Robinson 28/6		
Sue Whittome						
Silvia Klemens						
Jeremy Knowles		Jeremy Knowles				
Jane						
John McMahon	John McMahon	John McMahon 11/4/23		John McMahon 28/6		
Randell Holland			Randell Holland			
Stuart Crombie	Stuart Crombie	Stuart Crombie	Stuart Crombie			
Don Ward		Don Ward				
Liz Marshall 15/3	Liz Marshall 25/5	Liz Marshall 3/5/23				
Richard Marshall 15/3						
	Nick Choy					
	Bruce Shaddock	Bruce Shaddock	Bruce Shaddock 28/5/23			
	Taka Nukumizu				Taka Nukumizu	
	Sarah Cutts					
		Greg Atter			Greg Atter	
Steve Digwood 15/3	Steve Digwood 2/7	Steve Digwood 26/6		Steve Digwood 7/8/23		

CTAWA CLOTHING AND CYCLING ACCESSORIES

CTA jerseys: \$55 Short Sleeve, \$60 Long Sleeve.

Short Sleeve sizes S, M, L, XL, 2XL and 3XL, \$55

Long Sleeve sizes S, M, L, XL and 3XL, \$60

CTA Socks Yellow/blue and Red/yellow socks Sizes 2-8, 7-11, 11-14 with CTA logo — \$10 a pair

CTA Sleeves. Yellow \$20

Safe-Zone Mirror The 57 mm diameter 'Safe-Zone' mirror gives improved vision of vehicles and other riders approaching from behind. Normally only available from on-line suppliers at between \$40 to \$55. CTA is able to offer these mirrors to members at **\$30** (you will need to contact the Clothing Coordinator to arrange a suitable time for pick up). 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



NOZKON, The most stylish and versatile nose sun protection device to date, the NozKon (pronounced "nose cone"). Simply attach the adjustable hook & loop strap onto your glasses or goggles and go! NozKon.com - [The newest technology in sun protection for the nose](http://NozKon.com). The CTAWA has bulk-purchased some tan Nozkons and are available for \$12-00 each.

Contact : Connie email clothing@ctawa.asn.au for any enquiries or orders.



Photo: copy courtesy of Museums and Art Galleries of the Northern Territory
 Jack Noble [1886-1966] travelling the outback before he came to Tennant Creek. Cattle drover, prospector and all round bushman. "It was legend that if you gave Jack a water bag he could walk to Western Australia and back."
 Peter Braham, Mine Manager Nobles Nob. NTAS, NTRS 226 Oral History Interview, TS 162.

'Back in the day "gravel grinders" were HARD CORE. Single gear and no fancy techno packs ——— and shoot your own dinner'. Matthew King

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. Contact Brian on 0438110571.

Ride Leaders Needed!

Do you have a favourite ride that you regularly do or have an idea about a tour? If so, the Ride Coordinator would love you to hear from you. You could even go out on a recci by yourself for a suggested ride in future!

Check out the website to give you some tips and information on leading a ride.

http://www.ctawa.asn.au/ctawa_files/rides/CTA%20How%20to%20be%20a%20Ride%20Leader.pdf

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 Fees 2023

	Metro	Country
Renewal Adult membership	\$35	\$30
(If paid before 31 Jan 2022)	\$30	\$25
New Adult membership	\$30	\$25
Concession:		
Full-time Students/Pensioners	\$20	\$20
Dependents under 18	No charge	

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 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.