

TANDEM TALK

W.A.T.C.A.C. NEWSLETTER

ISSUE 24 – FEBRUARY 2009

WATCAC COMMITTEE 2009

President: Adriana Lepore
(phone 9279 6129 or by email to adge.l@bigpond.net.au)
Vice President: Greg Madson
Secretary: Anthony (Hab) Collier
Treasurer: Kirstie Brown
Committee Member Trevor Maslen
Committee Member Beau Tang

CALENDAR OF EVENTS

Recreation rides

Recreation rides –depart mainly from the Association for the Blind, 61 Kitchener Avenue, Vic Park at 8.45am – distance 25 kilometers max – pace between 20 to 23 Kph – coffee stop half way for a break.

Details of all recreation rides will be sent out to all members prior to every ride.

Club Rides

The Club rides mainly commence from two different locations:

- south of the river commence at the Association for the Blind, 61 Kitchener Avenue, Victoria Park
- north of the river commence from the Guildford Train Station car park.

They both cover a distance of about 50-60 kilometres, without stops, and normally average 26-28kph.

Calendar of Rides

There are occasions when different rides are undertaken. As a result of possible changes, it would be advisable to contact the President, Adriana Lepore, a few days before the planned ride date to confirm ride commencement location and departure time.

Calendar of Rides 1 January – 31 December 2009

JANUARY

Sunday 11-Jan Club ride

Sunday 25-Jan Club Ride

FEBRUARY

Sunday 8-Feb Club ride

Sunday 15-Feb Recreation ride

Sunday 22-Feb Club ride

MARCH

Sunday 8-Mar Club Ride

Sunday 15-Mar Recreation Ride

Sunday 22-Mar Freeway Bike Hike

APRIL

Sunday 5-Apr Club Ride
Monday 13-Apr Recreation Ride
Sunday 19-Apr Club Ride

MAY

Sunday 3-May Club ride
Sunday 10-May Recreation ride
Sunday 17-May Club ride
Sunday 31-May Club Ride

JUNE

Sunday 7-Jun Recreation Ride
Sunday 14-Jun Club Ride
Sunday 28-Jun Club Ride

JULY

Sunday 5-Jul Recreation Ride
Sunday 12-Jul club Ride
Sunday 26-Jul Club Ride

AUGUST

Sunday 2-Aug Recreation Ride
Sunday 9-Aug Club ride
Sunday 23-Aug Club Ride

SEPTEMBER

Sunday 6-Sep Club ride
Sunday 13-Sep Recreation Ride
Sunday 20-Sep Club Ride

OCTOBER

Sunday 4-Oct Club Ride
Sunday 11-Oct Recreation Ride
Sunday 18-Oct Club Ride
Sunday 25 October Champion Lakes Ride

NOVEMBER

Sunday 1-Nov Club Ride
Sunday 8-Nov Recreation Ride
Sunday 15-Nov Club Ride
Sunday 22-Nov City of Perth bike Ride
Sunday 29-Nov Club Ride

DECEMBER

Sunday 6- Dec Christmas Ride/AGM
Sunday 13-Dec Club Ride

DATES TO REMEMBER

Freeway Bike Hike Sunday 22 March 2009

The 2009 HBF Freeway Bike Hike for Asthma will again feature the 10km City of Joondalup Family Ride, the 30km Ride through the Tunnel, and the more challenging 60km Hike from Kwinana to Joondalup.

Eleven tandems participated in the 2008 event. You will be advised further of arrangements, if you are interested in riding. It is an excellent opportunity for us to 'show-off' our WATCAC members and to participate as a group.

Proposed Members Family Fun Day (January 2009)

Unfortunately, we did not receive any suggestions for this event but the Committee are still proposing a family oriented day to give back something to all of our valued members who contribute so much to the success of the club.

EVENT REPORTS

A Long Way Round

6 WATCAC members took the challenge and participated in the Round the Bay ride in Melbourne in late October 2008.

Members who rode were

- Lyn Lepore & Caroline Williams
- Adriana Lepore & Hab Collier
- Beau Tang (solo)
- Forrest Pearl (solo)

Great Perth Bike Ride Sunday 23 Nov 2008

Three tandems entered the Great Perth Bike Ride for the 53 kilometer circuit.

- Lyn Lepore and Paul Lamond (1:22:48)
- Adriana Lepore and Hab Collier (1:48:39)
- Greg Madson and Trevor Maslen (did not finish; never even started!!)

Unfortunately, Greg and Trev had a mishap at the starting line and could not participate in the race.

Tandem Clinics

Sunday, 18 January at George Burnett Park, Karrawarra - Initial Clinic
We had 5 new vision impaired riders and 4 sighted riders.

Sunday, 1 February at Bentley Technology Park - Follow-up Clinic
We had the same riders but one vision impaired rider was unable to attend.

We welcome the new riders to our rides and hope that their enthusiasm will lead to their future membership of WATCAC.

Regional WA Tour 2008

Monday 24 Nov to Friday 28 Nov

The 'Great Southern' tour (Porongorups, Mt Barker, Albany, Denmark) consisted of the following members:

- Adriana Lepore & Hab Collier
- Lyn Lepore & Paul Lamond
- Keith Hayes & Kurt Wiliman
- Tony Brown & Kirstie Brown
- Greg Madson & Trevor Maslen
- Dee McCall (solo- domestique)
- Margaret Dale (volunteer bus driver)
- Erika Webb (volunteer helper)

Day 1

Trev and Keith picked up the 22 seat bus hired from Budget at Rivervale and headed for Adriana's house where most of the other participants were waiting. With the bikes loaded and the trailer hitched we were ready for off, except we had to go back to Budget for some administrative reasons.

It was just as well as we found out that all the trailer globes had to be changed to match the bus battery. Anyway once fixed, we finally left about 1230 and picked up Kurt from Armadale.

Had a stop at Williams for lunch but choices were limited given that we arrived after lunchtime. Our next stop was at Kojonup for fuel. We then headed direct for our hostel accommodation at the Porongorup Village Inn. Once settled, we drove into Mt Barker for a meal at the hotel.

Day 2

Started with a pleasant ride about 25 kilometers to the Mount Barker Primary School where we gave our first presentation. Once finished and coffeed-up we headed for Albany, about 50 kilometres, had lunch and then visited Albany Primary School. After our presentation we rode to Emu Point/ Middleton Beach where Adriana had organized some first class accommodation in several town houses at Middleton Sands Villas. Trev drove the bus into Albany while Hab gave a guided tour. Hab had been working weekdays in Albany, for a few weeks prior which gave him an opportunity to learn all the high spots and rave places in Albany!!! Picked up some take-away Fish & Chips on the way back and managed to stink-out one of the units, good and proper.

Day 3

The day started with a presentation at Mt Lockyer Primary School (*see article, "Inspirational Youth" below*) and then after we had a short ride to a coffee bar as we had plenty of time to get to our presentation at Many Peaks Primary School. When we came to leave Albany, fortunately still with plenty of time, the heavens opened; anyway we held up for a while. It became obvious that there was not going to be any respite from the rain so we decided to load up the trailer and head off to Many Peaks in dry, warm comfort. This meant that we arrived at the school at least an hour early having only to drive 38 kilometres; albeit part of the way through a hail storm! The school was good enough to let us do our presentation early which was interrupted by a fierce electrical storm, followed by flooding. Serious discussion took place and we decided not to cycle back for safety reasons

In hindsight this was just as well. Although there was very little rain on the drive back it became apparent that the narrow road was not suitable for cycling, given the many logging trucks around.

After getting back in mid afternoon some of the group did some riding in an around Albany as the rain had subsided. For dinner we all went to a steakhouse in downtown Albany.

Day 4

After about a 12 km ride we did a presentation at Little Grove Primary School, just off Frenchman's Bay Rd. As soon as we finished, we rode direct to Denmark along the Lower Denmark Road. Yes it did rain a little and we got a little wet but the 50 kilometre ride was predominantly flat. Unfortunately, we had a problem with the brake on the trailer about 15 kilometres outside of Denmark. So we left the trailer there and headed to our overnight accommodation at the Ocean Beach Caravan Park, about 7 kms out of Denmark. Once settled some of the group went to Denmark in the bus and then others returned to the trailer. We got some technical advice (floppy is good!) but all was ok. So the trailer was hitched up again and we drove back to the accommodation picking up some of the other members in Denmark, on the way.

Hab and Paul, unfortunately were told -off by the caravan park owner for wrestling on the kiddies blow up trampoline after 5 pm. They were placed on detention and given 100 lines. The cane was discussed but we decided that they may have enjoyed it too much. We all then finished the day with a very pleasant dinner at the Denmark Hotel.

Day 5

Packing up and after a quick coffee stop in Denmark, we headed back to Perth, in the bus.

As a result of missing the ride to Many Peaks and back, we ended up about 80 kilometers cycling short of what we had planned so ended up cycling about 150 kilometres, in total. We presented to about 900 students over 5 schools.

Inspirational Youth - Regional WA Tour 2008

At Mt Lockyer Primary School we were requested to present to one class room, only. The students were overwhelmed by our visit; and in particular our Paralympians, Lyn and Greg and a very popular Pollock, Greg's Guide Dog.

The Students sent us 15 delightful letters including some of the inspirational comments and quotes below:

- How do you get around with your stick without falling over Adriana?
- What I enjoyed was that even though you are blind you can still keep fit.
- I learn't that you should never give up and always try your best because that's how Lyn got her medals
- I loved the way that Lyn explained about following your dreams
- I learn't that even if you are disabled you can still do something and enjoy your life

- I learn't that Pollock is alert at all times and can go anywhere except the zoo and some parks
- We learn't from Lyn that we can achieve anything if we set for a goal, we also learned not to be lazy but be fit
- Well I want to know whether you can go over 100 km per hour?
- If you try something you want you have a chance to achieve it
- You are an inspiration to me. You taught us to never give up on our dreams
- We learn't from Lyn that we can achieve anything when we set goals
- I was amazed when I learn't that the three of you were Olympians and I am impressed with the skill and trust it takes to ride a tandem bike
- We learn't that even though people may have disabilities they can still achieve great things if you try hard
- I liked all of your talks and when I grow up I want to be the Premier of NSW
- We learn't how guide dogs help blind people do a lot of things and that's really helpful to the blind people
- I think the canes are cheaper than a guide dog
- I enjoyed hearing the experience of your life and how you got to get your medals
- We all learn't about how things are when you are blind. You might have to use Braille to read or even have a guide dog like Pollock or like Adriana uses, a cane stick.
- I didn't know that blind people could ride a tandem. I've never seen a blind person before, all the things you use are cool
- Thankyou Lyn for teaching us to never give up.
- One day I hope to be in the Olympics. I think it would be fun to hear and see the crowd cheering you on and clapping

I think you'll agree that they were definitely concentrating on the presentation and they all thanked us very much for our visit. Isn't it great to know that they feel inspired by our visit and achievements?

JUNIOR DEVELOPMENT PROGRAM

Saturday 28 March, 9am - 12 noon Geraldton.

With the assistance of the Geraldton Cycling Club and Atlas, we will be running a follow-up Junior workshop for junior vision impaired living in the Mid West region.

Sunday 3 May, Bunbury

Proposed combined recreation ride with vision impaired juniors.

School Holiday Program

Monday 6 - Thurs 9 July Tandem Cycling Camp - venue TBA

Proposed Junior camp for all vision impaired juniors between the ages of 12 to 18 years both local and regional will be held in the Swan Valley and will comprise of different aspects of tandem cycling and of course lots of fun.

SHORT QUIZ ---

How many songs can you think of that relate to cycling or bikes.

INFORMATION FOR CYCLISTS

The Department Of Planning & Infrastructure site

www.dpi.wa.gov.au/cycling/1515.asp provides useful information about cycling in Western Australia.

The Bicycle Transportation Alliance is a blog and has interesting articles about local, national and international cycling issues.

www.bta-bulletin.blogspot.com/

ITEMS FOR SALE

Nil advised.

MEMBER PROFILE

We like to get to know our members a little better.

Please complete the following questions and return your response to Trevor Maslen at, trevmasl@primus.com.au. Remember the answers will be published in this newsletter so be careful what you write!!! Humour is welcomed as long it is clean and appropriate.

Name:

Nickname:

My favourite hobby/past time is:

My favourite relaxation is:

My greatest achievement is:

My most embarrassing moment was:

My hero and why:

My favourite moment in sport was and why:

The best job I have ever had:

The worst job I have ever had:

My mission in life is:

Name: Jennifer Musgrave

Nickname: As I don't generally shorten my name to Jenny, some members of my family call me Fer

My favorite hobby/past time is: cycling (of course) and going to the gym

My favorite relaxation is: exercising with my dog on South Beach, followed by coffee and a muffin

My greatest achievement is: two weeks with a bike, a tent and my Mum, doing the Great West Australian Bike Ride

My most embarrassing moment was: probably something involving a supermarket and a screaming 2yr old. My youngest would only sit in the trolley seat if he could face forward, forcing me to push the trolley backwards around the supermarket.

My hero and why: With the tennis on, I have to say Roger Federer because he is such a modest, not to mention rather good looking, champion.

My favorite moment in sport was and why: Depends whether or not Federer wins the Australian Open (at the time of writing this result was 48hrs away)

The best job I have ever had: Setting up and running my own personal training business "Wombat Fitness".(for bookings call 0410 499 464)

The worst job I have ever had: Selling flags at the Christmas Pageant in 40° heat.

My mission in life is: to see my kids grow up into healthy and happy, contributing members of society