



# CHATTIN' CHAINS

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## Committee Buzz

- A tidy-up of the route mapping to be undertaken by Cameron Blyth, Lyle Burgess and Stuart Garner following the AGM. Currently there are 220 routes mapped in the metro area
- Instructions to install the App Emergency is on web site under 'Latest Notices'
- John Yeats to undertake role of organiser for Albany Camp
- Four sets of the game FINSKA have been made by Bob Allen and Kevin Gannaway for club use. These are now stored in the trailer.
- Archives: Currently Marg Clark is the unofficial Archivist. She holds a collection of albums from past club tours/camps/events, some milestone publications such as 'The First Twenty Year' and a vast collection of photographs. The photos are predominantly in digital format with some labelled but mostly not. The membership in general has shown little interest in this material despite attempts by Marg and Cameron to stir interest. No work has been done on the Archives since early last year. The problems now lie in 'the too hard basket' with the situation static.

## Treasurer's Report

Strong cash position at \$21,879, compares to Dec 2017 of about \$19,500. (First Aid courses are expected to diminish the balance at end 2019.) Eventual replacement of fixed assets (like the trailer) will partially deplete our cash balances in future years. Super Sunday Bike Count raised \$280. Funds donated to Club from sale at Swap Mart.

## Membership Report (Mike Lewis)

Members as at 21/02/2019

| Current Member Status | Count         |
|-----------------------|---------------|
| Financial             | 317           |
| Over eighty           | 38            |
| Over eighty/Social    | 8             |
| Social                | 10            |
| <b>Total</b>          | <b>373 **</b> |

\*\* Does not include 28 members from 2018 who have not yet renewed their membership

Emails have been sent to remind non-payers. A list of paid members is to be available at the AGM.

## New (or returning) members since December 20 2018

Jacqui Cocliff \*  
Keith Low  
Alan McCamish  
Mary Pfeifhofer  
Don Phillips  
Cathryn Salinovich\*  
Vicki Wakefield\*

\*denotes returning member

## Welfare Report (Kevin Davis)

Year to date – 139 calls made; 32 cards sent and visits made where appropriate. Kevin met with Ian Thomas, Freda Mepham and Nola Watkins to discuss their roles as WO assistants.

## Web and Communications (Cameron Blyth)

Updated Indemnity and Application forms are now on the web site (eBike policy now included). Also the details of the new joining fee structure are on the New Members' page.

### **Catering (Liz Curtis)**

Catering costs for the December barbecue were \$285.45. Trailer supplies to be upgraded in preparation for the Busselton Camp.

### **Car Watch (Steve Ottaway)**

Gaps apparent in list. Need to monitor more closely. Value of the car watch phone demonstrated with Michael Gilbert's accident when car watch person was able to drive to the site and pick up his bike. A list of emergency contacts is still required to be kept in Ride Captain's box and its whereabouts pointed out to the Car Watch person. Membership Officer to print the list every six months or so.

### **Ride Captain's Report for January 2019**

January 2019: 977 riders covered 52,329kms  
January 2018: 1527 riders covered 79,973kms  
YTD as above being the first month of the year.

### **Accidents**

*December* was not a good month for accidents both due to the number of accidents and severity of the injuries sustained.

Failure to call a rock hazard was the cause of one. Colliding with the wheel in front was the cause of two. *January* was another month marred by accidents. On 23<sup>rd</sup> January a group of riders had a fall at a roundabout in Nedlands. The cause of the accident appears to be a wet and slippery road surface. There had been quite a bit of rain overnight and the road was still damp. The Ride Captain had earlier brought the groups' attention to the fact the roads were wet and likely to be slippery as it was the first rain for some time. It therefore appears that not riding to the conditions was the major cause of the incident. On 30<sup>th</sup> January a rider fell as a result of confusion caused by the unexpected slowdown of the rider in front. The group discussed the incident at the coffee break. It was reiterated that whenever riding in a group your riding behaviours need to be predictable and consistent. The lead rider should have continued riding ahead until it was safe to stop and turn with control rather than braking suddenly in front of a group of 5 other riders travelling at speed.

## **ANNUAL GENERAL MEETING 2019**

**Wednesday, 6th March** at the LEISURELIFE CENTRE,  
34 Kent St, East Victoria Park.  
Meeting commences at 10:00 am. Registration opens at 9:00 am. Refreshments offered at conclusion.

**SEE YOU THERE**

## **~~~BUSSELTON CAMP 2019 ~~~**

The annual BOULES COMPETITION for the Heather Wallace Perpetual Trophy was held during the first week of camp.

The matches were hotly contested and the contestants extremely zealous in their attempts to excel. At week's end, Delys and Ross Howlett ran out eventual trophy winners after a closely fought grand final. Well done!



President Nev and Winners – Trophy Presentation

The VARIETY NIGHT, ably compered by John Yeats, delivered a well-received professional revue highlighting the great talents of our members, showcasing comedy, drama, vaudeville, song and dance and verse, the choreography and costumes all top class.



The Magician (aka Darryl Vears) was an extremely well-received performance, especially when roping Alan Cooney into the mix.





Darryl and Alan

The "Rob Wallace Farm" revue was hilarious



Rob, Neville Peter, Kevin

And the "Leave Your Hat On" full Monty received a standing ovation complete with cat-calls, whistles and clapping and has been mothballed for another time.

We had The Four Hats - a melodic quartet with their rendition of "My Old Man's A Cyclist" followed by "On Moonlight Bay."



Dennis, Roy, Alan, John ■

=====  
President Neville ran a Bike Maintenance/Cleaning workshop one afternoon in the second week which was enthusiastically received and those present were able to pick up all sorts of tips and tricks.



As usual, rides were many and varied, some cruising, some challenging



and, of course, the coffee and accompaniments were unsurpassed.



Happy Hour antics kept us on our toes with the usual dobs & 'fesses and major money raised for the chosen charities. Let's not forget the Double G's, either, who went to great lengths to leave their mark on Busselton 2019.



## ALBANY CAMP 2019

**Saturday 6th April to Saturday 13th April**

*The rides gentle or challenging,*

*The coffee weak or strong,*

*The company exceptional*

*Friendly games of Boules & Finska*

### **BIG4 Emu Beach Holiday Park**

8 Medcalf Parade, Albany W.A. 6330

Ph: (08) 9844-1147 or 1800-984-411

[www.emubeach.com](http://www.emubeach.com) (see Club discount accommodation details and Camp program on web site)

## The Hangout Indoor Climbing Centre

Are you looking at adding another sport to your cross-training cycling regimen? Why not give indoor "ROCK CLIMBING" a go?

Every Friday 6:30 pm a small group of us do this exciting sport at "THE HANG OUT" 12 White St. Bayswater.

The benefits of this Body workout are many: It strengthens the arms shoulders and core muscles. There are dozens of climbs, novices start with the easy ones and progress along the way.

If interested, email me:

[wolfgang11@optusnet.com.au](mailto:wolfgang11@optusnet.com.au)



Yes, that's Wolfgang. WOW !!



## Re-CYCLE

The B4H Newsletter now has a name (above) which encapsulates the B4H mission/vision.

The end of December 2018 saw container #14 depart for the new Bicycle Empowerment Centre at The Shine Academy School in Diani, Kenya. This is the first shipment to Kenya, which is exciting though has not been without its challenges.

Container #15 is on its way to Zambia. It will be used by World Vision in Zambia in support of its health care and education programs. Zambia becomes the 5th southern African country to which B4H WA has contributed to improving lives through bicycle transport – all up a total of 5300 bikes to establish 9 new Bicycle Empowerment Centres and resupply around 25.

Container #16 will be a resupply to some of the 33 existing Centres in Namibia. We celebrate our 10<sup>th</sup> shipment to Namibia by reflecting back to our very first shipment to Namibia in 2011 and thank the pioneering sponsors and supporters that enabled B4H to take a vision and make it a reality.

<http://www.b4hwa.com/perth-sponsors/>

B4H Geraldton made the local news recently. As a result of the generosity of the community, 200 bicycles were donated to the B4H World Vision project. B4H WA now has a bike collection point and workshop in Albany. An announcement will soon be made of a new drop-off location in Mandurah where Rotary Club members are working hard on emulating the work being done by Rotarians in Geraldton.

For details of your local drop-off location, please check the website:

<http://www.b4hwa.com/how-can-i-help/donating-your-bike/>

The 2019 weekday Workshops cranked up on Tuesday 15 January. It is great to see regular and new volunteers coming along. Sunday Workshops started again on 10<sup>th</sup> February.

New Volunteers are always welcome. The workshop is open each Tuesday and Friday and second Sunday of each month 9.00 am to 1.00 pm. No experience is required. All you need is a heart to give back to the broader community – our regular volunteers will help with the rest.

Enquire by email [info@b4hwa.com](mailto:info@b4hwa.com), by phone 0468 306 901 or just turn up at the B4H WA Bike Shed at Jack Williamson Reserve in Middle Swan, accessed from the very end of Eveline Road.■■

**Photos of Busselton Camp kindly supplied by Joy Edgar and Liz Curtis.**



# YOU TOO CAN BE A DAM CYCLIST.

|                                    | MONDAY   | TUESDAY                                      | WEDNESDAY                              | THURSDAY                                      | FRIDAY   | SATURDAY        | SUNDAY          | TOTAL RIDE TIME                       |
|------------------------------------|----------|--|--|---|----------|-----------------|-----------------|---------------------------------------|
| Week 1<br>THRESHOLD TEST           | Rest day | Threshold Test<br>1 hour 10 minutes          | Rest Day /<br>Cross training<br>1 hour | Ride<br>Outdoor / Indoor<br>1 hour 10 minutes | Rest day | Ride<br>3 hours | Ride<br>2 hours | 7 hours 20 mins<br>- 8hrs 20 mins     |
| Week 2<br>THRESHOLD PACING         | Rest day | Ride Outdoor/<br>Indoor<br>1 hour 30 minutes | Rest Day /<br>Cross training<br>1 hour | Ride<br>Outdoor / Indoor<br>1 hour 10 minutes | Rest day | Ride<br>3 hours | Ride<br>3 hours | 8 hours 40 mins<br>- 9 hours 40 mins  |
| Week 3<br>INCREASING THE INTENSITY | Rest day | Ride Outdoor/<br>Indoor<br>1 hour 30 minutes | Rest Day /<br>Cross training<br>1 hour | Ride<br>Outdoor/Indoor<br>60 minutes          | Rest day | Ride<br>4 hours | Ride<br>3 hours | 9 hours 20 mins<br>- 10 hours 20 mins |
| Week 4<br>REST AND RECOVERY        | Rest day | Ride Outdoor/<br>Indoor<br>1 hour            | Rest Day /<br>Cross training<br>1 hour | Ride<br>Outdoor/Indoor<br>55 minutes          | Rest day | Ride<br>2 hours | Ride<br>1 hour  | 4 hours 55 mins<br>- 5 hours 55 mins  |

## Weeks 1 to 4 Hill Climbing Training Plan

### Week 1

The priority of Week 1 is to complete your [Threshold Test](#) and establish accurate training zones. If you have previously followed one of our [Training Plans](#), you will be familiar with the process and how important it is for getting the most out of your training. It is also a key number for pacing long climbs. Midweek, the focus is on climbing strength with a [Big Gear / Low Cadence](#) workout. Even though your cadence will be low, try to keep your pedal stroke smooth. Your main weekend ride focuses on efforts at and just below threshold, perfect pacing practice.

### Week 2

There is more threshold work on Tuesday with [Threshold Under/Overs](#). If your zones are correct from the [Threshold Test](#) last week the session will be tough but manageable. More strength work on Thursday but with a sting in the tail with [Big Gear / Low Cadence with Sprints](#). Saturday's ride sees the addition of Threshold Criss-Cross efforts, similar to Tuesday's workout they will help you develop a keen sense for this essential intensity.

### Week 3

This is the most demanding week of the plan, both in volume and intensity. Make sure you optimise your recovery from all the workouts. The week begins with [Ramped VO2 Intervals](#). These are ideal preparation for sharp ramps or climbs such as the cobbled bergs of the Tour of Flanders. More intensity on Thursday with [Intense Hill Reps](#), no pacing on this session, just attack the climbs as hard as you can. Saturday's ride is a real tough one, throwing in a range of efforts above and below threshold and then finishing with some sprints in the final hour, enjoy!

### Week 4

After 3 weeks of consistent work, it's time to wind down and recover. The first workout of the week is [Pyramid Intervals 1](#). This threshold intensity workout is a great way to get in some quality early on in the week but without building excessive fatigue. Thursday is a simple [Leg Speed](#) workout. This session promotes recovery but will also prevent your legs from becoming stale. The longer weekend ride is just an easy spin with some low gear sprints to keep your legs ticking over. See how you feel on Sunday, take an extra rest day if necessary but your legs will probably feel better for an easy hour spin.

(Errr -- The heading is the Ed's. The contribution is for all those intent on riding the "Dams" this year).