

TANDEM TALK

THE W.A.Tandem Cycling Advisory Council Inc Newsletter Issue 1

Hi everyone and welcome to the 21st century!

The WA Tandem Cycling Advisory Council has a new look committee which promises fun and exciting programmes for 2001 and beyond.

Your new committee is made up of the following people:-

President: Ron Anderson

Vice President: Greg Madson

Secretary: Hab Collier

Treasurer: Gaele Sutherland

Assistant Treasurer: Lorraine Clohessy

Committee members: Keith Clarke, Janelle Graham, Lyn Lepore, Adriana Lepore, Elsa Lepore, Paul Lamond & his team of mechanics - Mark McLauchlan, Manfred Weil & Michael Buytels

We are hoping to have regular features for our Newsletter including "Coaches Corner", "More On Mechanics", "Have Your Say" (we would really appreciate your input on anything from "your favourite recipe" to "your favourite coffee shop") and regular updates on social rides, competition events etc.

Memberships

W.A.T.C.A.C.:

Memberships are now due for 2001 and a current membership form is enclosed. Please return these forms with your payment to the nominated address as soon as possible.

Cycling Australia:

If you plan to do any racing, you will need to take out a licence with Cycling Australia. Please contact Elsa Lepore or the WA Cycling Federation for an application form and for details of cost.

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And now for some of our regular features:-

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Coaches Corner (By Janelle Graham)

Hello from the "Coaches Corner"! This space is for YOU to read about, ask about and learn about how to get the most out of riding your bike. Whether you're a recreational rider, a keen athlete in pursuit of a more demanding sport experience or someone who's still thinking about getting on one of those two wheeled contraptions, this is the column to get information and ask those all important, burning desired questions!

As a starting point, we'll just refresh some people with the basics, and get others to start thinking about what they'll be needing before they hop on the bike. SO come on, take advantage of the great weather we're experiencing, and give it a go!

Basic Bicycling Accessories**Essentials:**

Helmet
Spare tube
Seat bag
Tire removal levers
Pump
Water bottle and cage

Helpful:

Cycling shorts
Computer
Heart rate monitor
Cycling Jersey
Padded cycling gloves
Hydration pack (Camelback type Apparatus)

Extras to Bring Along with You

There should be enough room in your seatpack for all of these:

Sunscreen and lip protectant	\$5 for snacks
Money for a phone call	An energy bar (or two)

Head to Toe Checklist

It's easy to forget essential equipment when you head out to a ride. Thinking from "your head to your toes" helps you avoid that sinking feeling when you realise you forgot an important item.

Helmet	Food and drink
Eyewear	Shorts
Jersey	Socks
Windbreaker (in variable weather)	Shoes

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"More On" Mechanics (by Paul Lamond)

A clean bike is healthy bike!

Some quick cleaning tips for your tandem (except the chain) are as follows:-

- Bucket of warm water with car wash using a dust pan brush and some elbow grease.
- Start from the top working your way down the tandem. Rinse off with a hose and allow to dry.

This only takes about 10 minutes and should be done once a week in good weather and every day if training in wet weather.

The chain should be wiped with a clean rag every week. Every few weeks the chain should be removed and soaked in kerosene, wiped dry with a clean rag and then refitted to the tandem. It should then be lightly re-oiled with a synthetic wet style lubricant in the summer or a wax based dry lubricant in the winter months (I use "finish line" bicycle lubricants).

Member Profiles

We would like to give a profile of you our members, one each Newsletter so that we can all learn a little bit about each other. To make this task easier, we would appreciate your assistance in completing the enclosed Profile Form and returning it to the Editor (Lyn Lepore) as soon as possible.

Have Your Say

The following article has been supplied by Mark McLauchlan:-

Any comments from some of our more experienced front riders or stokers on the "ins" & "outs" of phase cranks in the story would be appreciated.

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Tandem Road Bike Hire

The committee is currently finalising a contract for the hire of our Road Tandems. It has become necessary to charge a fee for the use of our Tandems to ensure that they are maintained in good working order for your safety and enjoyment. The proposal is as follows and full details will be advised shortly:-

Members: \$5.00 for a weekend, \$15.00 for a week or \$50.00 for 6 months.

Non members: \$10.00 for a weekend, \$20.00 for a week. The maximum period of hire for a non member would be 1 week.

A deposit of \$50.00 would be charged for the use of a tandem for both members and non members.

State Championships

A summary of dates for State Championships is listed below:-

- State Track Championships - Kilometre Time Trials - Wed 28/2/01
- State Track Championships - Flying 200m & Sprints - Wed 7/3/01
- State Track Championships - Pursuit qualifying - Wed 14/3/01
- State Track Championships - Pursuit finals - Sat 17/3/01
- State Road Time Trial - Sunday 18/3/01
- State Criterium Championships - Sunday 29/4/01

Nomination forms are enclosed and are to be returned by the dates specified. **Please note that you must have current W.A.T.C.A.C. and Cycling Australia memberships before you can participate in these Championships.**

Australian Track Cycling Championships

These Championships will be held in Melbourne from 18th April 2001 to 22nd April 2001. If anyone would like any further information regarding these Championships, please contact Elsa Lepore.

Social Rides

We are proposing to have fortnightly "social" rides. A preliminary ride was held on Sunday 11th February 2001 and it is hoped that these will continue fortnightly from that date. If you are interested in being a part of these rides, please contact Janelle on 93671756 for full details.

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Cycling Clinics

We will be holding clinics for new members as an introduction to Tandem cycling. The first clinic will be held in March. Full details will be advised. Assistance from any of our experienced members would be greatly appreciated. Please contact any member of the committee if you are interested in participating in the clinics.

Newsletter

The first issue of this Newsletter will be sent out in "print" form, however, there will be 3 other formats in which you can receive this Newsletter. They are Email, Computer Disc or voice tape. Please let the Editor know which format you would prefer so that we can forward future Newsletters to you in that format.

Some Contact Details

4/02/2010

TANDEM TALK

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