



Cyclemania

Mandurah Over 55 Cycling Club

December / January 2020



"FREEWHEELIN" with the President.

Hi my name is John Cox and I am your new President.

I have been a club member for approximately four years.

Even though I have lived in Mandurah 25 years, riding with all our different groups I have discovered many new scenic pathways, not only in the Peel region but also up and down the coast from Fremantle , Perth to Albany. Plus the Bike Barge tour of Amsterdam to Metz this year .

How lucky are we to be members of such a versatile active cycling club?

SAFETY 1st.

How can we all be a more skilful and safer cyclist ? Something to think about, the safety of you and those around you.

Mandurah over 55 cycling club now has just over 200 members such is the interest in cycling.

Many thanks to Jo Smith and the outgoing committee for leaving the club in such an organised position.

I Thank the committee & volunteers who work tirelessly behind the scenes.

Anne Bourke and Snap Mandurah have spent a lot of time upgrading the MO55CC web page, I encourage you all to check it out, "What do you think? "

The club is always interested in your thoughts and suggestions please write to the secretary.

I would like to wish you all a Merry Christmas and a Happy New Year. Ride Safe.

Happy touring 2020



MELBOURNE CUP 2019

As per previous years the Club celebrated Melbourne Cup with the usual rides followed by lunch.

Over 70 members attended as well as our Patron, David Templeman MLA. Two of our sponsors were represented, Elyse Lambert of Cycles Mandurah and from Bowra & O'Dea by Gary Russell (Research Director) and, keeping it in the family, Nicola Blackham. These sponsors have been generous and supportive of the Club so it was good to have them join us.

As usual festivities commenced with witty introduction from our new President John Cox and a few words from David Templeman. This was followed by our own races organized and, as usual, ably controlled by our own race marshal, Bill Clare.

The hat competition judged by Nicola Blackham was won by Leanne Stronach, just past the post in front of her husband Ian!

Lunch was served following the race and special thanks to our Social Coordinator, Jan Butterley and her team, Sue Henning, Sue Blackham, Glenys Cox and Chris Lowe for a superb meal.

It was a great day and Gary Russell commented on what a good atmosphere was at the Club.

Thanks to the efficient organizing of the sweepstake by Angie Hosford (aided and abetted by Ray Edwards).



John Cox, Nicola Blackham, Elyse Lambert, Gary Russell. David Templeman,

Congratulations

Giant Mandurah on the opening of their New Store



Our club sponsor Giant Mandurah have a regular Saturday ride from their Halls Head shop. Starting 7.00 am and finishes at 9.00 when Coffee and Muffins are supplied at the shop for \$5.00. There is about 5 of our members who participate Elise would welcome more. They have 3 groups, Fast, Medium and slower but competent. I went last Saturday and enjoyed

Medium and slower but competent. I went last Saturday and enjoyed it. Especially the early start. Please consider including with the Regular Rides section.

Terry O'Shea - Publicity Officer

Albany Tour 2019

A gathering of 18 members in the barbecue Area of the Emu Point Caravan Park in Albany on Sunday evening 17th November heralded the commencement of this year's Albany Tour. Though smaller in number than in the past, the group determined to enjoy each other's company, eat well and ride to the best of their ability. Those who hadn't ridden in the south before would find it challenging but could learn a lot from the more seasoned participants.

All left the Happy Hour keen to get started on the first day's ride, not even considering the "Hills" that lay ahead.



Monday 9.00 a.m.

Grey skies greeted the riders as they gathered by the gate (the usual meeting point) prior to heading for Elleker approximately 27 km away. Within 30 minutes, however, the skies had cleared and remained so throughout the morning. All riders headed to Elleker via the scenic Robinson Road route on the outward leg and the Lake Powell route on the return journey.

Scones, jam and cream were waiting and as usual the Elleker Crew hosted a fantastic morning coffee break.

While the relatively flat ride to Elleker and return didn't hurt too much the climb to the top of town in order to get on to Middleton Beach Road was "mightily hard".

Rio and Billie were enthusiastic about watching the riders take off but chose to walk into town.



Tuesday 9.00 a.m.

Classed as a "Backroads Ramble", Tuesday's ride was to test some novice and not so "novice" riders by heading to the Sandalwood Factory just off Albany Highway, a distance of 52 km return, and climbing through 1000ft (some measurements sound better in "Imperial"). Mostly on backroads with challenges such as The Zig Zag Path which leads from beach level ground to the Lower King Road.

cont.

Tues. Cont.

Morning tea was at the Sandalwood Factory and riders were able to view sandalwood products in the attached store. Riders were accompanied by myriads of bush flies which had descended on them while traversing roads by the cow paddocks.

The return trip proved uneventful.

Later at 2.30 p.m. a gathering of the Crafty Critters group was conducted by Joan Savill. Sewing machines, cutting quilting squares, hexagonals, invisible stitching were the discussions of the day before the conversation turned to more serious affairs over biscuits and tea. An informative time was had by all and the social bonding invaluable.



Wednesday Rest and Wet Weather Day

Fortuitously Wednesday was classed a rest day as the weather turned out to be not so clement. Steady squalls lashed the caravan park so most members chose to get in their cars and head for the shops or local viewing points. Several tried local bakeries, some just slept their day away (not mentioning any names).

Lyn Edwards and George Pawloff shopped for the evening's proposed barbecue and, did the "mise en place" for dessert etc.

By 5.00 the weather was cold but fine and "Happy Hour" followed by the barbecue was the order of the day. As Andy finished his recounting of bicycle funnies the barbies were lit and our chefs, Ron Richards and George Pawloff took charge. The resulting perfectly cooked burgers and onions were great in a fresh bun though some more discerning diners chose to toast theirs!!!!

Dessert was to follow. A choice of three hot puddings with custard and ice-cream. Gee, they were appreciated on a cold night. Many thanks to Elaine Carlone for the great idea and helping to accomplish the arrival of hot puds under difficult conditions.



Thursday 9.00 a.m.

The Whaling Station was to be the destination for the day's ride. The morning dawned fine with just a slight breeze.

Much discussion was had as to how to avoid the **hills** on the return journey. Reconnoitring in cars was done to see if Goode Beach was a better option etc. Sure, this has been tried many times over the years. On the day, the main group travelled round Frenchman Bay and via the Goode Beach Loop aided by a tailwind. However, this made the return journey up the main road even more difficult. A 62km total ride: Quite an achievement for our newer riders. Well done Elaine, Helen, Iris! Billie and Sonja motored to join the others at the Whaling Station Cafe and to rescue any who felt it was going to be too difficult to climb the very steep section of Frenchman Bay Road. No one took advantage of the offer and all riders cycled "Home" for a late lunch.

Lionell offered an alternative ride for those not wishing to make the long trek. He led a small group round Emu Point to Lake Seppings where there is a delightful path through the wetlands. Birdlife abounds there (no snakes sighted today!). Morning tea at Middleton Beach followed before they completed a 15km ride.



As Andy departed for Boddington after the ride, John Lamperd took on the role of Happy Hour Host. All those round the table praised the effort put in and work done by Andy on their behalf enabling such a successful tour to take place.



Friday 9.00 a.m.

Rain started falling around 4.00 a.m. and it was still squalling at 8.00 a.m. Rain bands kept showing on the B.O.M. radar. The proposed ride to Nannarup / Nipper's Café was postponed till 10.00, but the radar showed there was more to come. Try again at 1.00 p.m. Everyone dispersed. Some to go shopping, others taking a drive to Nipper's for morning tea and five intrepid members (Ron, Iris, Kim, Jan and Ian) took off in the rain. Unfortunately those that travelled by car arrived first and had emptied the pumpkin soup pot. The late arrivals had to choose between Pecan and Apple Pie.

By 1.00 the camp was quiet and the desire to ride had faded noticeably. Only three riders made their way to the gate for a 15km ride to Middleton Beach for a coffee via Lake Seppings. It is believed they rang their bells all the way through the wetlands to frighten off the snakes. Probably only terrified the ducks and turtles!



Reflecting on the week's activities at the Final Happy Hour, all decided they not only enjoyed riding as one group but had had the opportunity to get to know all other participants. Albany's scenery never fails to make cycling enjoyable and most are already looking forward to returning next year.



Thankyou Andy



KING'S PARK AND WILDFLOWER RIDE Friday 6th September.

A big group of 24 took the train to Canning Bridge for a scenic ride around the river to the Bayside Kitchen, Crawley for morning tea. Arthur took the first group and Andy the second. Some challenging hills in King's Park led us to the Botanic Garden section where we all had a half hour walk through.

A further ride through the bush paths took us out into Shenton Park and Jilbup Park before heading through Subiaco. Each group stayed together and within sight of each other and with no mishaps. We made our way onto the Lake Monger circuit path and along to Leederville for a lunch break before taking the train all the way back to Mandurah. A 28km moderate pace ride. Andy.

CANNING BRIDGE TO GUILDFORD. Friday 20th September.

This was a cold morning but 14 members turned out for a ride through Como to the Boatshed Cafe by the Swan River for a warming coffee. Any excuse for the imperative fix, with cake of course. Then we made our way all along the south shores cycle paths of the river, a complex but very scenic route to Guildford. There we stopped at the Bakery for more fuel and fluid, and sat out in the sunshine chatting and watching the people checking out the bric a brac shops. The return ride went along the north shores paths and quiet roads for more great vistas all the way through to Claisebrook Cove and Elizabeth Quay after yet another great, scenic and enjoyable ride of 46km.

Andy.



150 KM ACHIEVEMENT RIDE. Friday 27th September.

This was the first time our club has ever had a 150 and amazingly 18 hardy souls turned out including 5 lady members. Stan and Mike led the first group and Andy and Peter took the second. Starting at the Lakes Cemetery the route went along the Freeway path to Yunderup before heading down the Forrest Hwy then turned into the quiet farming country roads to Waroona and Yarloop.

The very welcome sight of our Chuck wagon, the support crew, and tables full of meat, salad, bread rolls and a variety of sweets and fruit, after 76km of riding into the wind, was just what the doctor ordered. The Wagon and crew were also there for our morning tea at 38km and afternoon tea Along the Old Coast Road after 115km. After lunch, several small groups set off at intervals, regrouping and passing through later. More strong cross winds made it tough going across to the coast but from the Forrest Hwy then all the way back up the Old Coast Road and Estuary Road we were treated to a tail wind for 50km.

It was then just a matter of making our way through Mandurah and back to the Cemetery after a long day in the saddle, up to 6hrs 50 min. for the 156km. Some riders rode to the start, then peeled off home near the end. An epic day, the furthest many had ridden. Very well done to all.

Andy.

COLIN'S ASCOT RIDE.



COLIN'S ASCOT RIDE. Friday 11th October.

Squarely aimed at the Easy Riders, but the cloudy misty air meant only 7 people took the train to Elizabeth Quay and were all the regular Friday away riders. A little disappointing as all these rides take considerable time planning. Still we had a great day and didn't get wet. Colin couldn't go so he gave permission for Andy to lead.

Starting along the Perth Waters path we headed under the Causeway and into Claisebrook Cove and the Toast Cafe. The small group meant we could have a good intimate chat. From there it was along the cycleway, through the Ascot Marina then over Garrett Road Bridge.

Such a lovely scenic part of the riverside that is scarcely seen by car.

Back along the other side of the river, past the Stadium and Casino and on to South-Perth for a lunch stop overlooking the bustle of Mends Street. It was then a short jaunt to Canning Bridge for the train back after a casual 32km ride.

Andy.

John Naughton - local history tour.



On a bright sunny day Friday 10th November. John Naughton lead 27 riders on a local history tour.

We left from Winjan Place the site in 1897 of the 1st Fisheries inspectors office in WA .Also near this site the Bolton's Timber Mill. Founded in 1911 between Old Mill Lane and Bolton Street.

Mandurah once had a thriving fish canning industry.

The canning industry started in around 1887 near today's Smart Street. At its peak the canning factories produced 5000 cans of fish a day destined for the gold fields of Kalgoorlie. Also exporting to India.

In 1897 improvements in refrigeration technology saw a refrigeration canning plant built in Furnisdale. Fluctuating fish stocks, shifting sand bars and over fishing and disease saw the decline of the fish canning business. Commercial canning in Mandurah had ceased by world war two.

Well before Europeans settled here. The local indigenous people knew about the rich fishing grounds in the area . On the ride John took us along the Serpentine river near Pinjarra road bridge. This is the location of the Mungah Fish trap local indigenous people had built and used for many years..

Morning tea at the Chocolate factory. Enjoyed by all.

Next stop Coopers Mill at Culeenup Island Now accessible only by boat. Joseph Cooper started building the mill in 1840. The mill operated till 1926.

Coopers Mill was used for grinding local wheat. Powered originally by wind sails . The bush fire of 1850 saw the mill converted to steam power.

A very enjoyable lunch at Dolphin Quays .

Interested in local history check out. The Mandurah Community Museum. 3 Pinjarra Road . Open daily from 10am -4pm. Weekends 11am -3pm.

Thank you John for an insight into old Mandurah

For Sale

Women's medium rain coat \$100.
2 x pairs medium length Lycra ride pants.
3 x medium short ride pants.
2 x medium wind jackets.
1 medium ride shirt.
1 x XXL men's shirt.
1 x pair of ride shoes size 39.

All in excellent condition \$100 the lot or will sell for \$5 each ALSO

Near new Specialized med size ladies bike with disc brakes.
Loads of extras.
Tool kit. Helmet. Back pac,lock,detachable mud guard,stand,
pump,speedometer,mirror, toe clips,gloves,lights front and rear. For sale
\$1000.00.

Contact Georgina on. 95828120 or 0417115966



Please Welcome New Members



Geoff and Meg



Alexis



Richard and Mary



Patrick and Kerry



Frank

Subject to change by the Ride Captain

RIDE CALENDAR FOR 2020

REGULAR WEEKLY RIDES (Unchanging)

DAY	DATE	TIME	LOCATION	ACTIVITY
Every		9.00	Peelwood Path	Rides to Venue 1 and Venue 2
Thu			Opposite BP	on alternate months
			Service Station	ALL LEVEL OF RIDERS CATERED FOR
			Halls Head	
Every		9.00	Osprey Waters Car Park	Barry & Jan's Ride - Bouvard and Back
Wed		8.00	(In Summer)	MEDIUM TO STRONG RIDERS
Every		9.00	Rotunda	Social Ride: Easy riders catered for
Fri		8.00	(In Summer)	
		8.00	Lakes Cemetery	Baldivis or Pinjarra
			Stock Rd	(For medium and faster riders)

CLUB DAYS AND SPECIAL RIDES/EVENTS

DAY	DATE	TIME	LOCATION	ACTIVITY
January				
Rides start at 8.am (except special times for rides away)				
Tues	7	8.00	Club House	Club Ride
Tues	14	8.00	Club House	Club Ride and Committee Meeting
Fri	17	8.30	Rotunda	Away Ride to Rockingham
Tues	21	8.00	Club House	Club Ride
Mon	27	8.00	Merlin Street	Australia Day Club Ride and Breakfast
Tues	28	8.00	Club House	Club Ride
Fri	31			

Feb- ruary				
Tues	4	8.00	Club House	Club Ride and Chuck Wagon
Fri	7	8.45	Mandurah Station	Away Ride - Co'burn Station to Deepwater Point - for easy riders
Tues	11	8.00	Club House	Club Ride and Committee Meeting
Fri	14	8.45	Mandurah Station	Away Ride - Swan River Shores Circuit
Tues	18	8.00	Club House	Club Ride
			Tasmanian Tour - 23 Feb to 4 March	
Fri	21			
Tues	25	8.00	Club House	



Thanks to all the contributors to this publication.