



# Cyclemania

## Mandurah Over 55's Cycling Club News Letter

*So we all gathered on the 15<sup>th</sup> March  
Mark bought a bottle or he would have been parched.  
Ready for the start at Cycles Mandurah Bike Shop  
Off to Australind where the champagne we will pop.*

*Stan out the front in the first bunch.  
Mike easy riding group two. I have a hunch.  
Arthur looking after the maidens at the rear.*

*Mal and Jo - Keeper of the keys  
Has the cheque book and pays all the fees.  
Feeds us morning, noon and night.  
So helpful so lovely, they are a delight.*

*What about "John" getting up Hamelin Hill.  
As Iris purrs past. Bloody hell. It makes me feel ill.  
Speeding downhill Rolan goes.  
Max heart rate. Watch out, xzhe might reap what he sows.*

*Roz and Mal. Strong riders and quiet achievers.  
Irene with the heaviest case "Oh what a Diva"  
Mark the mechanic - a good man.  
Nothing too much trouble will help where he can.*

*George & Lyn how lovely to see enjoying each others company.  
Terry the great quiz master, always wants to go faster.*

*Sue what a champion riding with the Blokes  
Lorraine choosing her time to ride. And "That's ok Folks"  
Scones, jam and cream at the Berry Farm  
A bit more food will do us no harm!!*

*Barb mother Duck at the back  
Rounding up the strays and keeping them in the pack.  
\$600 Garmen Ron said he has got  
has all the stats, here have a look it has got the lot.*

*Mark did his far share at the tail.  
Though he is not really fussed on it - now that's a male.  
Pauline lovely lady. A swimmer to boot  
Rides wind assisted that will suit.*

*Lyn the little busy bee  
Wont even stop to have a pee.  
And Geoff throws in one liners  
Oh there is none so finer*

*Nigel joined at Busselton into group two.  
Faired very well as a Chelsea Fan would do.  
Took the back roads for lovely views  
Left here Right there Oh look there's lots of Roos.*

*So here we are on our last night  
Now with the end in sight.  
With stories to tell to who ever will listen  
Don't tell them too much or they will know what they're a  
MISSIN.*

## March Augusta Tour

A Poem by Sue Giles



## Welcome from the Presidents handle bar.

A particularly warm welcome to new club members—check out their photos in this edition.

Plenty of activity around the club. Painting of the Chuck Wagon is under way. Publicity Officer Terry O Shea was successful in his application for a community grant to purchase new batteries for the Chuck wagon now installed. Also the purchase of an electric wheel to assist with moving the trailers in and out the shed.

Friday away rides enjoyed by many, to the cyclists who took on the Dwellingup hill challenge followed by lunch prepared by Jan Butterly. The euphoric feeling of success was felt by those who participated in the 50k achievement ride, which was followed by a light lunch by Jan. Much appreciated by all. Congratulations to the cyclists who took on Dwellingup hill.

The club is passionate about the benefits of cycling so it was good to see so many attend the Health and Wellness ride though the weather was shocking. An opportunity after the ride to chat with invited guests Zak Kirkup, Daren Lee and Dr Danny Rock, Principal advisor of WA Primary Health Alliance who was most impressed by the number of kilometres that our members cycle a week.

Club members took an active part in the lecture on Advance Care Planning. Hopefully it started the conversation. The presentation from WA Government Scamnet hit home how many scams are out there and to be vigilant with our personal information. Many thanks to Zak Kirkup for hosting the two events.

For those lucky enough to take part in the Augusta Tour, I believe Sue Giles has penned it perfectly. Many thanks to Mike and Barb Burrows for a successful tour. Special thanks to the leaders and tail enders for encouraging all and keeping all safe.

Safe riding. Keep the communication clear up and down the line.

The best routes are the ones you haven't ridden yet .

Cheers Jo

---

## 3 Dams Challenge

L to R

Russel \*

Clayton

Peter

Rob

Rolan \*

Nicky

Geoff \*

Sophie



\* Denotes  
Club  
Members



## **RIDE CAPTAIN'S REPORT**

Autumn is always a busy time of the year so keep an eye on your ride calendar. Since the last edition there has been several away rides including the Swan River Shores, the challenging Dwellingup event, the Easy Riders jaunt from Warnbro to Rockingham and the extensive Augusta Tour.

The Chuck Wagon had its first morning tea outings for the year with Warren serving us in Madora, and Peter at the new venue of Avalon. Other activities have been the 50km Achievement ride, the Pizza outing, and the ride for Well Being and Health in Bike Week. The Chuck Wagon and Bike Trailer have had plenty of use lately and there is a marked improvement in the Trailer's appearance after the makeover.

Coming up next time will be the reports of the Busselton Tour, the Big Tree ride and the new Cockburn Central to Cottesloe away ride.

Some of the Tuesday ride groups seem to be constantly being adjusted with a change in leaders and speeds, and all groups need to have a second and third person to lead if needed.

With winter approaching the wet roads and slippery surfaces can be hazzardous for bike riders, so take care when cornering and braking. Give yourself plenty of space between your group riders, and the kerb edge, and have the stronger riders towards the back of the group. Check that your good quality lights are working. Riding in light rain is quite pleasant if you have good clothing. In headwinds just ease off the pressure and change down gears like your other group members.

We continue to attract new members, some of whom are happy to meet up for social and casual rides with new friends, others are interested in improving to be able to ride stronger so it is easier to keep up, or move to a faster group. Hopefully we cater for all riders. Just ask if you want to learn, old members are willing to help.

Ride On..... Andy McLeavy.

## **50KM ACHIEVEMENT RIDE**

16 riders set out from the Cemetery to ride north along the Freeway path on a pleasant, sunny and almost still day. Briefly stopping about every 8km for a drink and stretch, all riders had no problem keeping together.

Not much of a challenge regarding hills but the distance of 50 km, a long way on a bike when you are over 55, was being attempted by a couple of riders for the first time. A safe ride along the path all the way, away from traffic and a smooth riding surface.

After 25km and past the BP station we did an about turn and returned to BP for plenty of choice and space for morning tea. So far so good.

On the saddle again returning back to the start the same way only 22km. A stop or two as there was a slight side headwind and we all made the distance. 51 km in 2.5 hrs at 20 kph average speed. Good.

We even beat Jan and Brian who soon arrived at the arranged time with a feast for all, as a reward and to refuel. Good riding to all.

Andy.

# Use The Hand Signals

Every-one In the Group Telegraph Them Down the Line  
& Call It Out !



Moving out or overtaking a parked vehicle.

Call the Hazards !



This is How We Ride Safe & look after our Cycling Mates.

## Work in the Bike Shed

The start of a new make-over for the Chuck-Wagon has commenced.

Firstly, all advertising are in the process of be been updated.

The aging batteries that power the fridge were replaced with a generous donation from Mandurah City Council.

The maintenance team have begun to cut, polish & touch up the chipped & fading paint-work.

Soon an updated Club Logo will also be displayed.

Kevin Horsford kindly mounted twin safety circuit breakers for the new electric power- wheel, & accessories.

A new gas boiling tea urn is also in the pipe-line , thanks to the generosity of Mandurah City Council.



*Men At Work*



Vector images from  
© ianbois.com/artwork

## Under The Pump



### Colleen and Peter Glasson

Colleen and Peter were both born in St Anne's Hospital in Maylands. Colleen (Nee: Carey) was the third of six children while Peter was the sixth of twelve children. Education was at Governor Stirling, Curtin University and Deakin University for Colleen, while Peter attended CBHS Highgate then the University of WA. They met in 1978 when they undertook the same postgraduate course at Curtin. Colleen was working as a dietitian at St John of God, Subiaco, and Peter was teaching at St Mark's College, Bedford Park. Twelve months later they married.

The eighties saw them living in Kalamunda and Gooseberry Hill where their three children were born: Christopher, Andrew and Ashleigh. In 1991 the family moved to Rockhampton in central Queensland when Peter was appointed the foundation deputy principal of the newly established Cathedral College. Unfortunately, the family's enjoyable adventure in "Rocky" was cut short when Peter was appointed foundation principal of Mackillop Catholic College in Busselton in 1993.

In 1999, with Christopher starting university, the family moved to Mandurah. Peter took on the role of Registrar at Notre Dame University in Fremantle. In 2004 Colleen, Peter and Ashleigh moved to Sydney where Peter was charged with establishing a campus of Notre Dame in Sydney at two sites in Chippendale and Darlinghurst. They returned to Mandurah in 2008 but in 2010 they returned to Sydney when Colleen was appointed Nutrition Program Manager at Cancer Council NSW. At the end of 2011, they moved to Busselton to renovate an old cottage they had purchased in the nineties. They returned to Mandurah in 2013 and both continued work until 2015.

While Peter worked in Catholic secondary and tertiary education; Colleen worked in dietetics, TAFE, health promotion, health research and management in both government and non-government organisations. She completed a Master of Public Health in 2000.

In 2011 Colleen and Peter undertook their first overseas cycle tour and have continued touring with their bikes since then, often mixing camping with hotel accommodation. Numerous cycling tours have also been undertaken in Australia. They have undertaken the following overseas tours and are happy to provide advice to anyone interested in similar cycling trips.

## Colleen & Peter Travels

2011	France (Loire Valley and the Dordogne)
2012	The Rhone and Riviera in France (Lyon to Nice), the Rhine (Swiss/German border) and the Danube (Ulm to Vienna)
2013	France (Normandy and Brittany), Belgium and Holland
2014	Greece, Sardinia, Corsica, Italy
2015	Singapore
2015	Spain and Portugal (San Sebastian to Lisbon)
2016	New Zealand ("Alps to Ocean" and "Otago Trail")
2017	United Kingdom ("LEJOG": Lands End to John o' Groats)
2018	Taiwan (around the island on "Route 1")

*Please Welcome Our New Members*



**Ian Storonach**



**Leanna Storonach**



**Kingsley Crowe**



**Penny Crowe**



**Sonja Mercer**



**Kirri Bartlett**



**Dave Jolly**



**John Bernal**

Ian Storonach

**Happy**



**Cycling**

## **Swan River Shores Circuit on 15th February**

Ride captain : Andy McLeavy  
Tail ender : Jo Smith  
CB : Jo Smith & Peter Bartlett

The Sea Mist had barely lifted on the Friday, when twenty one very keen cyclists gathered at the Mandurah Railway station. Off to Canning bridge for the start of the Northern side of the shores circuit. Perfect weather mid twenties and a cool afternoon sea breeze. We are truly spoilt with the views of the Perth skyline and Swan River Foreshore. Matilda bay for smoko - Ironcloud cafe quite busy but staff very efficient. Moving on to Jutland Parade soaking up more views to North Cottesloe and finally lunch at E Shed. Riding back along south side of river with sea breeze and a couple of Andies undulations thrown in to Point Walter for a break. Arriving back at Canning bridge for the journey home. Thanks to all concerned for a great day out.

Quiz.....  
1..Who arrived at Mandurah station minus wife ?  
2..Who is photo bombing pics on ride ?



## DWELLINGUP CHALLENGE 2019

On Friday 1st March 18 riders, 9 women and 9 men, took on the long and hilly ride to Dwellingup townsite. Starting from the Lakes Cemetery we headed out into some rain and wet roads across the flats, slightly uphill to North Dandalup for a brief stop before the real climbing started.

The weather cleared and the two groups of riders mostly made their own way at a pace they could manage. A long 6km hill to the top of the scarp was just the beginning and the steep ups and downs continued for the rest of the 25 km to the welcome morning tea stop at the Blue Wren Cafe. The rest was needed as the return trip was just as hilly, until the long fast roll back to North Dandalup.

Again some riders took off like lightning, but the second group mostly stayed together. From there back to the start was quite a strong headwind and notably taxing after all that climbing. Certainly not a ride for the faint of heart.

I must say I was very impressed with the climbing ability of these riders, especially our ladies, considering we don't do much of this sort of country hills in Mandurah. After 91km and 750 meters of climbing we were treated to a slap up energy lunch of Salad rolls, cake, fruit and ice cold drink put on by our Social Coordinator Jan Butterly, under Brian's instruction. Well Done Team.

Andy.



# **BIG4 Emu Beach Holiday Park – Site Agreement Form**

**Please fill in answers below**

*The Caravan Park has requested the attached form be completed at the time of booking.*

*This hopefully will stop any confusion of booked in day and leaving day.*

Name \_\_\_\_\_

Address \_\_\_\_\_

Mobile Number \_\_\_\_\_

Email Address \_\_\_\_\_

Do you require:

Powered, Unpowered or Ensuite Site \_\_\_\_\_

Check-in Date & Approx arrival time

(check-in from 2pm) \_\_\_\_\_

Check-out Date (check-out is by 10am) \_\_\_\_\_

Number of Adults & Children \_\_\_\_\_

Do you have: Caravan, Camper Trailer, Tent or Motorhome? \_\_\_\_\_

Size of accommodation: (In Feet, Metres or #man tent) \_\_\_\_\_

Do you have: Boat, Gazebo, Trailer, 2nd vehicle \_\_\_\_\_

You agree we don't accept pets in high season (Easter & Christmas): \_\_\_\_\_

Any extra comments: \_\_\_\_\_

Type your name to sign form: \_\_\_\_\_

**Rosemary and Margaret**



*“A slight bit of wind now & again , but nothing too challenging”*

## **Easy Ride – Warnbro / Rockingham**

Friday 15<sup>th</sup> March, 2019

Led by Ride Captain, Andy McLeavy

We had the great good fortune to have just about perfect weather for this ride. A slight bit of wind now and again – but nothing too challenging.

Meeting place was the Mandurah Train Station where 9 of us (5 guys and 4 gals) took the train to Warnbro Station where we disembarked for the ride to Rockingham.

After negotiating a few intersections / crossings, etc we ended up at the foreshore with a cycle to the Café by the crossing to Penguin Island where – of course – we stopped for coffee. That was, (surprisingly) about 9 kms – but only seemed 5 or 6 km.

Once we were fortified with caffeine, we headed off to Point Peron and enjoyed the scenic outlook for a few minutes. Then, it was off to Rockingham. By unanimous agreement, we decided to keep going to Kwinana. Once at Kwinana we stopped again to take in the view and after a few minutes, we headed back to Rockingham.

The bikes were left at a foreshore shelter then we headed off to a bakery for pies / sausage rolls or sandwiches. Very reasonably priced. As we were ready to leave we were approached by the police and asked whether we could spare a few minutes to help to look for a missing 3 year old toddler (yikes!) – rather worrying. We certainly agreed to assist, but fortunately, the youngster was quickly located and we were on our way to Rockingham Train Station.

A very pleasant and rewarding ride.

I would really recommend that members support these away trips as they're a good change from the Mandurah area rides and are also a chance to meet up with different people to those you might ride with on the usual Tuesday or Friday rides.

The Warnbro ride was written by Michelle Darke.



# CALENDAR OF EVENTS

May 2019

<u>DATE</u>	<u>TIME</u>	<u>VENUE</u>	<u>DESCRIPTION</u>
<b>May</b>			
Tue	7	9.00	Halls Head Club Ride
Fri	10	8.45	Mandurah Station Colin's Perth Ride
Tue	14	9.00	Halls Head Club Ride & Committee Meeting
Tue	21	9.00	Halls Head Club Ride & Chuck Wagon Morning Tea
<b>European Barge Tour 25 May to 8 June</b>			
Tue	28	9.00	Halls Head Club Ride

## REGULAR WEEKLY RIDES (UNCHANGING)

<u>DAY</u>	<u>TIME</u>	<u>VENUE</u>	<u>DESCRIPTION</u>
Every Thursday	<b>9.00 am</b>	Peelwood Path Opposite BP Service Station, Halls Head	Rides to Venue 1 & 2 on alternative months ALL LEVELS OF RIDERS CATERED FOR
Every Friday	<b>9.00 am</b>	Rotunda	Social Ride –slower riders catered for. “At the pace of the slowest rider”

**Andy presenting the badges to Rosemary and Margaret.**



Thanks to all the Contributors for the Photos & Articles received for this news - letter. [ed]