



CHATTIN' CHAINS

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Committee Buzz

Concern raised about the number of accidents amongst members in the past few months. 90% are self-inflicted with inattention being the major factor. Also concern about a small number of members who at times exhibit poor riding behaviour. These need to be talked to directly.

New riders need a personal explanation on what is expected of them. More 'coaching' from the Ride Leader or experienced Tail Ender. They should be given a copy of the new 'Riding in Groups' guidelines and referred to safety information on the web.

Role of Tail Enders in safety matters needs to be emphasized more with some authority given to them. Ride Committee meetings are poorly attended where these issues are discussed. Cameron to send email broadcast to leaders and established tail enders to promote these meeting in advance.

Tail enders should be utilized more to observe and comment on poor riding practices.

Agreed to introduce reporting of 'km without an accident' for the whole club and announcing the results at ride meetings on a regular basis.

Peter and Brian to come-up with strategies, possibly involving a training course, to address these matters.

Following a detailed discussion with many contributors it was generally thought that we as a club need not make direct representations to the higher levels of government with regard to safety and engineering concerns. That is apart from VRUAG, we do not need a representative to sit on government committees concerned with bike safety/ road engineering.

Instead it was generally accepted that:

- Focus would be on identifying local hazards and rectifying these through such means as: Snap/Send/Solve or, where appropriate, through the Dept of Main Roads (via Hazard Reporting on their web site)
- Generic issues that the committee identifies be taken up by Westcycle who are better resource in matters of advocacy than our club

- To continue to use our representative on VRUAG for higher level concerns.

Agreed that we should invite a representative from Westcycle to our next committee meeting to answer the question "what they can do for us?" especially in matters of advocacy. Ride Leaders and interested Tail Enders will be encouraged to also attend. Neville to organise.

Almost no interest shown by club members to get involved in Cycling Without Age. The exception was Roger Baddeley who is keen to participate. We await his feedback and, if appropriate, we can encourage him to promote it amongst the members.

Christmas Lunch. Nev has met with the manager of Tompkins of Swan and confirmed the booking. The menu put forward was accepted by the committee. Charge is \$45 per attendee. Motion "a \$15 subsidy be paid towards the cost for each member attending (all members included)

Les Matthews recently retired from cycling due to health concerns. Les is known for his courage in overcoming the effects of a stroke to continue riding over many years. He completed the 200 km Achievement ride two years ago. It is proposed that Les be offered the task of awarding badges to the successful candidates for this event next year. Accepted.

Have-A-Go Day. Only four members have volunteered to help – none to set-up. Concern over the purpose of this event. No new members resulted last year. Many attendees after freebies only. Agreed to cancel for this year.

Mundaring Ride. 24 riders plus 3 caterers attended. Catering cost \$101.80. All found it enjoyable but numbers were disappointing. Some members said they were reluctant to drive the distance. For next year:

Market the event more positively

Exclude alternative venues from Ride Program.

Muresk Camp was successful even though numbers were down to 16. Thanks to Sarah for organizing and to Steve and Michelle for managing the day to day activities. \$53.40 claimed for expenses. To be held again next year.

E-bike presentation by TBE was informative. Attended by 18.

Muresk 2018 Photos



Viveash Crossing morning tea



It's a puzzle



Briefing by Ride Leader Stuart



Kevin and Keith on back roads

Cycling in Mallorca - late September 2018

Marianne & David Hibbard

The Singapore Bikers Group began around 2009 when the four foundation members (Marianne & three other expat wives) needed something to keep themselves engaged and started to explore Singapore by bicycle. Soon afterwards they were joined by spouses and then various friends and colleagues for weekend rides. Long after Marianne and David left Singapore the group continued to grow and thrive and when a large proportion of the members reached the end of their overseas assignments and were returning home, it was agreed that the friendships developed were too valuable to allow to die and that once a year the group should assemble somewhere around the world for a reunion and a week of cycling.

In 2018 (the fifth gathering) fourteen of us met up in Mallorca for some enjoyable cycling and socialising. Participants came from around the world (USA, England, Scotland, Finland and Australia) and we all stayed in a large villa just outside Pollençà, about 50 km northeast of the main town of Palma.

Mallorca offers wonderful cycling - pleasant weather, beautiful scenery, some serious mountains, many minor roads to avoid the tourist traffic with generally considerate and patient drivers. Perhaps it is not surprising that Mallorca is a favoured early-season training ground for many of the professional cycling teams, as well as many others keen to see the end of winter. Apparently during the European spring as many as 20,000 cyclists may be on the island! By September the numbers had dropped considerable but there was still plenty of lycra about, especially on some of the more challenging rides.

Of the various rides, the 50km return trip to the lighthouse on Cap de Formentor (the northern tip of the island) was quite challenging, with several steep climbs, but the scenery was stunning and made the effort well worthwhile.



Visit by CEO of Westcycle



A special guest at our ride meeting on 10 October was Matt Fulton, the CEO of Westcycle. He gave a presentation to

the Committee, Ride Committee and other interested members about his organisation. (Not only that, but Matt rode with the E1 group beforehand).

Westcycle is the peak cycling body in WA being a planner for cycling activities, and an interface between the cycling community and government. We are one of nine organisations being full members that Westcycle represent.

Matt talked on the role of Westcycle, its history and the various tasks that it has undertaken. Also how they can assist us in future with broader matters in cycling that we may have an issue with.

More information is on their web site at <http://westcycle.org.au>

For Your Diary

Christmas Lunch:

Wednesday 5th December

11.30 am to 2.30 pm

Tomkins on Swan

\$30 members, \$45 non members

Christmas Barbecue:

Wednesday 19th December

11.45 am Raphael Park

Busselton Camp 2019:

9th February to 23rd February

See website for details

One of the better decisions I have made in my life was to attend the Sydney 2018 Invictus Games. It truly was a life-changing event, one I will never forget. The human spirit truly is indomitable.

You can admire our sporting heroes, our world champions, our Olympic athletes who show unwavering dedication to their chosen sport, undertaking hours of rigorous training to win medals and to represent their country.

But the young men and women, some not so young, soldiers, airmen, sailors, marines, exhibiting their sporting resilience, whom I applauded, cheered on, shed copious tears over and remain in complete awe of in Sydney last week are not athletes or champions of any sport. They are ordinary people who each day helped to make our world a safer place and, in all instances, at a huge cost to themselves. Medals pale into insignificance compared with the personal goals set and achieved, the hurdles acknowledged and overcome, the pain accepted and managed, the disability roller-coasters faced and ridden, the mental fortitude exhibited, the traumas soothed even if only momentarily, by participation in the 2018 Invictus Games.



Determination has never before been so blatantly displayed on the faces of so many and it reverberated through every sporting event. Every participant was determined to get the ball over the net or through the hoop or across the line, swim or run or cycle to the finish line, jump the long jump, hurl the discus, throw the shotput, lift the weights, row, shoot the arrow, sail the boat, and it didn't matter a fig if you came first or second because you were never on your own. There were no stragglers; your mates turned around, went back and took you over the finish line; no-one came last, no-one was left behind. From the small contingents from Afghanistan and Iraq to the huge contingents from the US and UK and, of course, Australia, every single person was your mate and you looked out for him or her.

And you wonder why it brought me to tears – at another time it would have probably brought me to my knees – but we cheered and we clapped till our throats hurt and our voices croaked and our hands were bruised and then the next day we got up and did it all again because so did they. They strapped their prostheses on and took them off – and you've probably never seen a lady with a trolley walking along the boundary line of the sitting volleyball court collecting the prosthetic legs and taking them elsewhere to keep them safe and then handing them back later. I know I haven't and believe me it gives you pause for thought.

To witness two burly wheelchair rugby opponents weeping as they hugged each other at the end of their match, you get some insight into just how much damage has been wrought.

How much did it take Mark, when he learned Garry was the only person competing in the 50 metre breaststroke event, to teach himself to swim (he said he nearly drowned the first time in the pool) just a few days prior so that the event could go ahead? Why – nothing, 'cos he was a mate. And then, to his chagrin, beat him by 0.28 sec.

Just as an aside, Mark (from the UK) has one arm and no legs and Garry (from Australia) was injured in the Black Hawk incident and has one good leg and limited use of his arms. Yep, we clapped and cheered and I bawled.

Unheralded in our community are a number of small children who through terrible childhood diseases have lost limbs. This fact of life runs pretty much under the radar for most of us. But I felt honoured to see many examples of selflessness from these injured service personnel taking time to talk to the children who had been brought to the venue by their parents, spending precious moments with them, involving them in their preparations and in the medal ceremonies. The happiness amongst the kids was a delight to watch.

And yes, I got goose bumps when the New Zealand contingent performed a kapa haka for their team member, the only tetraplegic at the Games, when he received an award for the effort it took him to participate in the wheelchair rugby. It was an amazing sight these 60 burly Maoris performing at their awesome best. It brought the whole auditorium to its feet at the closing ceremony and yes, we clapped and cheered and I bawled.

And we also had the humour when Matt from Australia (of course) gave Harry the impossibly tight budgie smugglers (Speedos) which the prince then wore over his jeans – good look!

Oh, to be able to bottle the positive feeling that permeated the week long event. It would make such a difference to our daily lives. I know it will mine and I feel privileged to have been part of it. *Ed.*