



Cyclemania

Mandurah Over 55 Cycling Club Newsletter

May 2018



21 Years of Club Membership

Congratulations to Pat Every and Ray Edwards.



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Executive Reports



President's Report

Hello from the President's Handle Bars.

There was plenty of activity at the club over the last few months. I have highlighted a few below.

In January, 47 club members attended a basic first aid workshop presented by Jeannie Hill, a senior trainer at St Johns. Much has changed in this field over the years, and the refresher brought many of us up to date. Thank you to Lyn Edwards our social coordinator, for light refreshments at the workshop.

March saw many taking part in the achievement rides of 50 km & 100 km. There were warm days for both rides, but plenty of smiles. Congratulations to all who achieved these distances.

Many thanks go to Mike Burrows for his organisation of a very successful moving tour to Boyup Brook. If you have not tried a moving tour, give it consideration for next year.

Our away rides on Friday are enjoyed by so many. The big tree ride was particularly popular this year and 40 attended with lunch at IGA.

A big thank you is extended to ride leaders and tail-enders, for interesting rides and keeping us safe.

The aim of Bike Week is to promote health and wellness and on Saturday 24th March, 90 attended a bike ride as part of Bike Week, along with members from the Silver Wheels Cycle Club and four dignitaries. Riders enjoyed a cycle along the coast after crossing over the new bridge, followed by light refreshments at the war memorial. There was an opportunity to talk with our invited guests, in a relaxed and informal setting. Thank you to Vice President, Brian MacFarlane, for his organisation of the event as well as the Ride Leaders and Chuck Wagon team.

The Busselton Tour which is popular with all members was held in April. Thank you to all the organisers for making it so successful. I am sure the tales told at happy hour have something to do with the popularity of this tour, along with the bakery at Dunsborough of course.

Congratulations to Pat Every and Ray Edwards new members of the 21 club who, with members, enjoyed a light anniversary lunch held at Merlin St, celebrating 23 years of the MO55s club.

The Bunnings BBQs occurred in December and April, and were coordinated by Lionel Roberts. Thank you to Lionel and all the volunteers. Thank you also to Terry O'Shea and his team for coordinating the Bike Monitors at Crab Fest. All these events could not happen without volunteers so please remember: "*you make a difference*".

The garage alterations are under way and work is expected to be completed by 31st May. Please take extra care when attending the club over the next few weeks.

Please check your calendar and club notice board for up-coming events. Remember: "You can't buy happiness but you can buy a bike and that's pretty close"

Cheers Jo

Ride Captain's Report

The last few months have certainly been busy with such a lot of events on the calendar. The next few months will be a little less intense as the colder weather approaches but keep an eye on your ride calendar as the next away rides and social events can come quickly. Also check the notice board and listen to the morning announcements.



The clubhouse shed is under renovation until the end of May. This is causing some disruption but the result will be of great benefit as we will have our own expanded, lockable section with new racking.

Our recent events have been well attended and our club is strengthening in terms of membership and people introducing themselves to new friends.

Recent activities, as you know, included the first aid seminar, Australia Day breakfast, evening BBQ, pizza ride and anniversary lunch. The health promotions day during Bike Week gave us a chance to speak to our members of parliament. The significant Big Tree ride, Friday away rides, two achievement rides and the Boyup and Busselton tours all gave members plenty of choice.

Upcoming activities are Colin's leisurely Perth rivers ride on Friday 11th May then a casserole day in June. Of course the other major tours are to Italy and Croatia this year and the Swan Valley tour is not to be missed.

Unfortunately Myalup had to be cancelled again due to lack of numbers, probably never to be visited again.

The Tuesday departure procedure has been mostly good.

There was a spate of accidents a few weeks ago but none recently. We all know the rules of the road and club safety and riding rules in groups (don't we?) and it is usually a matter of not allowing yourself to be distracted and to give yourself plenty of space from the kerb, path edge and your fellow riders.

We must carry our up-to-date ICE card at all times and our first aid kit. We must keep to the left, especially on the narrow bike path lanes and we are considering mandatory single file.

Ride On.....

Andy McLeavy



South West Tour



This year's south west moving tour was held from Wednesday 14th March to Tuesday 20 March and involved 18 members of a tour through a number of towns to Boyup Brook and back. The tour was organised by Mike and Barb Burrows.

Day 1 (Andy McLeavy)



The weather had been fine and warm all week until this morning's rain, as our group of 18 met at Mike and Barb's place for the start. Fourteen riders split into two groups, with Jo and Mal taking the chuck wagon and Ivan and Pauline following in the bike trailer. The roads were wet but luckily there was not much rain and the blue skies returned. We travelled on mostly back roads to Pinjarra then onto the South West Hwy a short way and then to the Old Bunbury Rd. After 27km we were treated to a big morning tea from the chuck wagon. This was a sign of things to come. Mike and Mark both had a flat tyre on the wet road.

Both groups made good time through flat farming country to Yarloop, recovering well after last year's inferno. After 65km we were tucked into a great lunch feast. We continued on through citrus orchards and pleasant back roads to Harvey where we checked into the Armana Motel after 85km at 1.30pm. After unpacking and some recuperation we all headed to the bar for happy hour to celebrate the first day. Any excuse! We then all adjourned to the long table set up outside to partake in a banquet fit for a cyclist.

Day 2 (Sue Thurgood)

It was a damp start to the day; however, the skies cleared just before our departure for a pleasant cycle through the countryside towards Brunswick Junction. Fully refreshed after morning tea, we set off at a cracking pace towards Dardanup. Unfortunately our leaders were possibly not paying attention to road signs and took us on a 10km detour through the Ferguson Valley, with an extra 500 metres elevation (Yay!!). I've been advised not to name names so we'll just call them GP and SB. The lunch time chatter was full of bragging with Mark and George boasting about their down-hill speed of 67km per hour. Thankfully we managed to stay on track for the remainder of the ride arriving safely at our accommodation in Donnybrook. After enjoying a warm afternoon, it was lovely to cool down in the pool before happy hour and a lovely BBQ dinner.

Day 3 (Mel Tadier)

Day 3 was just another day in the saddle riding 77.3 km from Donnybrook to Boyup Brook. As usual we all lined up for breakfast long before due time, but today we had an excuse. We were all excited! After breakfast we had a photo shoot (Whooppee!). That done off we went to look for the Blue Tractor. We only went looking for that because that was the site of morning tea/coffee/cakes and slices. The ride to morning tea was very pleasant but the next section to lunch was a bit more undulating; nothing too hard really but it did go on about 8 km longer than scheduled due to some inconsiderate truckies taking up the designated lunch spot. It was not all bad as it made the afternoon distance that much less and we still got to Boyup Brook in good time. The mandatory happy hour included some good entertainment by bush poet Bill, which I enjoyed and am sure everyone else did too. Thanks Mike for organising that. What can I say about the evening meal? Thanks Mal S for a great roast. (Oh – thanks too to all your helpers)

Day 4 Rest Day (Barb Burrows)

It was a great start to the day with a big breakfast cooked by the chef and a few offsiders. Five intrepid cyclists rode 32km on a hilly road to Bridgetown, getting wet and cold on the way and only four returned. The rest of us sensible cyclists rode in the car and stayed warm and dry. The shops got a workout by the ladies and the coffee shops and the bakery by all. It was a restful day, capped off with the usual great evening meal and drinks in a friendly convivial atmosphere. Day 4 was another great day in the lives of roaming cyclists – why would we be doing anything else?

Day 5 (Mike Burrows)

Today was a 70 km ride from Boyup Brook to Collie. We rode through mixed farming and forest countryside with some undulations to add to the enjoyment. After stopping for lunch near McAlinden we tried taking video using a drone but, due to a lack of a competent operator (me) we only managed to get shots of Ivan wandering around the area. We finished the day at the Collie Hotel for food and drinks before retiring for a well-earned sleep at the Collie Motel. It was nice weather and another good day



Day 6 (Lyn Schofield)

For me, I found day six to be the hardest ride of the tour setting off from Collie with the destination of Waroona 92.3km away and numerous hills in between. I found myself doing a cracking speed of 6 Km/h as I rounded the crest of one of the hills and, at that point, I was seriously considering giving up and retreating to the backup vehicle! However, with Barb urging me on and Iris, Andy and Mel for company I rode on. We did have a lovely morning tea stop in the middle of beautiful bushland and we were unexpectedly joined by three young men who were on their way to Albany. No doubt, the best part of the day was arriving at the hotel in Waroona. As our little group of five was rarely in the company of the other riders I can't comment

on their experience of the day; however, I am convinced they were enjoying themselves as they appeared to be quite relaxed at the lunch break and there was a lot of laughter at dinner that night

Day 7 (Mike Burrows)

We awoke in Waroona to the sound of a roaring wind which was not a good omen for the day's ride. Fortunately it was an easterly and as our first leg took us to the west it was perfect for a fast and easy ride. We turned north and had a side wind but flat roads and all riders had no problems staying with the bunch.

Ros got a flat tire but grabbed a spare bike off the support vehicle and soon caught the peloton (that's bike talk for the group). It was a nice ride through rural countryside. We allowed Mal and Jo the day off and called into Pinjarra Dome for coffee, and were home for lunch after a short and flat stage with wind assistance. These conditions should be compulsory!

After seven days of riding we had no falls (except Stan while standing in the carpark) and only 4 flats. Covered many kilometres and gained a few kilos as a result of great food mostly supplied by the riders prior to the start.

We greatly appreciated the great work by Mal and Jo with the chuck wagon and Ivan and Pauline (when not riding) in the back up vehicle as well taking photos. These four have been nominated as "Honorary Life Members" of the support crew!

Where to next year?





Busselton Tour



Approximately 70 members gathered at the Jetty Tourist Park (formerly Kookaburra Caravan Park) at 5:00pm on Sunday 8 April. Our Vice President Brian MacFarlane welcomed everyone and spoke of some of the social events planned for the week. Andy McLeay our Ride Captain then discussed the rides for the week, the ride groups and ride leaders.

On Monday our destination was Dunsborough. Three groups took the inland route following the Vasse Yallingup Siding Road. Lyn Clarke took her group down the dedicated bike Path as did John Naughton who planned to stop at Siesta Park. Unfortunately there was a fairly heavy shower just as we departed and a few cyclists headed for the shelter of their caravan or cabin. Everyone else continued on their rides and the rain cleared but the steady headwind continued. The bakery at Dunsborough was a very popular meeting place. All groups returned via the bike path and we were pleasantly surprised to pass John Naughton group heading to Dunsborough after a coffee at Siesta Park. This meant that 50 riders achieved 50 plus kilometres on the day! At happy hour another eight members joined the tour taking the total number to 78. Bussy was introduced to the group by Bill Clare and presented to Geoff Newby for repairing a fellow cyclist's punctured tyre. Following happy hour we enjoyed a BYO BBQ.

On Tuesday we awoke to a light but steady drizzle as a number of us contemplated the 100 km ride to Cowaramup. Four other groups planned shorter rides; one, led by Pat Garrett following the Cowaramup route but returning after 23 km (a total of 46 km), another to Vasse and back, a third to Port Geographe and



a fourth to Broadwater resort for a big breakfast. Fortunately the drizzle evaporated and it was pleasant riding weather. The groups riding to Cowaramup were supported by the chuck wagon manned by Tony Clarke and John Ellis. They provided morning tea at the 23 km point and afternoon tea at the 70 km point. Thanks guys – much appreciated. John Naughton drove towed the bike trailer behind the last 100 km group and was there if anyone felt the 100 km ride was beyond them. However everyone achieved the distance but we were all very appreciative of John following behind us. Pat's group rode the 23 km to the morning tea stop then headed back to Busselton the

long way and ended up riding 70 km! Lyn's group heading to Vasse had an enjoyable ride even though Lyn lost her group for about 15 minutes! Ron Smith's ride to Port Geographe was highlighted by a search for a \$5 note and Arno reported that the big breakfast ride was leisurely and enjoyable. Geoff Newby presented Bussy to Arthur Watkins who had two spills in two days but came up smiling on both occasions. After happy hour 60 members gathered for dinner at the Esplanade Hotel

Lorraine Nielsen reported that on Wednesday all riders, once again, enjoyed Busselton's beautiful environments; some the ocean and the marina and others the farmland and forest. The weather was fine and cool – perfect for riding. We did, however, get rattled around by some rough roads and we needed to pay close attention in order to avoid some pretty serious potholes. In the afternoon, 30 riders hit the local bowling green for some not-so-serious competition. I have a feeling that



the outcome may have been rigged as our treasurer and the organiser of the event, Michael Mackay, with cohorts, Jimmy McCracken and Ron Smith, won the day with a score of 21, with the runners up scoring 12! A hamburger night rounded off a very full and enjoyable day. Thanks to social coordinator, Lyn Edwards and her helpers for organising this.

John Ellis informs us that, on Thursday, four groups set out on the longer ride to Capel 60 km, led by George Pawloff, Tony Clark, Mike Burrows and Andy McLeavy.

- Reports from all these groups agreed that the wind on the day was very strong. George Pawloff's group had morning tea at the Capel bakery where they were befriended by the owner's dog who was happy to share their pies and cakes.
- John Cox reporting for Tony Clark thanked everyone on the tour for being so welcoming. On the ride the smell of dead kangaroos was far more obvious than the smell of roses in the gardens they passed. On their way back, they heard girls' voices in the tree canopy. They discovered the girls were performing flying fox exercises.
- Mike Burrow's group chose to have morning coffee and large cream cakes at the café. Bill Clare very much appreciated the fact that Warren Jodrell slowed down towards the end of the ride to accompany him back.
- Andy McLeavy's group was the last to leave on this ride and was followed the whole way by John Lamperd towing the bike trailer. The bikes had to cross a foot bridge, so it was decided by Andy to ride across. Henning Neilson was next to the back of the group but wasn't happy cycling over the bridge and decided to walk. Being tail ender, John Ellis had to follow suite which resulted in them both being left behind with a lot of catching up to do. Although we split up in Capel for coffee, all 14 riders who set off arrived back safely.
- Lyn Clark's ride to Old Ludlow Town started and finished with 15 people although they experienced a shower of rain both going and coming back. The warm welcome they received by the proprietor of the marina café more than made up for this.
- Karen Lind set off to Dunsborough with 11 riders who all enjoyed the ride or part of it but arriving back to camp with only two of the original group completing the full ride.



Lyn Clark reports that Friday morning was dull and dark but there were still plenty of riders for the last day of riding. Some small groups set their own rides and soon set off. Faster riders set off on the St Mary's ride. The name of the ride comes from the Busselton over 55's starting point at St Mary's Church in central Busselton. This ride was supported by the chuck wagon at the half way point.

A "turf and surf ride", the turf part came first, saw a very large group set off for Dunsborough the long way around. This was a new route which wound through the countryside to the back of Vasse once the busy roads of Busselton were crossed. A very long lunch was had in Dunsborough and then a leisurely ride back along the bike path to Busselton. The rain held off for the day and it was a great way to finish the week with many satisfied cyclists.



Away rides



Arthur Watkins reports that on 16 February he led a group on an Eddie Redfern developed ride from **Bull Creek to Pt. Walter** which he mapped as his apprentice. An excellent fifteen member turnout met at the Mandurah Train Station at 8.45 am and disembarked at Bull Creek. The group rode around Lake Booragoon and had morning tea at the Café Denada. Following was a ride alongside the picturesque Swan River and lunch at the Rossmoyne Shopping Centre, returning to Bull Creek Station for the trip home arriving in Mandurah at about 2:30 pm after an easy 40 km ride

Mal Tadier led a group of about 15 cyclists on the **Deep Water Point** ride on Wednesday 28 February. This was once a regular ride but lack of participants saw its demise. The ride took us up the freeway bike path with a stop at the service centre near the Safety Bay Rd turn off. It was there that the Barb Burrows had a sex change and continued on the ride as Mike Burrows! At Mount Henry Bridge we followed the Canning River towards Canning Highway and stopped for coffee at the Deep Water Point Reserve. Coffee was served from a coffee van as the café is undergoing extensive renovations and will reopen as a Dome Café. After coffee, cyclists made their way back to the train station for the ride back to Mandurah.



On Friday 2 March, Jan Butterly reports that approximately 15 members took part in a **50 kilometre achievement** ride along the Kwinana Freeway. The group met at the Lawn Cemetery on Stock Road, and were welcomed and briefed by Jo and Andy. As it was such a large group, we broke into two smaller groups and set off heading north along the freeway cycle path. As there was a fairly strong tail wind, the pace was quite quick, with everyone faring quite well. We cycled about 28 km

north, then headed back a little way to the BP Service Station near Safety Bay Road and stopped for a rest and a well-earned cuppa. The cycle back was a little more challenging, with the hotter weather and the strong headwind, but everyone made it back to the start in good form. Jo had organised a fantastic lunch in the cemetery grounds, and congratulated us all on our achievement. Many of the members had done the 50 km ride before, but as this was the first 50 km challenge for three of us. I think we all felt it was a great day, with the ride leaders and the seasoned riders keeping an eye out for the "newbies" and offering tips and encouragement along the way. Well done to all those who organised and participated in the day.



The following Friday saw 25 members participating in the **100 kilometre achievement ride**. We met at the train station and broke into two groups. A large group of 15 headed to Lakes Rd and then onto the freeway bike path. On the way it was decided to break into two groups with

one group led by George travelling at a faster pace. Meanwhile Andy led a group of 10 along Mandjoogordap Drive to the freeway bike path. The three groups met at the service centre near Safety Bay Rd for a coffee and short rest. Our next stop was Hop Bush Park in Bullcreek for lunch. When we arrived Jo and Mal were there waiting and prepared a wonderful lunch for the riders. The next 50 kilometres saw us continuing on the freeway path, along the South Perth foreshore around East Perth and stopping at Elizabeth Quay. Unfortunately a very strong headwind made the last stage very difficult and a few riders headed to the Elizabeth Quay train station for the trip home. Others continued to Matilda Bay and then to Canning Bridge train station while a few headed straight back along the freeway path joining the train along the way. Thanks to Andy, Jo and Mal for making it such a great day.



Lorraine Nielson informs us that the **Fairbridge Farm Ride** was held on 23 March 2018. This ride hadn't been included on the Club Ride Calendar for some years, so the different route and coffee stop was appreciated by those who attended. There were 20 riders all together who gathered at the Lakes Rd Cemetery for an 8 o'clock start (maybe the early start kept a few riders away!) The speedsters were led by Mike Burrow and the not-so-speedy were led by Arthur and had more time to appreciate the scenery.

There was a bit of a head wind as we rode along Lakes Rd to North Dandalup, and also a side wind when the big trucks passed us. Riding was quite a bit easier once we turned onto South West Highway. Our ride back to the cemetery was wind assisted and very pleasant. As usual, morning tea at Fairbridge Farm was a noisy affair – strange how club members find it difficult to drink coffee without lots of chatter. But then again, that's why we're members, to have fun and keep fit on the side. It was a very enjoyable ride and social event and very importantly, there were no mishaps. Our sincere thanks go to Arthur who mapped out and organised the ride. Things don't happen around the club without generous and capable people like Arthur. Well done, mate!



The **Big Tree Ride** was held on 6 April with the ride taking members to the IGA at Austin Lakes for lunch.

Andy McLeavy reports on the **Bullcreek to Canning River Regional Reserve** ride held on Friday 20th April. Seventeen riders met at the station for the 9:12am train to Bullcreek. The forecast was for a chance of showers but none came and it turned out to be a generally sunny, warm day with light winds. After only 8 km riding along the shores of the



Canning River we stopped for an arranged morning tea at the Lo Quay Café by the Riverton Bridge. A long table was reserved for us under the trees in the lawn area, a most desirable spot for a break and a chat. We continued on nearly all good cycle paths by the river and through picturesque parklands for a brief stop at Mason's Landing. Now, on the north side, we looked in at the modernised Kent Street Weir, Castledare Miniature Railway Station and the Curtin Rowing Club.

The pace was leisurely and all riders, from a variety of groups, stayed together. No one fell off, crashed, had a puncture or any mechanical problem on the full 35km route. We moved along through Salter Point, past Aquinas College grounds and over a footbridge crossing the Kwinana Freeway. There were great views over

the river. From there we crossed Mt Henry Bridge via a cycle path and then down to the Esplanade before crossing Leach Hwy. From there it was just a short ride to the Bullcreek Shopping Centre where we had lunch. While this is not very exciting there is a good bakery, cafés and plenty of places to choose to eat. It was good to see riders from different groups enjoying the day and meeting people they don't normally ride with. From there it was only a short ride to Murdoch where we took the train back to Mandurah and we were back by 2:00 pm.



Tadier's Tips



The Importance of a good saddle

I still hear people in the club complaining of a sore bum and asking how to avoid the problem. The saddle is one of the most important parts of the bicycle and it is often one of the most ignored. Too many cyclists are willing to put up with numbness or a pain in the posterior rather than doing something to improve their level of comfort.

Usually obtaining a comfortable ride is a matter of correctly adjusting the height and angle of the saddle. Some riders tend to have their seat too low, making it impossible for the legs to carry some of the body's weight; when your saddle is at the correct height your legs should be almost fully extended at the bottom of each pedal stroke. Generally, the saddle should be horizontal although some male riders may find it more comfortable to tilt the front slightly higher than the back and some women riders may prefer the front slightly lower. No more than 2 degrees is usually recommended.

Factors other than the seat can help improve ride comfort such as a padded cycling nicks. (see previous Cyclemania article re chamois cream). A fork based or seat post suspension system can also help reduce the amount of shock transferred from the tyres to the saddle.

Alternatively, it may be time to consider a new saddle. However, remember everyone is built differently so go to a good bike shop, get measured for a saddle and try out as many as you can. A correctly fitting saddle should support your weight on the "sit bones" with little or no pressure on the soft tissue between. Saddles specifically designed for women are generally shorter and wider than male or unisex saddles.

An attempt to overcome saddle sores and the likelihood of impotence in some individuals was the range of STRIKE saddles by Selle SMP. Designed by urologists this range is suitable for either gender and incorporates a geometrical channel running the length of the seat that prevents crushing soft tissue. The contours allow a continuous and completely natural flow of blood. Be prepared to pay upwards of \$300 for one of these.

But like I always say when buying helmets – it's your head, how much is it worth. So, with your comfort, how much is that worth?

Support your local Bike Shop

For some of us long, long ago when we started serious cycling, we could go to our local bike shop (LBS) to seek out advice and inspiration. The LBS was a haven for us, we could chat with the mechanic as he worked, we could gaze and drool over the latest bikes and read features in magazines about our heroes of the time. Who bought that new type of gear called a derailleur and was the Simplex better than the Benelux? (Now I have lost most of you – these were the "top stuff" before Shimano, Campag and Scram).

Very often the owner would be an older guy, one who knew what was what with bikes, who may have been a pretty good amateur in his day and would still turn up at the club giving advice, with his twenty year old

archaic bike. He would still be held in high regard when it came to his ability to push 30 pounds of steel round the course and show the young upstarts what a real bike racer could do.

Unfortunately the internet has rendered these doyens extremely rare to the point of extinction. Now much younger people have taken over the bike shops. These are run by staff and businessmen who rode as opposed to *real cyclists* who did not know much about bookkeeping, but knew about bikes.

Bikes have changed too, from the old Raleigh commuter-type bike and Malvern Star racing machines to more generic modes of transport. Cycling too has become more specialised and bikes have become more specialised. Full carbon racing machines with 22 gears powered by an electric gear change system - stopped by hydraulic disc brakes; mountain bikes, downhill racing mountain bikes, cyclocross bikes etc. etc.

With all these changes we could still go into a bike shop for a browse and a chat. Then online stores exploded across the internet and we can get “that item” much cheaper online. We all do it – myself included. So please, if you go into a bike shop and take up staff time asking myriad questions, buy your item from the shop and have the bike mechanic fit it. You can ride away knowing that it is the correct part, fitted correctly and if anything goes wrong the warranty will cover it.

If you go into a bike shop, take up staff time asking myriad questions, only to go on line to buy the item, it is akin to having a beer/wine with your best mate before sleeping with his/her partner! Then be prepared to fit the parts yourself and maintain them yourself or be prepared to pay handsomely for the bike shop to fit them – and give the mechanic a generous tip.

So just remember when that bargain price rear derailleur turns up in the post, and you have read the fitting instructions and still cannot work out how it actually shifts across all cogs and you sheepishly trudge into the shop only to be told that a 10 speed short cage derailleur will not work with a 9 speed MTB cassette!

Support your local bike shop.



Events



Terry O'Shea tells us that a three-hour **First Aid** training session was held at our club at a cost of \$10 per head. This course was presented by Jeannie Hill who provided simple basic training supported with visual aids and entertaining audience interaction. Over 50 members attended and the feedback has been excellent. We intend to hold another course later in the year for those of you who missed out

Terry also reported on the club's role as bike monitors at **Crabfest**. Twelve sporting clubs applied to manage the two free council bike parking areas for cyclists attending Crabfest and our club was the successful applicant. It was very pleasing to have so many of our members volunteering to help with 19 volunteers covering the two parking areas and a further six members volunteering as emergencies. As a result the council have paid our club \$1500. There was a great atmosphere at the festival and I believe that all our volunteers enjoyed the experience. Our club has an excellent relationship with the council which probably helped our application. They see us as reliable and enthusiastic. This type of community involvement gives us good exposure. Thank you for your help and support.



As part of **Bike Week**, 90 cyclists participated in a bike ride, on Saturday 24th March. We were joined by members from the Silver Wheels Cycle Club. We were also joined by local politicians, Reece Williams, Zac Kirkup and Andrew Hastie. After a cycle along the coast we enjoyed light refreshments at the war memorial. Brian MacFarlane needs to be commended for his organisation of the event.

On Tuesday 24 April the club's **23rd anniversary luncheon** was held after the normal club ride. President Joanne welcomed members and provided an update on both club and committee matters. Arthur Watkins then outlined the plans for the new Swan Valley tour to be held in September. Members enjoyed a lovely lunch prepared by Lyn Edwards and her team. The centrepiece of the lunch table was a floral arrangement representing the history of the club and also prepared by Lyn.



After lunch medals were presented to Ray Edwards and Pat Every to mark their 21 year membership of the club.

Lionel Roberts reports that a **sausage sizzle** was organised at **Bunnings** new store (Masters old store) on Sunday 29 April. The weather was kind to us; 30 degrees which was perfect for a sausage sizzle. We set up early at about 6.30 am to start at 7.00 am to catch the early birds. The normal start is 8.00 am and we were wrong: we only sold one sausage in the hour - lesson learnt. Bunnings supplied a portable cool room for Saturday and Sunday which was a big help as we stored all our rolls, sausages, onions and drinks in there on the Saturday and they were very cold for the day

The sales were somewhat slow to start off as Saturday and Sunday was supposed to be the official opening but Bunnings had already opened unofficially for the previous two weeks. Unofficially I believe other clubs sold in excess of a 1000 rolls. We sold just over 700 rolls which was still okay as Sunday sales are normally only around 600 rolls. We may have sold more but for the western derby and school term finishing which could have slowed sales.

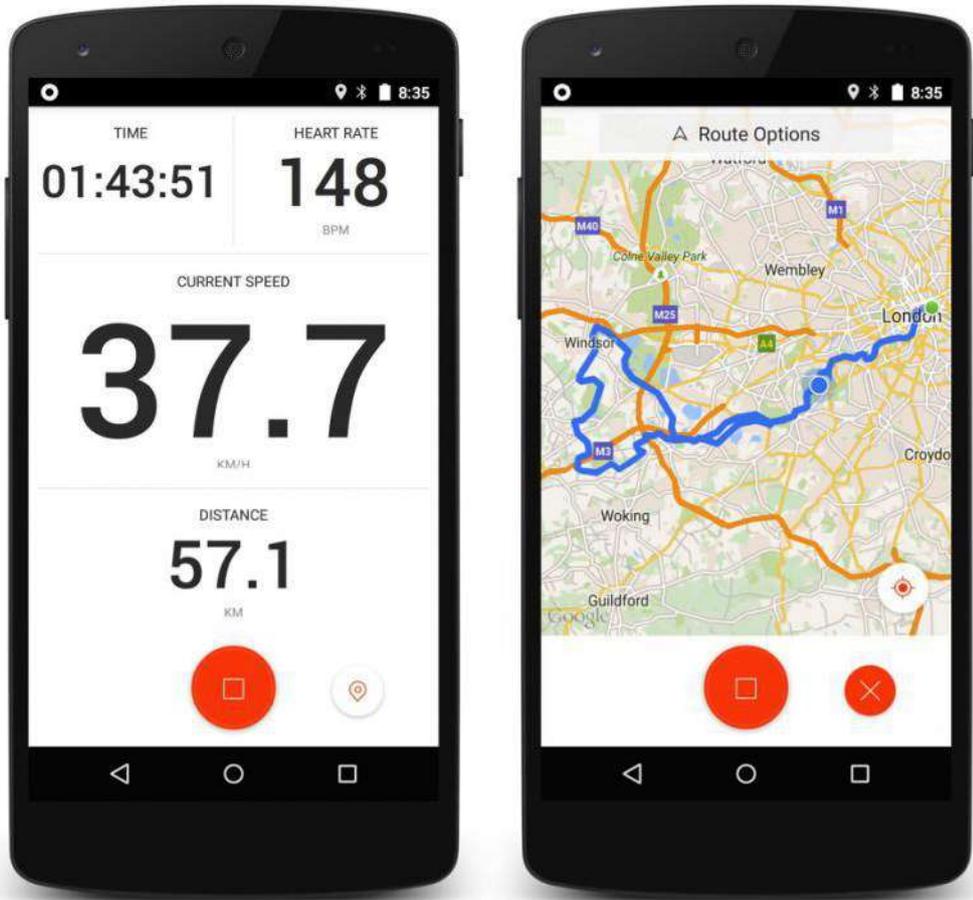
The volunteers were very much appreciated. It was a great team effort for the club to raise funds for various outings for the members. Volunteers are always needed and in some cases it is the same members who are prepared to help. I would like to personally thank the following members for a great job done: Brian MacFarlane, Rolan Hulme, Terry O'Shea, Arthur Watkins, Lyn Edwards, Graham and Liz Allen, Sue Blackman, Mark and Sue Thurgood, Colin Richardson, Peter Hinchliffe, Joan and Lionel Saville, Joanna Smith, Noeline Carter, John and Glenys Cox, Terry and Julia Lindley, Tony Corcoran, Phil Shorthouse, and Norm Henning

Since January two other events were held for members. On 9 February a club evening barbecue was held at Leighton Place Park and on 28 March about 30 members enjoyed a late afternoon pizza ride to Singleton.



What is Strava?

Strava is a social network for athletes. They're a global community of millions of runners, cyclists and triathletes, united by the camaraderie of sport. Strava is the Swedish word for "strive," which epitomizes who we are and what we do: if you're striving to improve, no matter your goals or ability, you're one of us.



If you have a smart phone, you can join for free. Simply go onto strava.com and sign up, it's that easy. Download the program. When you start a ride hit the start button and your distance & average speed including your route will be recorded.

If you have a Fitbit or a Garmin etc., they can be linked to Strava.



Bits and Pieces



Information

Ordinary members	168
Social members	9 (No longer pay a nomination fee).
Life Members	5
Cash at bank March 2018	\$18,694.81

Pauline and Ivan Wingate (Joanne Smith)

Pauline and Ivan belong to the Mandurah Masters Club. In a recent short course competition in Mandurah (a 25m pool), Ivan won three events: 50m butterfly, 100m individual medley and 100m butterfly. He also broke the state record in the 100m butterfly. Pauline won two events: 100m and 25m breaststroke and came second in the 50m breaststroke.

At a long course (50m pool) competition in Melville on April 8th Ivan won two events and again broke state records in the 50m and 100m butterfly. Pauline went on to win the 100m freestyle, and both the 50m and 100m breaststroke.

Congratulations to you both. Your trophy cabinets must be brimming.

Fleet Cycles Support (Peter Bartlett)

I would like to give recognition to Mickey at Fleet Cycles for his support of our club. I lead a group of 14 on their Tuesday ride. This group includes riders with various health issues, and some with permanent disabilities, so we have a variety of different bikes including trikes and recumbents. A few weeks back, Mickey offered to put on morning tea for our group as a token of his goodwill. On arrival at Fleet Cycles we found that Mickey had closed off the laneway alongside his shop, opened up the side access roller door and put chairs out for everyone. He then made all the riders a professionally ground bean coffee (delish) then went to work repairing and adjusting bikes that needed attention, including Billie’s recumbent that needed new cleat peddles and shoe fittings. All this was carried with at no cost whatsoever to any of the riders. Fleet Cycles is a club sponsor; however, I believe this level of goodwill should be noted and hope that any member thinking of buying a new bike or in need of parts goes to Mickey at Fleet Cycles first.

Uniforms (Sue Blackham)

The club does expect all members to wear the official club uniform at every club ride.

Uniforms can be purchased at the club ride on a Tuesday. Ensure you come early if you intend to try on uniforms please. Sue Blackham sells the uniforms and at the moment are priced at \$35 per item.

The committee is to look into purchasing items from a new supplier and extend our range to polo shirts as well as the existing designs. Club caps and bandanas are also on sale.

Every 2nd Tuesday of each month is the best time to purchase as uniforms are on display with an array of sizes available.

Photos (Sue Blackham)

Over the 23 years of the club's history there have been many photos taken of members during club tours and rides. These photos have been put into albums. If you would like your photos included in an album we would be happy to receive them.

Send to sue.blackham@gmail.com or preferably give them in printed form to Sue at the club with name of members in photo and where it was taken.

Member Safety (Terry O'Shea)

One of the priorities of this year's committee is the wellbeing and safety of all members; especially during club rides. Safety is now an agenda item for all committee meetings and a safety sub-committee has been formed, headed by Tony Clark.

The week following the first aid training I was involved in a serious accident on the Kwinana Freeway bike path. Two riders were injured. One was unconscious with breathing difficulty and the other with concussion and damaged ribs. There were seven in the group and the first aid training that we had just learnt proved invaluable. Two ambulances promptly arrived and the riders spent the night in the RPH. I am glad to report that they are both okay now. There has been two more accidents on this same path since. The common denominator in all three accidents is rider inattention. Please concentrate whilst riding.

Great News for Peel Cyclists (Rolan Hulme)

A \$6 million McGowan Government investment will help create more than 37 kilometres of new cycling path across Western Australia to improve the connection of local communities. Transport Minister Rita Saffioti has allocated the grants, which will go to 34 local governments over the next two years to further expand metropolitan and regional cycling infrastructure.

The funding is provided through the Perth Bicycle Network and Regional Bicycle Network grants programs, which assist local government authorities to plan, design and build important cycling facilities for their respective communities. The programs help ensure infrastructure is continuous across local government boundaries and integrate with the Western Australian Bicycle Network Plan. 3rd April 2018

The Peel part of the project is a cycle path from Mandurah to Pinjarra.