

# THE CHAIN LETTER

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

May/June 2013

Issue 230

## PRESIDENT'S REPORT

Congratulations to our award winners at the AGM. Noel Eddington and Terry Bailey were awarded with Honorary Life Membership, Newsletter Article of the Year was presented to Doug Allen, Ride of the Year (Single Day) Terry Bailey and Lucia Britto and (Multi Day) Roy Stone. An increase in participants also saw a significant increase in the number of people awarded for success in the various achievement ride series.

I was honoured to be nominated as cycle tourist of the year, along with Terry Bailey and Lucia Britto and particularly humbled to be voted by members as the award recipient for 2012. Thank you to all who have supported me over the past year and for the kind words I have received as encouragement since taking on the role of President.

As discussed at the AGM, Hilary has been busily working with others in the club to

review the achievement rides to reduce usage of busy roads. These improvements are now being introduced. If participating in any achievement rides this year please take note of possible route changes or new meeting points.

The Nannup Easter Roundup has now occurred, with a group of us recently returning home after 2 wonderful weeks of cycle touring south of Perth. Meeting at the Bullcreek Train Station on Saturday the 23 March, 13 of us headed south to Nannup. For the Easter weekend, numbers swelled to 29, before 15 returned to Perth via Lake Towerrinning and Quindanning. A special thank you to Karen and Christine for their assistance in helping me with the planning of this tour.

The AGM also saw a change in the committee for another year. Thank you to all outgoing committee members for your hard work and welcome to the new CTA

committee for 2013. We have an exciting year ahead, with a number of tours and weekend rides already planned.

Upcoming tours so far include a return to Gingin by Roy for the June long weekend, Xmas in July at the Yanchep Inn, OYB in September and in October a visit to Garden Island as part of an overnight trip to Rockingham.

Our next social night is planned for Wednesday 8th May at the Loftus Centre in Leederville. The 'show and tell' planned by Theresa proves to be a very interesting and informative evening with hints and tips on what to take when cycle touring. The more people who participate in this event, the more interesting the night will be, so please mark this date in your calendar and come along.

Travel safe and I look forward to seeing you on your bike.

*Teresa*



Stan looks on as Terry and Noel pose with their certificates endorsing them as Honorary Life members of the CTA

### UPCOMING EVENTS

#### Tours

##### Foundation Day Long Weekend

Sat 1 – on 3 June 2013 – see p. 9

##### On Your Bike

##### Blackwood Meander

Sat 21 – Sun 29 Sept 2013

##### Garden Island Tour

Sat 12 – Sun 13 Oct 2013

##### 40th Anniversary Tour

Sat 19 Apr – Sun 4 May 2014

#### Social Events

##### Show & Tell Night

Wed 8 May 2013 – see p. 8

##### Christmas in July

Sat 27 – Sun 28 July 2013 – see p. 11

CTA LEADERSHIP

PRESIDENT

Teresa ☎ 0421 089 443  
president@ctawa.asn.au

VICE PRESIDENT

Connie ☎ 9378 3687 (H)

SECRETARY

Roy ☎ 9448 7160 (H)

TREASURER

Christine ☎ 9457 4779 (H)  
treasurer@ctawa.asn.au

RIDES COORDINATORS

Wayne ☎ 0438 375558

Janice ☎ 0438 375558  
rides@ctawa.asn.au

EDITORS

Rosalee ☎ 9341 5221 (H)

Stephen ☎ 0430 921 929  
editor@ctawa.asn.au

WEB SITE

Mike ☎ 9309 2745 (H)  
webmaster@ctawa.asn.au

CLOTHING

Doug ☎ 9447 2554 (H)  
clothing@ctawa.asn.au

OYB TOUR LEADER

Tony ☎ 0408 955 908  
oyb@ctawa.asn.au

ACHIEVEMENT RIDES

Hilary ☎ 0405 427 246  
achievementrides@ctawa.asn.au

SOCIAL COORDINATOR

Theresa ☎ 0407 074 502  
social@ctawa.asn.au

Please send all correspondence to:  
**PO Box 174 Wembley WA 6913**  
**CTA Email:** info@ctawa.asn.au  
**Website:** www.ctawa.asn.au

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
- Anything else!

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

IN THIS ISSUE:

<b>President's Report</b>	<b>1</b>
<b>Club Information</b>	<b>2</b>
<b>AR and Social Dates for 2013</b>	<b>2</b>
<b>Annual General Meeting 2013</b>	<b>3</b>
<b>Annual General Meeting 2013</b>	<b>4</b>
<b>Dwelling up Roundup</b>	<b>5</b>
<b>Nannup Easter Roundup</b>	<b>6</b>
<b>Rides Calendar and Tours</b>	<b>7, 8</b>
<b>Forthcoming Tours</b>	<b>9</b>
<b>CTA Goes Rural</b>	<b>10</b>
<b>Xmas in July</b>	<b>11</b>
<b>Flashback—Down Memory Lane</b>	<b>11</b>
<b>Club Clothing</b>	<b>12</b>
<b>New Members</b>	<b>12</b>
<b>Achievement Rides</b>	<b>13</b>
<b>Membership Details</b>	<b>14</b>

Achievement Rides Successes

According to our records, the following people have completed Achievement Rides. Please contact AR CoOrdinator, Hilary Beck, at achievementrides@ctawa.asn.au if the details shown seem to be wrong.

**50 km AR 24/2/2013**

- Alan Jackson
- Andy McFadyen
- Ann Wilson
- Bruce Beecham
- Christine Liddiard
- Christopher Rowley
- Dom Boyle
- Don Ward
- Hilary Beck
- Janice Bertram
- Karen Rose
- Kleber Claux
- Mark Corbett

- Mary Roglich
- Penelope Jackson
- Peter Komysan
- Teresa Liddiard
- Tony Belcher
- Wayne Bertram
- Wayne Roberts

**5000 in 4 AR 17/3/2013**

- Ann Wilson
- Bruce Robinson
- Christine Liddiard
- Christopher Rowley
- Colin Pearce
- David Gibson

- Don Ward
- Kleber Claux
- Liz Marshall
- Mark Corbett
- Mary Roglich
- Nev Taylor
- Noel Eddington
- Peter Komysan
- Peter Treasure
- Richard Marshall
- Sandy Carlton
- Stuart Crombie
- Teresa Liddiard

Achievement Rides 2013

- Sat 4 May 160 km T1
- Sat 8 Jun 10,000 in 8 T1
- Sat 29 Jun 100 km T2
- Sun 30 Jun 200 km in 2
- Sat 20 Jul 160 km T2
- Sun 4 Aug 50 km T2
- Sat 24 Aug 200 km

- Sat 21 Sep 300 km
- Sun 6 Oct 5000 in 4 T2
- Sat 19 Oct 10,000 in 8 T2
- T1 = take 1, T2 = take 2

**NOTE: Changes have been made to Achievement ride details—check website.**

Social Events

- All at the Loftus Community Centre, Leederville.
- Wed 8 May, 7:30 pm
- Wed 14 Aug, 7:30 pm
- Wed 11 Dec, 7:30 pm

**DEADLINES:** Contributions for the next issue (July/August) should be sent to the Editor (editor@ctawa.asn.au) no later **6 June 2013**.

**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.

## ANNUAL GENERAL MEETING—2013

The Cycle Touring Association (WA) Inc. held its Annual General Meeting on 10 March 2013 amid a buoyant atmosphere of determination and enthusiasm to build on the successes of 2012, and to continue to put member-initiated cycle touring at the forefront of the club's activities.

Here are a few features of the meeting.

### Awards and achievements

#### Achievement Rides

The level at which members have participated and succeeded in the Achievement Rides series during 2012 continues to be a positive feature of the club's program. For details of what these rides entail, see the section on Achievement Rides later in this Chain Letter.

Results for the four categories were:

**Merit (4):** John Faris, John Joyce, Colin Pearce, Ann Wilson

**Achiever (12):** Hilary Beck, Bruce Beecham, Janice Bertram, Rob Boggs, Mark Corbett, Christine Liddiard, Paul Loring, Elsbeth Marshall, Richard Marshall, Mary Roglich, Peter Treasure, Teresa Liddiard

**Challenge (4):** Tony Belcher, Sandy Carlton, Robert Dekker, Bruce Robinson

**Super Achiever (4):** Wayne Bertram, Stuart Crombie, Perry Raison, Don Ward

#### Other awards

**Newsletter Article of the Year:** Gingin Discovery Tour — Doug Allen

**Single Day Ride of the Year:** An Irish Progressive Dinner — Terry Bailey and Lucia Britto

**Multi Day Ride of the Year:** Gingin Discovery Tour — Roy Stone

**Cycle Tourist of the Year:** This award is for a CTA member who has contributed the most to cycle touring and the CTA through out the year. This year's award goes to Teresa Liddiard — Chain Letter extends its congratulations to Teresa

### Changes proposed to Achievement Rides

Despite the continuing success of the series, Achievement Rides coordinator, Hilary Beck, voiced concerns at the AGM that some sections of the 100 km and 160 km Achievement Rides pose serious safety risks, especially for cyclists who may be less confident on busy or steep roads, such as Albany Highway, South Western Highway, or Brookton Highway. Hilary is undertaking a review of the Achievement Rides routes, and will be proposing changes that maintain the challenge while improving safety.

There was also discussion about how the 300 km Achievement Ride might be run in future. In addition to concerns about the safety of parts of the route, there is also concern about the time commitment required for ride supporters. The ensuing discussion resulted in a motion being tabled that the CTA committee 'explore options for the support of the 300 km AR

(Continued on page 4)



Recipients of Achievement Rides awards for 2012, clutching their mugs, badges and certificates. Hilary Beck, Achievement Rides coordinator and herself an achiever, is on the right of the picture.

(Continued from page 3)

including approaching the Audax Club. Failing that the CTA will continue to support the 300 km ride if required.'

### Future format of Chain Letter

Presentation by John Faris of the Chain Letter editor's report prompted a discussion about the future format and distribution of your newsletter. A proposal by John, seconded by Noel Eddington, resulted in a motion that distribution of Chain Letter be changed so that CTA members are given the option of receiving it as a PDF only (so-called 'electronic-only' option).

The incoming CTA Committee has said it will review the options and provide recommendations to members.

## Congratulations to Honorary Life Members

Congratulations to **Terry Bailey** and **Noel Eddington**, who were both nominated for Honorary Life membership of CTA, based on their long and committed involvement with the club. The proposal was carried by popular acclaim.

Honorary Life membership is the greatest accolade the Cycle touring Association can bestow on any of its members.. Terry is recognised for his contributions as a member of the committee, including as

President and Vice-President, and in particular for his membership of the OYB committee since 2009, and leadership of OYB in the last three years.

Noel is also a past member of the CTA committee, including as President, and is the instigator of the 'Sustainable Tours' series. He was Cycle Tourist of the Year in 2006, and is a current member of the OYB committee.

See the March/April 2013 edition of Chain Letter for more details of the contributions each of these worthy recipients have made to the CTA.

## Election of Office Bearers for 2013

**The following were elected unopposed:**

- |                      |                     |
|----------------------|---------------------|
| President            | Teresa Liddiard     |
| Vice President       | Connie van den Ende |
| Secretary            | Roy Stone           |
| Treasurer            | Christine Liddiard  |
| Rides coordinator    | Janice Bertram      |
| AR rides coordinator | Hilary Beck         |
| Social coordinator   | Theresa Dewse       |
| Webmaster            | Michael Waters      |
| Newsletter Editor    | Rosalee McAuliffe*  |
| Clothing             | Doug Allen          |

\* Stephen White also endorsed as Co-Editor



Above — Teresa receives the trophy for Cycle Tourist of the Year 2012.

Left — Roy Stone receives a certificate for the best multi-day ride of the year, the 'Gingin Discovery Tour', which he will run again in 2013. See p. 9 for details.

## Labour Day Long Weekend Ride—Full Pannier Tour

By Leanne Robb

Photos by Christine Liddiard

Taking advantage of the Western Australia Day public holiday, 22 riders led by our very experienced, long-time CTA member, Kleber Claux, participated in a three-day ride to Dwellingup over the March long weekend.

Coming from all areas of the Perth suburbs, riders met at Mandurah railway station on Saturday morning, with most catching the train down. One keen rider, Rob opted for an early start and, with his touring bike loaded with panniers, cycled from Nedlands to Mandurah along the Kwinana Freeway shared cycle path—breaking a spoke on route.

After receiving the route details and a briefing from Kleber, cyclists headed for the hills of the Darling Ranges. Within thirty minutes of leaving suburbia we were cycling through flat, dry farmland to the calls of the spectacular Red-tailed Black Cockatoos.

Via quiet back roads, we arrived at North Bannister where we enjoyed morning tea

and purchased lunch, which we later ate in the relaxing surrounds of South Dandalup Dam. With our bellies full, we tackled the remaining ten kilometres 'mostly up' to Dwellingup. Hot and sweaty we arrived at the Dwellingup Chalet and Caravan Park, where riders set up camp for the two nights.

The majority of cyclists rode touring bikes with panniers carrying camping gear for the true cycle touring experience. Four opted for the 'undies-only' part of the tour and travelled light, staying in an air conditioned cabin which supplied bedding and a towel.

Most slept well that evening, after a cool drink and a delicious meal at the Dwellingup Hotel. I believe that those camping had an interrupted sleep when some noisy neighbours chose to have a 'domestic' in the camping area. I don't have all the facts, Bill and I didn't hear a thing in our shared air conditioned cabin.



**Kleber riding into South Dandalup for lunch**

Sunday was a free day, to do as little or as much as we liked. Theresa led a group of ten on a four hour return hike south on the Bibbulmun Track, whilst Kleber and friends opted for a refreshing swim at Baden Powell in the Lane Pool Reserve, a 20 km round trip on our bikes. Wayne and Janice enjoyed a leisurely day in town; breakfast at the Blue Wren Café followed by a ride on the historic Dwellingup Forest to Etmilyn.

Whilst most people enjoyed the culinary delights cooked up on their Trangias, a few returned to the Dwellingup Hotel for their Sunday evening meal.

We woke Monday morning to the sound of rain and, as we departed Dwellingup for the mostly downhill ride to the coast, we were cautioned by Kleber to take it easy on the steep descent via North Spur and Alcoa Road, then into Pinjarra. First stop, the infamous Pinjarra Bakery, which has won many awards over the years. While some opted for coffee and cake, others enjoyed a pie.

Punching into a headwind most of the way, we cycled as one group into Mandurah train station, minus a couple of riders who had chosen to depart on Sunday due to commitments back home.

All-in-all, it was a very pleasant weekend shared with like-minded people.



**Kleber providing instructions to riders at Mandurah Train Station**

## Easter CTA (WA) Ride: The First Three Days!

By Ron Lambert, novice touring cyclist

The first three days — Bull Creek to Bunbury.

While trawling the Internet for inspiration on how to make the leap from 'I want to do some cycle touring' to actually loading my bike and camping gear and setting off, I came across the CTA (WA) website. In December I decided the two-week pannier trip to Nannup would be my initiation into the craft of cycle touring.

Training as much as I could, I still didn't feel confident I would make the grade with this group in the west. But I am determined!

Before my step-granddaughter could say, 'Fat man in lycra,' I was rolling up to the Bull Creek rail station at 8.15 on Saturday 23 March.

What would the group be like? How fast would they ride? And would I look like a touring cyclist?

After Teresa, the group leader, introduced me to the other 12 riders, my nerves settled. We headed down the freeway bike path due south to Mandurah, some 75 km away.

The wind in my face, the crowded bike path, and the heat were all new to me. This was so much different from riding country roads by myself in Gippsland, eastern Victoria.

My fellow riders exuded a comfortable comrade, and made me feel right at home.

My pace slackened in the heat of the day and, as this was my first ride with a fully loaded bike, I found it tiring. However, one of the group, Mark, stayed with me and offered a great deal of moral support for my bewilderment. Why, for example, was I sitting on 12 km/hr as opposed to my normal 18 to 20 km/hr?

We made it to Mandurah and met up with some of the others basking in the dappled light of the sun under the Sheoaks near Simmos on the central waterfront of Mandurah.

After a rest, Mark and I made our way to camp, where we shared a meal and I went to bed at 7.00 pm. It had been a great day, and one which filled me with a sense of gratitude for the company I was sharing.

The next morning saw us on the road around 9.00 am for 38 km ride to Lake Clifton. My riding companions and I stopped for a coffee at a waterfront venue at The Cutting, then continued along the coastal strip at a moderate pace, taking in the sights and the beautiful sunny day. We pressed ahead and had lunch on a point of land away from the main road, and away from other people. It was magic. My three new friends proved to be ideal riding partners. This day will live forever as one of the best days riding I have ever had.

Arriving at our camp site at Lake Clifton I had a sense of contentment and peace I had not known for years; a good day in the saddle does that for many of us, but I felt great.

After a look around and dinner I retired — it had been another great day.

Before I settled for the night I attended the group briefing, where we decided to split onto two groups and take two different routes to Bunbury. I chose the short route.

Next morning I set out on my own, riding at a good pace for 15 km. When I stopped to rest, other riders passed me, but along the Forrest Highway, I made peace with the traffic and plodded along by myself. Gus and his wife Barb stopped to help me fix a flat, which was very kind.

Soon I hit Australind, but not after I had help from Pat who pulled me along the last stretch of the Freeway. Pat was great, so patient.

I arrived at the camp at 3.00 pm, set up my tent, and had a look around.

In Bunbury, the night was stormy but my little tent was tight and I had a great night's rest.

These last few days have seen me gain confidence in my ability to put plans into action! The people on the ride have been fabulous, and I am now starting to see myself as a cycle tourist, not simply as a cyclist who would like to tour.

I hope the next few days will be as inspiring, and I extend a big thanks to the CTA (WA) sustainable touring group for making me feel so welcome and supported.

**Part 2 of the Nannup Easter Tour will be included in the next newsletter.**



**Tour leader Teresa and husband Mark relaxing at Quindanning with the rest of the group.**

## Lift out Rides Calendar page for May/June 2013

**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 level below your usual comfort level.

Social	Under 15 km/h
Leisurely	15 – 20 km/h
Moderate	20 – 25 km/h
Brisk	25 – 30 km/h
Strenuous	30 – 35 km/h
Super Strenuous	35 km/h 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.

**160 km Achievement Ride**

**Saturday, 4 May 2013 – 7:30 am**

NEW ROUTE - MEET AT BAKER'S HILL

160 km Brisk, 7:30 am for an 8:00 am sharp start. Meet behind BAKER'S HILL Pie Shop, 4617 Great Eastern Highway, Baker's Hill. Parking - BEHIND PIE SHOP.

Participants **MUST BOOK** at least one week prior to the ride and there is a \$10 fee for non-members.

Contact: Hilary 0405 427 246 or achievementrides@ctawa.asn.au

**The Bibra Loop**

**Sunday, 5 May 2013 – 7:45 am**

50 km, moderate, mostly flat, 7.45 am for 8.00 am start at the Raffles, Applecross

Meet under the suspended tree at the Raffles. We will go on a southern loop that includes known and little known wetlands, surprising birdlife, bush, industrial sites, Hulbert Street, Freo, the river and a very short boneshaker. The ride is on cycle ways and some quiet roads. We pass many cafés, but we do stop at one about two-thirds along the way. Return is to the Raffles.

Leader: Viv 0476 730 066  
vivread@iinet.net.au

**Show & Tell Night**

**Wednesday, 8 May 2013—7:00pm**

Meet at Loftus Community Centre, Leed-

erville at 7:00pm for 7:30pm start.

Bring along some items/ideas that you find valuable when touring. See separate advertisement in the Chain Letter for details.

Contact: Theresa –social@ctawa.asn.au

**Swanning Around the Valley**

**Sunday, 12 May 2013 – 8:45 am**

50 km moderate. Meet at 8:45 am for a 9 am departure (sharp) from the Bayswater Train Station.

We will meander through the Valley stopping for a coffee near Bayswater, so if people want to go straight off after, they can.

Leader: Noel 9378 3687

**Backlane Bike Odyssey**

**Sunday, 19 May 2013 –8:45 am**

31 km, easy. Meet at Britannia Park, Leederville at 8:45 am for a 9:00 am start.

Missed the Giro d'Perth? Want to see bits of Perth you never knew existed? This ride is for you. We will be exploring the back lanes of Perth and discovering hidden treasures.

Leader: Sarah 9443 8095  
sarcutts@iinet.net.au

**River, Parks, Ocean, Lakes**

**Sunday, 26 May 2013 - 8:30pm**

55 km, moderate pace with a few hills.

Meet at East Perth Train Station at 8:30 am for an 8:45 am start.

For this ride we attempted to see how much riding could be done close to the city but with a theme of finding water and parks - and we think we have found a great combination. This ride follows the Swan River for several kms, travels past lots of lakes and a bit of ocean and through many parks (and just a few hills thrown in for fun!). We will also be stopping for a coffee break along the way.

Leaders: Wayne and Janice Bertram  
Contact: 0438 375 558  
wandjbertram@bigpond.com

**June Long Weekend**

**Saturday 1 June 2013-8:45pm –  
Monday 3 June 2013-4:00 pm**

Tour will be run again on the June long weekend. Come cycle touring and discover some interesting parts of Gingin that you have probably never seen before. See details separately on page 9.

Leader: Roy Stone  
Roy\_stone\_au@yahoo.com.au

**10,000 in 8 Achievement Ride  
Saturday, 8 June 2013 – 8:00 am**

110 km Strenuous, 8:00 am for an 8:30 am sharp start. Meet in the car park on the left cnr of Gillwell Avenue and Page Road across Albany Highway from Kelm-scott Train Station for registration and

map/ride description. This is the club's hilliest ride. It requires the climbing and safe descending of 10,000'. Time limit is 8 hours.

Participants **MUST BOOK** at least one week prior to the ride and there is a \$10 fee for non-members.

Contact: Hilary 0405 427 246  
achievementrides@ctawa.asn.au

**City and Beaches  
Sunday, 9 June, 2013 – 8:45 am**

45 km, moderate, some flat with a bit of rolling.

Meet under the northern (city) end of the Narrows Bridge at 8:45 am for a 9:00 am start. A cruisy ride via Cottesloe and East Fremantle returning past the Raffles.

Leader: Don 0418 948 955

**Foothills Split  
Sunday, 16 June, 2013 – 8:30pm**

Moderate ride with a choice of 50 km flat or 55 km with a section of foothills.

Meet at East Perth Train Station at 8:30 am for an 8:45 am start.

This ride heads south along the railway line, then towards Forrestfield along the Roe Highway Cycle Path. At Forrestfield, you have the choice of tackling some moderate foothills with Wayne or staying on the flats with Janice.

We will then meet up at Midland for a

coffee and ride back to East Perth together.

Leaders: Wayne and Janice Bertram  
0438 375 558 or wandjbertram@bigpond.com

**Walyunga Wander  
Sunday, 23 June 2013 – 8:00 am**

80 km, moderate, hilly. Meet at Midland Railway Station at 8:00 am for an 8:15 am start.

We will be heading up Red Hill on Toodyay Road to a left onto the quiet and scenic O'Brien Road to the Walyunga Park Lookout. We then continue to a well earned coffee break and rest in Gidgeganup, afterwards heading to Mundaring via Bunning Road and then downhill on back roads through Darlington and on to Midland.

Leader: Kleber 9354 7877 or Kleberc@bigpond.com

**100 km Achievement Ride Take 2  
Saturday, 29 June, 2013 – 8:15 am**

Road Bike: Hilly

100 km Moderate, 8:15 am for an 8:30 am sharp start. Meet at Armadale Train Station for registration and map/ride description.

**NOTE: NEW ROUTE** — 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: Hilary 0405 427 246 or achievementrides@ctawa.asn.au.

**200 km in 2 Days Achievement Ride – Day 2  
Sunday, 30 June 2013 – 8:00 am**

100 km Moderate, 8:00 am for an 8:30 am sharp start. Meet at the Raffles Hotel, Applecross to enjoy the flattest 100 km ride we could think of, straight down the freeway Principle Shared Path.

This is the second day if you are doing the 200 km in 2 days and can also count as a 50 km ride if you have not completed that at an earlier time this year. Average 15 km/h which could almost be described as leisurely.

Contact: Hilary 0405 427 246 or achievementrides@ctawa.asn.au

**Xmas in July—return to Yanchep  
Saturday, 27 July 2013 – 1.00 pm to  
Sunday, 28 July 2013**

25 km, leisurely, meet at Clarkson Train Station at 1.00 pm for 1.15 pm start. Also see page 11 for more details.

Leader: Teresa & Mark - 0421 089 443 or touring@ctawa.asn.au

Refer to website for July rides.

**CTA Rides Map Database:** The CTA Committee are looking at compiling an internal rides map database. If you participate in a CTA ride and are willing to help, we would appreciate your map, either as a electronic, hard copy to scan, or using your bike GPS. Maps can be e/mailed to : info@ctawa.asn.au

**Show & Tell Night**

**Wed 8 May 2013 at the Loftus Community Centre , Leederville. Doors open at 7:00 pm for 7:30 pm start**

In the spirit of keeping Touring in CTA you are invited to enhance group knowledge by sharing your experience. Please bring a maximum of 5 items/ideas that you find valuable when touring.

Do you have a website that advises you well, or a method of packing and storing items? Do you have the best mattress on tour? On the night we will share with the group a brief

description of the value of the item in enhancing our touring experience. Light refreshments will be provided -tea, coffee, cake and healthy option- and there will be the opportunity for further discussion as individuals or small groups regarding complex/popular items. So come along and help us make the night a success for you.

Please let me know what you plan to bring by e/mailling to social@ctawa.asn.au or phone on 0407 074 502, non members are welcome

Theresa Dewse (Social Coordinator)



## Gingin Discovery Tour — June Long Weekend

By popular demand the Gingin Discovery Tour will be run again this year.

So come cycle touring with us on the June Foundation day long weekend (1–3 June). If you missed out last year you will discover some interesting parts of Gingin that you have probably never seen before. For those that came last year you will be able to enjoy the trip again.

We will head north from the end of the Clarkson railway line to the top of the Gngangara groundwater mound. There we will visit the Gingin Gravity Discovery Centre to drop stuff from the 45m high leaning tower, engage in hands on experiments, exhibits and displays - this will

challenge your thinking about science and the Universe!

We will check out some wetlands and brooks that are windows to the normally unseen Gngangara mound groundwater system. Enjoy some pleasant rides through quiet undulating country. If it is not too cloudy at night we will go to the Gingin Observatory and have some great views of our Milky Way galaxy.

This will be a full pannier tour. If you have never done full pannier touring before, this is your chance to get started with an interesting but not too challenging tour. This will be great preparation for the CTA 40th Anniversary tour in 2014.

The CTA has pannier and cooking gear that you can hire for a small cost or you can borrow my original panniers for the trip. It really is great fun.

If you would like to go on the tour, or would like more information, please send me an email at:

**roy\_stone\_au@yahoo.com.au.**

**I will need to know the numbers to book the caravan parks etc for the overnight stays.**

Look forward to seeing you on the tour.

Leader: Roy Stone

## OYB 2013 — Blackwood Meander

### 21-29 September 2013

The 25th On Your Bike tour will see us meander through the Blackwood River catchment from its upper reaches in the wheatbelt town of Dumbleyung, all the way to the coast at Augusta, where it meets the Southern Ocean.

We begin our journey at Dumbleyung among the lakes and wetlands in the upper catchment of the river then ride to Wagin, Moodiarrup, Boyup Brook and then Bridgetown, where we will enjoy a

rest day in the heart of the Blackwood Valley. We then continue to head downstream via Balingup, Nannup and finally reaching Augusta. The concert will also be held on this final night before returning to Dumbleyung by coach.

We will cross the usually placid, occasionally wild, but always majestic Blackwood River a total of ten times. We meander through a variety of farmlands which give way to tall karri and jarrah forests, prime habitat for the threatened Forest Red-Tailed Black Cockatoo. Along

the way we will stay at a collection of charming historic towns nestled on the banks of the river with a total riding distance of about 420 km.

Brochures are expected to be out in mid-late May and places are limited to 100 people.

Leader: Tony 0408955908 or  
oyb@ctawa.asn.au

## CTA 40th Anniversary Tour 2014

The CTA is celebrating its 40th birthday in 2014, so come join the party on a 16 day cycle trek from Albany to Perth from Saturday, April 19th to Sunday, May 4th 2014.

This will be a full pannier, unsupported tour, i.e. tents, sleeping bags, etc, with some YHA/hotel accommodation thrown in for good measure. As with the 30th

Anniversary Tour it is proposed to offer the first or second week for those who are unable to be with us for the full 16 days. The first week of the tour will fall on the last full week of the school holidays, allowing the educated ones to come along.

The route will take in most of the best scenery travelled on other CTA and On Your Bike tours via quiet country roads

where possible. So book your holidays, get your touring gear together and save your money, because this will be one hell of a tour! More news to follow in subsequent Chain Letters.

Organiser:  
Kleber 9354 7877 or  
kleberc@bigpond.com

## CTA Goes Rural

By Beth Sawers

Remember OYB 2011 Hyden to Midland – the tour attended by 40-plus green dots, whose final night concert gig, a customised version of the fifties hit ‘Green Door’ masterminded by Marilyn Sim from Victoria, that brought thunderous applause? OK, you might not, but we do.

Well, some of those green dots have gone on to ride again, at home and at OYB 2012. But it’s the riding at home I want to tell you about: ‘home’ being the Great Southern area, and Albany and Mt Barker in particular.

As distance prevented us from joining the OYB reunion dinner in 2011, we decided to get together down here around the same time, for a ride and lunch at a local café. We had such a good time that we agreed to meet every couple of months, and the group has since expanded to include some OYB 2012 riders and partners, so we now number about 15.

We’ve fine-tuned the event by moving lunch to after the ride instead of in the middle, and much kinder to the digestive system. The lunch venue is key, followed by the availability of sealed roads thereabouts. Venues have included Phillips Brook Winery at Redmond, Maleeya’s Thai Café in the Porongurups, Gilberts Winery just outside Mt Barker, Cosy Corner Café at Torbay, Denmark Tavern, and Nippers Café on the way to Two Peoples Bay; we range far and wide for good riding and food.

We consider ourselves a sort of unofficial chapter of CTAWA, and are happy for those visiting Albany and the Great Southern to join us if the timing suits. We don’t have a fixed schedule of rides, but they’re usually on a Sunday once every couple of months, starting at 9.30am, for a 40 km or so ride followed by lunch. **If you’re in the area and want to join us, please call Beth on 9842 or 0404 for details.**



**OYB 2011 riders and friend at Nannarup Beach inlet near Albany – 13 May 2012.**

**L to R: Rob Stewart, Beth Sawers, Deb Pooley, Alison Durham, Bruce Dalton, Mike Pooley**

Our most recent ride on February 10 started from Youngs Siding, between Albany and Denmark, and followed quiet back roads on the Nullaki peninsula, along the Wilson Inlet to the morning tea stop at Nullaki jetty, organised in true OYB style, plenty of hot water, make your own drink, but some bakery treats and fine china as well!

The outward ride was aided by a healthy easterly so barely a pedal stroke was turned, but coming back into the wind was another story. What doesn’t kill you makes you stronger!



**OYB 2011/2012 riders and partners at Morning tea stop at Nullaki jetty – 10 Feb 2013. L to R: Bruce and Elaine Dalton, Leith Roe, Mike Pooley, Denis Sawers, Richard Stockwell, Helen Roe, Joy Stewart, Deb Pooley**

## Xmas in July—Return to Yanchep

Celebrate Christmas in July with us over the weekend of Saturday 27 and Sunday 28 July, at the Yanchep Inn.

Join us for a leisurely ride from Clarkson Train Station at 1:00pm on Saturday 27 July, or simply meet at the Yanchep National Park to celebrate Christmas in July, as we did last year staying at the Yanchep Inn.

The trip includes overnight accommodation, Christmas dinner and a cooked breakfast the following morning. For those who do not wish to spend the night there is also a 'dinner only' option.

Costs (including dinner and a cooked breakfast) are as follows:

### **Hotel Room (shared bathroom)**

Double - \$210 per couple

Twin - \$230 per twin

### **Lakeview Motel Rooms**

Corner Spa Room – \$365 per couple

Mid Spa Room - \$345 per couple

Standard Room - \$325 per couple

### **Motel Budget Unit**

Double - \$245 per couple

Twin - \$250 per twin

**Dinner only option** - \$55 per person

**Bookings are to be made direct with Yanchep Inn on 9561 1001.** Book and pay for your chosen option with Yanchep

Inn before 24 May and get a refund on the night of \$10 per member on your full dinner and accommodation package (not applicable for 'dinner only' bookings). All you need to do at the time of booking is mention you are with the CTA group and provide them with the names of all people who will be attending.

Partners and friends are also welcome to join in the celebrations.

On Sunday we will return home via a different route as agreed on the day.

Leader: Teresa & Mark - 0421 089 443 or [touring@ctawa.asn.au](mailto:touring@ctawa.asn.au)

## Flashback Down Memory Lane

Article and photos from Dale Neill (Life Member CTA)

John Martin made a major contribution to the CTA. He not only led the CTA admirably as president, but also designed and built the CTA bike trailer. Aileen started as a non-cyclist but took to the pedals after becoming a 'cycling widow'.

Both John and Aileen went on to ride the 1215 km Paris–Brest–Paris. It was a particularly challenging achievement for Aileen because she fell and cracked her pelvis a day or two before the marathon ride.



**Photo of Susan Bailey & Geoff Creighton taken on a CTA weekend in Albany in January 1985. Geoff Creighton went on to help organise the 1988 bi-centennial tour three years later.**



**Photo of Aileen & John Martin taken on a CTA weekend in Albany in January 1985**

# CTA CLOTHING

**Please contact us if:**

**Your contact information changes** (so we can keep our database up to date.) Email: [members@ctawa.asn.au](mailto:members@ctawa.asn.au)

**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 Small Rack Pack**

## SAFETY ISSUES

**If you have safety issues** – email [info@ctawa.asn.au](mailto:info@ctawa.asn.au). All riders are encouraged to report path and road hazards observed during their rides. You should email a clear summary, with a 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](mailto:cycling@transport.wa.gov.au) and/or [enquiries@mainroads.wa.gov.au](mailto:enquiries@mainroads.wa.gov.au) (with a copy to [info@ctawa.asn.au](mailto:info@ctawa.asn.au)).

You may also make hazard reports at [www.transport.wa.gov.au/cycling/2345.asp](http://www.transport.wa.gov.au/cycling/2345.asp).

Green Senator Scott Ludham has sponsored an iPhone app, Bike Blackspot, for reporting bike hazards in Perth. It appears 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 in particular.



**CTA Clothing**

The CTA is holding the following stock:

**CTA jerseys** (\$85 short sleeve, \$95 long sleeve):

Short Sleeve Unisex: M, L, 2XL

Short Sleeve Womens: 10, 14,

Long Sleeve Unisex: XS, S, M, L, XL, 2XL

Long Sleeve Womens: 10, 14

**Please note that the sizings for these Sprint Design jerseys are VERY small—most people need two sizes larger than their usual fitting.**

The sizes above include a variety of shorter or longer backs, and shorter or longer zips. Any combination of back length, sleeve length or zip length can be ordered directly from the manufacture (12 week lead time). Our suggestion is that you first try on what we have in stock. To place an order, contact Sprint Design directly via their website at:

[www.sprintdesign.com.au/cycling-clothing/cta.html](http://www.sprintdesign.com.au/cycling-clothing/cta.html)

**CTA bib knicks and knicks are also available by special order through Sprint Design.**

**CTA Orange Fluoro Shirts (sizing is very large)**

Short sleeve unisex style only: sz 16, 18 & 22

**CTA Socks**

Red/yellow or new Orange/blue socks with CTA logo – \$10 a pair



**Take-a-Look Mirrors**

Unbeatable Take-a-Look mirrors. Attach to your glasses (and better than an eye in the back of your head) \$20 each

Adaptors available to attach mirror to your helmet instead \$4.50. Postage for up to 3 mirrors within WA \$2.60.



**Contact : Doug 9447 2554 (H) or email [clothing@ctawa.asn.au](mailto:clothing@ctawa.asn.au) for any enquiries or orders.**

## New Members

We give a big welcome to the following new members:

- Rosemary Cuthbert
- Mario Tarasenko
- Robert Stockman
- Christine Smith

## 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 100.1FM**  
Saturdays 7.40 – 8.00 am

**SBS (TV)**  
Sundays 11:30 am – 12:00 noon

# The CTA Achievement Ride Series

## Introduction

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 in nature. Each ride is supported by a volunteer and the series is coordinated by the Achievement Rides Coordinator.

(See page 2 for contact details).

## Background

The origin of the series was for set distance rides so that touring cyclists could train for loaded pannier touring. The philosophy being that if a rider could ride X km unloaded in a day then they should be able to ride half X in a day when fully loaded. For example, if someone could do the 200 km ride then they should be also able to cover 100 km on a loaded touring bike. The longest ride in the series is 300 km on the basis that 150 km per day is the absolute maximum that could reasonably be attained fully loaded.

The Achievement Rides are usually run twice a year ('Take 1' and 'Take 2'). 'Take 1' rides are always run, although you still have to register at least one week beforehand. 'Take 2' rides are not guaranteed but will be run if there is sufficient demand. 'Take 2' Achievement Rides are scheduled for all except the 200 km and 300 km Achievement Rides.

If you miss a ride, then there is the opportunity to complete this ride by using a brevet—see later.

Upon successfully completing a ride you are entitled to a badge. Contact the Achievement Rides Coordinator.

## Ride series

The rides are grouped into series, and an award is available for 'successfully completing' a series. A member can only nominate for one award per year.

The original Achievement Rides was the Super Achiever Series with the Challenge

Series in 1992. However, as the Challenge was just that, challenging, the Merit Series was added in 2004.

The Achiever Series is the most recent addition (2009) to fill the gap between the Merit and Challenge Series.

The different series are summarised in the table below:

A longer ride may be substituted for a

Series	Rides
Merit	50, 100 km and 5 000 in 4
Achiever	50, 100 km, 5 000 in 4 plus any <i>one</i> of 160, 200 or 300 km or 10,000 in 8 or 100 km AR and a further 100 km the next day
Challenge	50, 100, 160, 200 km, and 10,000 in 8
Super Achiever	50, 100, 200, 300 km and 10,000 in 8

shorter ride as long as it is of the same type (eg Normal/Hills).

Note that the Achiever Series, the 100 km AR plus the 100 km the following day can only count for the 100 km AR, or the 200 in 2, but not both. The two 100 km rides of the 200 in 2 must be ridden on two successive days to count.

(The unofficial level of 'Over Achiever' is awarded when you ride to and from the start of the 300 km AR). In this issue we would also like to acknowledge Wayne Bertram and Stuart Crombie for their efforts!

## Ride time limits

To be considered 'successfully completed'

Ride (Normal)	Time Limit
50 km	3 hrs 20 mins
100 km	6 hrs 40 mins
Century (100 miles/160 km)	10 hrs 40 mins
200 km	13 hrs 30 mins
300 km	20 hrs

Ride (Hills)	Time Limit
5,000 in 4 (5,000 feet of hills)	4 hrs
10,000 in 8 (10,000 feet of hills)	8 hrs

a ride must be completed within the given time limit.

The 100 km on Day 2 of the 200 km in 2 days must also be completed in 6 hrs 40 min.

## Qualifying to start the 160, 200 and 300 km ARs

Because of their length, difficulty and time taken to complete there are qualification criteria to be eligible to start the 3 longer Achievement Rides. See the following table.

160 km	100 km same year
200 km	160 km same year; or Challenge Series previous year
300 km	160 or 200 km same year; or Super Achiever Series previous year

## Using brevets

If you are unable to attend one of the official CTA rides, then you can complete the ride using a CTA brevet card. Brevet cards and route descriptions are available from the AR Coordinator. You need to contact them before attempting the ride.

Completed cards must be returned to the Rides Committee as soon as possible after the ride (within 2 weeks) and absolutely no later than 7 January 2013 for the 2012 year.

## Achievement Rides support

If you can help support any of the AR's, you will be reimbursed (at the rate of \$.50/km) for your mileage (the odometer reading from when you leave your house for the ride, to when you return). Other related expenses will also be reimbursed if you provide receipts.

## Dates for 2013

The Achievement Rides for 2013 are listed on page 2.



Photo by Keith McBurnie taken on the Nannup Easter trip of the campsite at Lake Towerinning.

## 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).

Renewal Adult membership	\$40.00
(If paid by 31 Jan)	\$35.00
New Adult membership	\$35.00
Full-time Students/Pensioners	\$23.00
Dependents under 18	No charge

Membership forms can be downloaded from our website [www.ctawa.asn.au](http://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, and a library, to name a few of the material benefits.

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

