



Cyclemania

Mandurah Over 55 Cycling Club Newsletter

January 2018

Thank you to our recently retired committee members

John Ellis
President 2014 - 2017



Chris Redman
Ride Captain 2014 - 2017



Maddie Redman
Social Coordinator 2014 - 2017



Arthur Watkins
Treasurer 2014 - 2017





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Executive Reports



President's Report

Hello and happy new year to all members from the President's Handle Bars.

Since the last publication of Cyclemania a new committee has been elected.

I take this opportunity on behalf of the new committee to thank the outgoing committee members for the contributions they have made to the efficient running and wellbeing of our Club: Departing President John Ellis; Treasurer Arthur Watkins; Ride Captain Chris Redman and Social Coordinator Madeline Redman. Thank you.

Welcome to the newly elected Committee members: Vice President Brian MacFarlane; Ride Captain Andy McLeavy; Treasurer Michael Mackay; Secretary Terry O'Shea; Publicity Officer Colin Richardson; Social Coordinator Lyn Edwards; Lionel Roberts Assistant to the Social Coordinator; Tony Clark Assistant to the Ride Captain and Rolan Hulme IT specialist. Ex Officio Officers: Mel Tadier Meet and Greet; Anne Bourke Website; Sue Blackham Clothing; Peter and Colleen Glasson Cyclemania; Liz Warren Club Steward and Paul Lea Clothing.

The committee takes this opportunity to thank Eddie Redfern for all the many interesting Friday away rides over the years. Eddie has decided to take a break for a while. See you on the road Eddie.

It's been a hectic couple of months. Thank you to Social Coordinator Lyn Edwards, Lionel Roberts and to all the volunteers who helped with Melbourne Cup Lunch and to Bill Clare and his famous ponies.

An enjoyable Christmas Dinner was held at the Meadow Springs Golf Club. The following week was our well received, fun filled Christmas Lunch at the Club with a visit from Santa. Volunteers, you make a difference!

The committee selected 3 recipients for Appreciation Awards which were presented at the lunch. The recipients contribute actively to the running of our club in many different areas. Arthur Watkins, Mike Burrows and Sue Blackham; you all make a difference.

Club Ride Captain Andy McLeavy has put together an exciting ride calendar of events for this coming year. Here is just a just sample: What about a "Spring in the Swan Valley" tour in September; Bike Week's change of date and venue with celebrities to attend, along with a sausage sizzle. Watch this space for more updates. Curious?

Your Committee continues the focus on health and safety with the following initiatives:

- New departure procedure from the club
- A workshop on changing a tyre
- First Aid lecture at the club

Please check your Calendar and Club Notice Board for upcoming events.

The new committee has decided to no longer subsidise the Christmas Diner. Instead it plans to fully fund, through fund raising activity, the following events: Christmas Lunch, Club Anniversary Lunch, future Australia Day Breakfasts along with sausage sizzles and light lunches from time to time.

Remember “Nothing compares to the simple pleasure of riding a bike”.

Cheers

Jo

Ride Captain’s Report

Planning this, my first report in Cyclemania as Ride Captain, I note that it has been a fairly busy season with much more to come. The Chuck Wagon morning tea roster was quickly finalised and attendances have been excellent. All members soon received the new 2018 Ride Calendar and that too is brimming with events. So far all attendances have been encouraging, with 39 people going to Albany and many riders joining the Cottesloe and Rockingham rides for the first time.



Apart from high numbers on Club Day, the regular Thursday and Friday rides are all gradually increasing in member participation, which is also encouraging. There are also other small groups getting together to do their own thing on other days.

As you know we now have two extra ride groups totalling 14. This helps to keep the numbers down to 10 per group and we have some new willing leaders. The speed and distances have been simplified and the revised departure procedure has been greatly improved. Well done to all.

I do hope we can encourage more riders from the more leisurely groups to have a go at joining a longer ride, spread over a longer time at a manageable pace. This club really is not all about the medium and fast riders, and, as much as I, and others, have tried to encourage those groups 10 to 14 to join in, there has been only a small response. Go on, give it a go as an individual, talk among your group and talk to me.

Early March will be the 50 km and 100 km Achievement Rides along the Freeway path, on separate days, using the Chuck Wagon.

Keep a check on your Calendar.

Andy.



Geraldton Tour



The Mandurah Over 55 Cycling Club's first tour of Geraldton was held from Monday 18 September until Friday 22 September 2017. The base was the Sunset Beach Caravan Park.

On Monday there was a 25 km ride to view the HMAS War Memorial and then morning tea at the Dome on Foreshore Drive. After happy hour a few went to dinner at the Curry House.

There were two rides on Tuesday: a 22 km casual ride and the 56 km Moonyoonooka Loop. The longer ride included a stop at the Moonyoonooka Store. Dinner that night was at the Wintersun Hotel



On Wednesday there was a choice of three rides: a 22 km short ride, a 30 km ride around the coast or a 40 km return ride with morning tea at the Lavender Farm. The Lavender Farm was a beautiful setting and the group lingered over coffee. Jan Miller reported that "our group of nine including our Victorian visitor (Gill) chose to do the 30km country ride. To navigate a highway slip ramp was a first for most. As usual a well led ride by Brian". Happy hour was followed by a hamburger night at the Caravan Park



On Thursday riders had the option of a 74km (return) ride or a drive to Walkaway and from there a choice to two rides: a 21km ride or a 45 km round trip to Ellendale Pool. Six cyclists, including Andy, Marg B, Iris R, and Anne Mc., battled great winds for a 45 km ride over the ranges to Ellendale Pool. However the 74 km ride had to be cancelled because the wind made it too dangerous. Instead another cycled locally but still managed a 30km ride. Dinner was at Skeetas at the harbour side.

By Friday the notorious wind that Geraldton is famous for prevailed and there was virtually no riding on this the last day. Evening was AFL themed because of the preliminary final between Adelaide and Geelong. Dinner was a sausage sizzle laid on by the caravan park in appreciation for our custom.





Albany Tour



On Sunday 12 November about 30 cub members and partners gathered at Emu Point Holiday Park for our briefing at 5:00pm. Our president, Jo Smith, welcomed everyone to the 2017 Albany Tour. Ride captain Andy McLeavy then outlined the planned rides and social activities for the week. Another eight or so members were expected to arrive on Monday.

On Monday our first ride was in relatively cool conditions with overcast skies and some drizzle. Three groups headed off to Elleker Store with Eluned Clarke's group starting their ride from Frenchy's Restaurant.



Andy and Mel Tadier led the two groups riding from the campsite. There was a little bit of not so friendly banter from a few pedestrians as we rode around the headland on the shared path which meant some of us preferred to avoid the shared paths. The only other incident on the rides was the decision of two groups to take the longer route to Elleker Store around the lake. This is a very scenic route but about 3 km before our destination the road was completely blocked due to significant roadworks. This meant that we had to back track and add about 10 km to each of these rides. Andy's group

took the direct route and missed the roadworks (did you know something we didn't Andy?).



That evening at happy hour, Jo welcomed those who had made the journey down on Monday. Colleen Glasson made the first presentation of Bugs to Andy McLeavy for taking on the very onerous task of ride captain. After happy hour about 20 of us travelled into Albany and enjoyed a lovely meal at The Mean Fiddler.

On Tuesday, 14 November, we again had three groups but all the additional riders headed to Andy's group which made this quite large. Andy and Mel's groups headed to the Airport Café on a "back road ramble".



There were a few more hills and snakes on the ride to the airports. For the return ride Mel recruited some additional riders to balance the numbers. Meanwhile Eluned took her group on a "look no hills" ride through Albany. The afternoon saw a number of the ladies gather for "crafty critters". From the sounds coming from their gathering it was a most enjoyable couple of hours. At happy hour Colleen gave a talk on nutrition for the more mature cyclists which was most informative and interesting. Andy passed Bugs onto Jan Ellis for her organisation of the "craft critters" session earlier in the day.



Whaleworld was the destination for Mel and Andy's group on Wednesday. Eluned took her group to the Princess Royal Sailing Club and then to Limeburners Distillery Bar for coffee (she assures us). Some cyclists in Eluned's group rode the full 40km including some steep hills while others did the more leisurely



ride from Frenchy's Restaurant. Mel and Andy's group enjoyed coffee and cakes at Whaleworld café before setting off on the steep 4.0 km climb on the way back to camp. Both groups enjoyed the strenuous 60km ride; however it would be fair to describe Mel's group as being a little untidy. An important lesson for cyclists is to stay behind your leader unless you know the route your leader is following! Happy hour saw Jan pass Bugs onto Eluned for leading and teaching the casual riders. It appears that many have learnt more about cycling techniques in these three days than all the time they have been in the club. That evening about 14 of us enjoyed a Thai meal at Joop Thai.

On Thursday two relatively small groups drove to Denmark for the day's rides. Eluned took her group on a ride from the town to the ocean and back. Andy led a small group of six cyclists on a beautiful scenic ride through jarrah forests, stopping at Ducketts Mill for a coffee. The views made the climbing worthwhile! The rain started just as the rides were finishing and stayed with us throughout the afternoon evening and night. In the evening everyone enjoyed a BBQ at the campsite. During happy hour there was an attempt to highlight some of the more embarrassing moments of the rides as opposed to just the highlighting the worthiness of the Bug's recipients. Unusually Colleen was the winner in both cases, receiving the Bugs award in appreciation of her nutrition talk but also given the "dope of the day" award for travelling to Denmark and then realising she didn't have her bike helmet!! (\$65 at the local store remedied that problem).



On Friday we had a full contingent of riders. Two groups set off on the Two Peoples Bay ride. This was a long and challenging ride with morning tea at Nippers Café which was 13 km before the bay. Most riders headed back after morning tea but six riders continued on to the beautiful Two Peoples Bay. Coincidentally it was the same six riders who did the Tall Jarrah ride in Denmark on the previous day. Meanwhile Eluned and Tony took the casual riders on what is becoming the famous "jelly bean ride" around Albany. That evening Mel Tadier received the Bug's award for his quiet and calm ride leading, and dinner was fish and chips at Squid Shack, Emu Point.

A note of appreciation from Helen Lamperd:

"I wish to acknowledge our group's appreciation of Lyn and Tony Clark for giving up their time in Albany to help and encourage our group to improve our riding skills and take on challenges we wouldn't dream of on our own. We all really enjoyed our week and came away with more confidence and enthusiasm for our bike riding thanks to them".





Away rides



The **Canning Bridge to Guildford** ride was held on 6 October. Andy reported that a larger than expected group of 25 took the train to Canning Bridge for a ride through Como to the Boatshed Cafe on the South Perth Foreshore for morning tea. It was an unusually warm day and good company made for a great day out along scenic pathways past the Crown Resort and the new stadium. From there, along the south banks of the Swan River through parks, wetlands and past the Ascot Marina to historic Guildford for lunch at the various cafes on offer. The group returned along the north banks of the river, around the Maylands Peninsula and through to East Perth. From here, Colin took a group through to Elizabeth Quay whereas Andy's group headed through many backstreets of North Perth to Leederville Station for the train home. It was an enjoyable day's ride of 48 km with some testing riverside undulations but no mishaps or mechanical problems



On 13 October **Colin** took the casual cyclists on a ride around Perth. The following report was provided by Joan Saville. Seventeen of us set off on the train at 9:11am and disembarked at Canning Bridge station. What a great ride; we followed the river, stopping to admire the view and the pelicans, on to Elizabeth Quay, where we had morning tea, then again following the river (all on bike paths) to view the new Perth stadium. From there we had a scenic ride round Claisebrook lake with Colin pointing out the many places of interest.



Then over to the other side of the river to South Perth for lunch, ending up at Canning Bridge after having completed 25km, for the train home by 2:30pm. Colin's rides would greatly benefit cyclists in casual groups, for example Peter's group; it was leisurely at about 16-20km an hour, you get your exercise and our esteemed leader/guide Colin's extensive knowledge of Perth is thrown in. What more could one ask for? Well done Colin.

Just before Christmas, **George** took his regular Friday rotunda ride group on a special Christmas ride. Jo Smith reported that a group of 11 cycled along the coast towards the lake at Meadow Springs then onto Mandjoogoordap Road turning left into Lake Valley Road. There was a pleasant stop at the landscaped wetlands area on Lake Valley Road where we shared our thoughts and good wishes for Christmas.



Andy reported on the **Rockingham Ride** on 19 January. Sixteen riders from a variety of groups set off from the Mandurah Rotunda on a glorious sunny morning to meet up with another 10 riders at the Surf Life Saving Club (SLSC) in San Remo. Three groups were formed, led by Andy, Colin and Brian, and took a route both along and away from the coast, mostly on cycle paths. There was a headwind at times but more of

a tailwind over the course of the day. Morning tea was enjoyed at the new McDonalds next to the modernised Secret Harbour Square. There was plenty of room for our bikes and seating overlooking them. We continued on past the rebuilt SLSC, and along to Port Kennedy and the scenic coastal path to Warnbro with a beautiful vista of the Shoalwater Marine Park.

One rider had a mishap when his front wheel wedged into a crack causing him to be no longer upright! After an initial shock and first aid for a knee graze he was away again. Later another rider had two punctures but these were quickly fixed. Continuing on past Waikiki, Penguin Island, Point Peron area and along Palm



Beach, we eventually reached the Rockingham foreshore. Everyone chose their own lunch venue (mostly the bakery) and many then sat in groups on the shaded, grassed foreshore. By this time it was becoming hot and some riders had red faces. So we set off for the train station for a total ride of 50 km. This was managed very well by some of our more casual riders as it was at an appropriate pace for all.



Tadier's Tips



Crunchy Pecan Energy Bar

This is a kind of all-purpose bar that you can have any time; before, during or after your ride. The make-up of the bar is interesting because prunes contain potassium which is lost by sweating and the pecans contain vitamin E which is good for preventing muscle damage. These combine with condensed milk, a good source of whey protein amino acid for muscle growth. The raisins, Rice Bubbles and bran flakes break down quickly getting sugar into the blood stream, whilst the oats and prunes are lower GI, meaning they take longer. You can substitute walnuts and dates for pecans and prunes if you prefer. A dash of almond essence will improve the flavour (personal choice).

Ingredients – makes 12 bars

100 g chopped pecan nuts
100 g chopped prunes
160 g rolled oats (NOT quick cooking – use real thing)
25 g Bran Flakes
25 g Rice Bubbles
75 g of raisins
150 ml Condensed milk (condensed skim – personal choice)
Almond Essence

Nutrition Per Bar

Protein	10g
Fat	7g
Carbohydrate	30g
Calories	184

Method

1. Turn on oven and heat to 180 degrees. Put condensed milk into a saucepan, and heat gently. If you have hotplate too high it will burn on bottom.
2. Once condensed milk is warm, add cereals, stirring as you go, then the fruit and nuts. Add the Almond essence now (if using) keep stirring and make sure everything is covered and moist then transfer to non-stick slice tin. Press mixture down with the back of a spoon or fork, until it is nice and firm. (if mix sticks to back of spoon, dip in hot water and continue)
3. Bake for 30 mins, then slice and cool on a wire rack.
4. Tip: get the cooking time right as too little and it will crumble and too much and it will be very hard and will burn
5. Cutting – cut from side to centre, then cut from other side to centre. Cut into slices as soon as you take it out of oven.



Cycling and Health News



The following is an extract from the WA Government Department of Traffic web site.

Submitted by Mel Tadler

- 4 Cyclists Died on WA Roads in 2016
- 50 % of Cyclists killed in 2016 were not wearing helmets
- 32 Cyclists Died on WA Roads Between 2010 and 2016

Cycling on Footpaths

On April 27th 2016, WA's laws changed to allow cyclists of all ages to use footpaths, unless otherwise signed. The amendment to the Road Traffic Code 2000 brought WA's bicycle laws into line with the rest of Australia, making it legal for parents to ride alongside their children on footpaths, improving safety. Under the previous rules, only children under the age of 12 were able to ride on footpaths without breaking the law.

Things You Need to Know

Road Rules

Most of the road rules that apply to motor vehicle drivers and riders also apply to cyclists. But cyclists do have to abide by a set of their own rules too.

Cyclists:

- Must have at least one hand on the handlebars while in motion;
- Must not be more than two bicycles abreast on a road. When riding abreast, the two bicycles must be no more than 1.5 metres apart;
- Must ride in a bicycle lane if one is provided and in a reasonable condition for use;
- Must not ride within two metres of the rear of a motor vehicle, over a distance of more than 200 metres;
- Must not hold onto another moving vehicle or be towed by it;
- Must use the correct hand signals to turn left or right and to stop;
- Can use the left lane of a roundabout when turning right, provided they give way to all exiting traffic;
- Must not ride in a pedestrian mall;
- Cannot overtake on the left side of a motor vehicle if that motor vehicle is moving and indicating to turn left; and
- Cannot ride across a marked foot crossing unless the crossing displays bicycle crossing lights (and are green).

Helmets

- It is compulsory for all cyclists to wear an approved helmet while in motion, unless exempted.

Lights

- If a cyclist is riding at night, or in reduced visibility, their bicycle must be equipped with a front white light, that is either flashing or steady and visible for at least 200 metres in front of the bicycle;
- Although not mandated, cyclists should wear brightly coloured, or at night reflective clothing to increase visibility;
- Mel's recommendation: – if riding at night, or in reduced visibility have two front lights, one flashing to warn vehicles and one pointed slightly down to light your path.

Sharing Footpaths

- Cyclists of all ages may ride on footpaths in WA, unless otherwise signed;
- Cyclists must ride in single file on footpaths;
- Pedestrians, including mobility scooters and motorised wheelchair users, always have right of way;
- Cyclists must wear helmets at all times;
- Cyclists should use their bell to alert pedestrians/mobility scooter operators/motorised wheelchair users that a bicycle is approaching;
- Drivers must give way to cyclists at driveways, but cyclists should slow down to ensure they have been seen;
- Animals must not be tied to a moving bike; and
- Animals and children on footpaths can be unpredictable. Cyclists should slow and cycle to the conditions.



Events



The **Annual General Meeting** was held at the clubrooms on Tuesday 10 October after our regular ride. Retiring President John Ellis addressed the members:

“My special thanks go to 5 committee members who have served with me during my three-year term in office and have supported me throughout. Two of these members are, like me, stepping down from the committee altogether and they are: Madeline Redman, our Social Coordinator extraordinaire, who has set a very high standard which in my opinion has greatly improved the social side of our club; Arthur Watkins, our Treasurer who has managed our finances, resulting in our club being in such a healthy financial position, plus managing the well-being of our Chuck Wagon and Bike Trailer.

The other three committee members who have served their three year term in office are:

- Chris Redman, who in my opinion has done an excellent job as Ride Captain.
- Michael MacKay, who has served an admirable three-year term as Vice President.
- Jo Smith, formally Publicity Officer and latterly Meet and Greet member

Following reports from the retiring committee, elections were held for the new committee with the results being:

President	Jo Smith	0400 635 296	Publicity Officer	Colin Richardson	0417 196 023
Vice President	Brian MacFarlane	0428 498 072	Social Coordinator	Lyn Edwards	0427 948 441
Ride Captain	Andy McLeavy	0477 131 031	Committee Members	Tony Clark	0429 996 773
Treasurer	Michael Mackay	0472 777 560		Rolan Hulme	0450 120 379
Secretary	Terry O’Shea	0459 098068		Lionel Roberts	0419 909 855



The **Melbourne Cup** luncheon was held on Tuesday 7 November following the normal club rides. It was a day filled with fun, frivolity, and sweeps, sweeps and more sweeps. The day kicked off with members involved in their own special Melbourne Cup race under the stewardship of Bill Clare. This was followed by a hat



parade. After the race and the presentation of the multitude of sweep prizes we all enjoyed a Paella lunch. Everyone was swept away with the enjoyment of the day!!

Brian MacFarlane reported on the **Christmas Dinner** held at Meadow Spring Golf Course.

Seventy-four members and guests attended this dinner on Friday 15th December. Planning discussion had focussed on the type of meal to be provided and I believe, the decision to make it a Christmas Buffet was the right choice. The meal started with a really deliciously spicy pumpkin soup (ginger and lemon grass according to Chef Roger!). The main buffet was superb: beef, turkey and ham with a great selection of vegetables, hot, delicious and plenty of it! If you preferred there was smoked salmon and salad. It didn't seem possible but the array of sweets was even more impressive and mouth-watering. The quality of the meal set the tone on a great evening. From the short, apposite welcoming speech by our President Jo which included a special welcome for our life members to the final farewells the evening passed in a trice; another sure sign of a good party, which everyone seemed to enjoy.

Thanks to Lyn for all her organisation and skilled negotiating, to Jim McCracken for organising the music and special thanks to Peter Bartlett and his wife for their impromptu dance exhibition. And last, but not least, to the staff at Meadow Springs Golf Club and Chef Roger for all their efforts to make it a memorable evening.

The **Christmas Luncheon** was held on 19 December and our new President, Jo Smith addressed the very large turnout of members.



“Ladies and gentlemen, the room is ready the table is set; can it really be a year since we were here? Another year draws to a close and celebrations are about to begin. Season's greetings all and a warm welcome to life members John Naughton, Andy McLeavy and Lionel Saville. Christmas is a time for opening our homes to family and friends for fun and fellowship. During this year we have perhaps shed a tear or two and said good bye to some special people in our lives. The last 12 months we have enjoyed the company of each other. From Tuesday rides to the many social coffee rides; not forgetting the tours and yes it's all about fellowship. But these events would not happen without volunteers:

- From the preparation of the Chuck Wagon each time it goes out.
- To all the Chuck Wagon drivers throughout the year.
- To Mel Tadier our Meet & Greet person; Mel, you are the first person a new member meets.
- To the BBQ helpers, ride leaders and tour organisers.
- To the past and current Committee.



We thank you. On behalf of the committee we wish you a Merry Christmas and all the very best for 2018”.



A **tyre changing workshop** was held on 23 January. Joan Saville reports that an informative fun day was had after the Tuesday ride at the club. The workshop focussed on how to fix punctures, specifically on the back wheel as this requires dealing with the gears, derailleur and brakes. About 35 members attended, including our expert teachers, with all of us getting involved in the process of step by step "how to". Andy supplied written information as well, so we can go home and practice and hopefully become as proficient as our teachers. A wonderful light lunch was then supplied by Lyn and her helpers.



On 26 January 2018 the club celebrated **Australia Day** with a ride and breakfast. About 60 members gathered at Winjan Place at 8:00 am and split into five groups. The ride leaders were Peter B, who took the casual group and left nice and early, Rolan, Mike B, John C and Peter G. Most groups headed up the estuary path while Peter G's group took the coastal route with everyone meeting at the Merlin Street Reserve clubrooms at about 9:15 am. After some refreshing fresh fruit and yoghurt, Jo welcomed everyone and introduced our guest "Cracker" Waterman the Suburban Bush Poet. Cracker told us a little of his life story, particularly his battle with depression. He then entertained with some of his poems focussed on Australia. Meanwhile some very hard workers under the direction of Lyn Edwards were preparing a delicious cooked breakfast which everyone enjoyed. The day finished with "Cracker" reciting more of his poems.

