

Chattin'



Chains

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Committee Buzz

The first meeting for the new committee was held on 13th March when members put forward and discussed their ideas and vision for the year ahead. The overall aim of the committee was to maintain and build on the existing club, welcome and encourage new members to be actively involved, have an increased focus on safety, recommend and support new ride leaders, promote camps, events and social activities.



Committee: Shirlene Scanlan, Merchandise; Mike Lewis, Membership; Liz Curtis, Catering; Rob Wallace, Events Co-ordinator; Keith McBumie, Deputy Ride Captain; Brian Smith, Ride Captain; Graham Baws, Treasurer; John Bailey, Secretary; (front) Kevin Davis, Welfare; Steve Ottaway, President.

President – Steve Ottaway

I have always believed that if I belong to a club or an association then I have an obligation to contribute to it. I acknowledge the very important contribution that the Ride Leaders and Tailenders make to this club. I will be fully supportive of their efforts to make rides safe, interesting and sometimes challenging. But I strongly believe that “every member is a ride leader and a tailender”, in terms of obligations to the group safety, when riding with the Over 55s. My aim as president is to maintain and build on the existing club which has been built up by all of the past and current members and committees. I have no political aspirations and I have no agenda for change in a club that is working so well.

I will try to encourage new members to be actively involved in the wide range of activities that this club offers. It is important that new ideas are constantly explored and considered by the committee and I encourage members to make suggestions for the committee in writing to the secretary.

Treasurer – Graham Baws

As at February 2019:

Total Cash @ Bank \$24,569

Total Other current assets \$1,842

Total Current assets \$26,411

Total Fixed assets \$12,569

Total Assets \$ 38,980

Super Tuesday Bike Count

25 Club members took part in the March 5th bike count, each earning \$60 and raising \$1500 for the Club. List of participants is provided later in this issue. If any member who attended does not see his or her name on list, please get in touch with Bicycle Network or myself. I have been advised that a further two members, Dot and Dave Leeson, also participated, for which we will be paid in due course. *Note:* Super Sunday is scheduled for 10th November 2019.

Ride Captain – Brian Smith

February 2019: 1541 riders covered 80,544 kms.

February 2018: 1527 riders covered 78,973 kms.

Includes the Busselton Camp figures of 890 riders for 44,580 kms.

Variance: 14 more riders and 1570 kms.

YTD: 2518 riders have covered 132,872 kms.

We have had 73 less riders but covered 209 kms more.

Accidents for month: One rider fell blowing his nose.

1. Increased focus on Safety

- Information regarding any accident to be provided to riders at morning briefing (when appropriate).
- Remember there is always time to ride safely, i.e. don't put yourself at risk by pulling out in front of traffic unless you have sufficient time and space. Allow time to assess risks, obey traffic lights, don't filter through stationary traffic at lights unless there is a marked bike lane, etc.
- Always ride consistently and predictably
- Always ride single file while staying in the “default” position on left of the road. If there is a need to move from this default position it must only be temporarily.

- Note guidelines in the club web document “How to ride with the Over 55 Cycling Club”

2. Ride Committee

- Increased participation of Ride Committee in the safety space. Ride leaders and particularly tail enders are able to observe poor riding behaviours and present feedback when members have concerns about a particular rider(s). If riders are not prepared to meet riding expectations, I strongly believe that a ride leader has the option of excluding that rider from the group for future rides. Everyone needs to ride in a considerate and safe manner for the wellbeing of the group and if they choose not to, there needs to be a consequence. To address concerns within the Committee regarding this approach it will be implemented ‘softly, softly’ to get people on board prior to adopting the firm approach for recalcitrants.
- I will endeavour to ride with all groups to encourage/enforce the safety message.

3. General

- The past Ride Captain’s annual report presented at the AGM (*reported later in this issue*) highlighted the number of accidents that occurred during 2018 (total of 20), with some being very serious. This number is totally unacceptable. As most of you would know, it is commonly accepted in safety management circles that the more small accidents you have increases the likelihood of more serious accidents occurring. We have seen some serious accidents and I hate to think about it, but unless we keep pushing the safety message very hard, the next level serious accident could be a fatality.
- I intend to work very hard, along with Keith McBurnie, Deputy Ride Captain, to minimise the inherent risks associated with riding with the Over 55s.

Membership – Mike Lewis

Current Member Status as at 25/2/19

Financial	333
Over eighty	39
Over eighty/Social	9
Social	12
Total	393

New or returning members

Barry Campbell	Michael James Thiessen
Rosemary Cuthbert	Margaret Watson
Christine Ann Morhall	Kathleen Wilson
Lawrence Petery	Clarence John Woolhouse
Vicki Jan Simpson	

Welfare – Kevin Davis

Cards have been sent to 7 members extending both get well and sympathy wishes. Telephone calls – 18. A Welfare pack consisting of a “business” card with Welfare Committee details, the cards we send and the role of the Club Welfare Officer distributed to Ride Leaders.

Merchandise – Shirlene Scanlan

10 shirts are to be carried in stock for issue to new members.

Aim to have new members having access to a new shirt as soon as possible, either as new stock or as loan shirts.

Catering – Liz Curtis

AGM catering costs of \$389.55. Thanks to helpers Kay, Yvonne, Sarah and Rob.

Busselton Camp - \$270.12. Thanks to all the helpers.

Memorial Ride - \$270.12. Thanks to John, Eric and ladies.

The Busselton Camp Fines tin fund-raiser raised \$421.50 for motor neurone disease.

The funds raised for Cystic Fibrosis from Eric and Ronelle’s stall amounted to \$563.63.

Thank you and well done everyone!

Web and Communications

Contact details to reflect new committee on Web

New photos have been uploaded onto Web

Car Watch

Apropos June 2018 committee meeting, all club members have an obligation to assist in car watch, with the possible exception of committee members. Ride Leaders exempt. Regular instances of unlocked cars, keys in ignition and open vehicles.

Car watchers have no obligation to rescue stranded riders. A total of 72 members out of an approximate membership of 400 were involved in car watch during the year.

Albany Camp 2019 Report

Numbers at this year’s camp certainly surprised, as we had in excess of 60 members attending which is well above the mid 30’s as is usual.



A new initiative this year saw the introduction of ‘Corn Hole’ as an afternoon activity which attracted fierce competition and the final between Marilyn and Colin vs Vicki and Dennis was a fitting conclusion with Marilyn and Colin emerging as the inaugural ‘Corn Hole’

CHAMPIONS !



Deserved thanks go to Richard & Bernadette for the Pictionary Evening and to Neville & Kay for the Bingo Evening. Special thanks to Neville for the movie night featuring 'Bohemian Rhapsody'.

The weather gods blessed us and apart from an early shower on two mornings, we had very pleasant riding conditions.



As part of our preparations Nola & I drove down early to explore possible venues and to notify businesses involved of expected numbers. This proved to be a good move as most venues coped well enough with this year's increased numbers.

Sunday: some venues such as Whale World experienced a few difficulties, as in excess of 40 riders made it out there for coffee.



Monday: saw approximately 50 ride to Elleker for coffee, scones, jam & cream. This by far exceeded their usual daily customer numbers but being forewarned enabled the couple to cope.

Tuesday: the ride to Nipper's Cafe did not present problems as staff coped well enough. Those who rode on to Two People's Bay enjoyed a few extra hills and some spectacular views

Wednesday: designated as a rest day but not everybody rested. Neville lead a group through the Porongurups and Mount Barker, a distance of some 120km.

Others drove to Castle Rock & walked the 2.2km trail to the rock before climbing to the summit for a spectacular view..

Thursday: most drove to Denmark to begin their ride. Some had coffee at the Denmark Chocolate Lounge before returning to Denmark via the coast. Other groups were content to ride closer to town and then enjoy coffee in Denmark. Some ladies managed to fit in a bit of shopping as well. Lunch completed the excursion before returning to Albany.

Friday: most headed off to Mount Romance by a variety of routes. Muster saw numbers in excess of the initial indication. Steve Ottaway rang through a warning and staff managed reasonably well.



Outings were arranged for a Fish & Chip night midweek and a Farewell Dinner at the local Bowling Club which were well supported, especially as there was money to be won on the Chocolate Wheel at the Bowling Club.

Most who attended took the opportunity to visit Mount Clarence to view the Field of Light a dazzling display of over 16,000 lights that pay homage to the Anzacs.



Ride Leaders: It was the ride leaders who greatly contributed to the success of each day. Thanks to Neville, Kay, Lyle, Richard, Michelle, Roy, Stephen Ho, Marilyn, Colin and others who stepped up.

Hopefully all who attended enjoyed the experience as much as we did. Social interaction at Happy Hour & the chance to ride with different groups greatly enhances the value of each camp.

John Yeats & Nola Watkins, Camp Organisers

AND some people had birthday experiences at Albany which they did not (thankfully) share.

Stuart – over to you:



The photos are of the snake at Two People's Bay . Of interest is the fact that the snake was off the ground in the bush about the same height as the bike saddle - about 300mm from my hand. It certainly came close to giving me an unwanted birthday present!!



*Ed's Note:
It was the fluffy saddle cover it was after not the old derriere.*



Can exercise reverse the ageing process?

The greater health of older exercisers compared to their sedentary counterparts can lead people to believe physical activity can reverse or slow down the ageing process. But the reality is that these active older people are exactly as they should be.

In our distant past we were hunter-gatherers, and our bodies are designed to be physically active.

So, if an active 80-year-old has a similar physiology to an inactive 50-year-old, it is the younger person who appears older than they should be, not the other way around.

Quality of life

Not only does exercise help prevent the onset of many diseases, **it can also help to cure or alleviate others**, improving our quality of life.

Recent studies of recreational cyclists aged 55-79 **suggest they have the capacity to do everyday tasks very easily and efficiently** because nearly all parts of their body are in remarkably good condition.

The cyclists also scored highly on **tests measuring mental agility, mental health and quality of life**.

More good news for the health benefits of cycling. A **recent study*** of recreational cyclists aged 55-79 has shown that they have good levels of whole body fitness allowing everyday tasks to be performed easily and for longer. Exercise has also been shown to be more effective than any drug at preventing conditions affecting older adults.

* By Stephen Harridge & Norman Lazarus, King's College London 20 March 2019

How well do you know WA cycling laws?.....Road Safety Commission **SPONSORED**

March 25, 2019

Walking & Cycling

We asked. This is how you answered, WA.

When it comes to issues on our roads, most of us would claim it is never our fault, it's the fault of someone else.

They can be anyone from cyclists to drivers who go an excruciating 15km under the speed limit or conversely have a lead foot. However, of the 8200 WA drivers who took part in the How well do you know WA roads PerthNow quiz in collaboration with the Road Safety Commission, a large percentage of drivers don't know the road rules as well as they perhaps thought.

And the most common area of confusion - cyclists and drivers sharing the road.



So, do you know where is the safest place for a cyclist using a dual-lane roundabout? Left of the lane, centre of the lane, or right of the lane? We'll let you think it over for a few seconds.

If you answered the centre of the lane, you would be correct and sit within the 23 percent of people who answered this question correctly.

This left a whopping 6365 drivers who answered incorrectly.

Whether you're in the 23 percent (well done) or the percentage who were unsure, why not update yourself on some commonly asked questions below to ensure it really is them, and not you.

Can I cross double white lines when overtaking a cyclist?

Yes, a driver can cross over double white lines or a lane dividing line on two and four-lane roads, but only if it is safe to do so, and only if you have a clear view of any approaching traffic. A driver can also drive on or over a painted island to overtake a cyclist, but again, only if it is safe to do so and the driver has a clear view of oncoming traffic.

Can cyclists really ride side by side?

Yes, two riders can ride side by side on the road with up to 1.5m between them.

What laws do cyclists have to follow in regards to their safety?

They must always be wearing a secure helmet, have at least one brake and a working warning device and must use a front white light and rear red light which can be seen for 200m at night and in poor visibility conditions.

As a driver I'm turning left, but a cyclist is trying to pass me. Who has right of way?

You do. A cyclist is not allowed to pass on the left of a vehicle that is turning left.

Think you know the correct cycling laws? Whatever your answer, update yourself at the Road Safety Commission [website](#) so we can keep WA roads safe.



PERTH OVER 55 CYCLING CLUB INC.

PERTH TO BUSSELTON CYCLING TOUR

MAY 3rd TO MAY 6th 2020

In celebration of our 35 Birthday the
Anniversary of our clubs first long
distance ride

GET READY - GET EXCITED- BREAK OUT YOUR TENTS
START PLANNING!!!!

Arrangements are well under way for a fantastic tour similar to 2015, we will overnight in Pinjarra or Mandurah, then Harvey Bunbury and Busselton. The route planned will take us through lovely country roads, farm lands, forests and quaint little townships.

Distances and back up vehicles will be organised to accommodate riders of most capabilities.

Departure point will be Burswood and the ride will officially end in Busselton (however there will be an option to ride back to Bunbury to catch the Australind back to Perth on Thursday 7th May).

The ride will have fully catered main meals, healthy breakfast and revitalizing morning teas en-route.

Fun and great camaraderie and experiences that can only be had on a cycling tour.

At this stage the approximate cost per rider will be \$325 per person. There will be a truck picking up the camping equipment and baggage in Perth prior to the ride and delivered after the ride to a drop off point TBA. And this truck will also carry all the gear each day through the ride.

PLEASE REGISTER YOUR EXPRESSION OF INTEREST TO: - Nigel Egginton 043804980722

egg.nige@bigpond.com

We will be calling for volunteers to assist with the management of the event and further information will be distributed in future newsletters



35th
Birthday
Ahead



Super Tuesday Bike Count Donations

Robin Garbutt
Guy Taylor
Robert Breen
Neville Taylor
Kay Taylor
Robert Macpherson
Steve Ottaway
Anne Diaz
Michael Le Page
Anna Uyen
Yvonne Muller
Wayne Roberts
Kerry Cowie
Richard Brooke-Smith

Cyril Toman
David Gibson
Dayle Hulme
Marilyn D'Angelo
Gary Phillips
Ken Alexander
Peter Mitchell
Freda Mephram
Sandra Miller
Graham Baker
Michael Bowd

Summary of 2018 Ride calendar year

Peter Patullo, Ride Captain.

For the year of **2018** we had 10,886 rides cover 579,952 kms.

2017 we had 10,595 riders cover 538,573 kms.

Variance: In 2018 we had 291 more riders cover 41,379 more kms.

Accidents for 2018:

20 Incidents were reported this year compared to 11 last year.

Of those **4** can be classed as **no fault** by the rider.

Head-on in Busselton where the on-coming rider was looking at his phone.

Claimed he was responding to a distressing family incident and searching for a lost family member.

Driver failed to give-way at a roundabout. Failed to see the rider in high-vis clothing.

Rider was stopped at traffic lights and was bumped by the vehicle behind him.

Car exiting the shopping centre and failed to give way to cyclists.

Unfortunately, even though the rider had right of way, some severe injuries were still sustained. So, we riders cannot give other road users the benefit of the doubt. We must take the safe option every time.

5 times we had riders fall off after touching wheels or running into the back of someone at a stop. (Pay attention and anticipate the need to stop)

1 unsafe passing manoeuvre. (Take the time to look before passing.)

3 incidents where the bike slipped from underneath the rider (Ride to the prevailing conditions and your level of skill as a rider)

4 incidents where the rider was distracted or not paying complete attention.

Head down and focused on catching up, not what was in front of the rider.

Hands off the bars to make an adjustment

Distracted by a noise the bike was making and didn't hear the call or notice the post ahead.

Group travelling through an off-ramp, rider was distracted looking for cars and didn't hear the call of post.

1 where the rider was stuck in the cleats

1 incident where the hazard was not called. (Make the calls and look after yourself)

1 incident caused by equipment failure. (Maintenance issue?)

The people who were injured were all long-term members of the club and experienced riders. So, no-one in the club can assume they are immune from accident or injury while riding. We are all potential casualties.

I urge all members to examine how they ride and what they can do to improve their own safety and the safety of those they ride with.

It is time for me to step aside as Ride Captain. I would like to thank you all for making my journey interesting and eventful and for the support I have received.

Special thanks to all those that stepped up as Ride Leaders and Tail Enders.

Fantastic effort, one and all. ■■■