

# TANDEM TALK

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

ISSUE 12 - November 2003

Well, spring is here and isn't it great to smell the wonderful fragrances of the flowers while out riding your bikes. I would like to thank Adriana for doing the August issue of Tandem Talk while I was away overseas. It was a really good read. With the warmer weather coming, there will be more opportunities to get out and enjoy your riding and stay fit and healthy.

Just remember that this is your newsletter, so any comments, suggestions or articles you wish to contribute are very welcome.

### **ANNUAL GENERAL MEETING**

It is that time of the year again when we need to think about who you wish to nominate to represent you on the WATCAC committee. You may wish to nominate yourself! The positions that will come up for election are:

President

Vice President

Secretary

Treasurer

Equipment Officer

3 Committee Members

**The AGM will be held in conjunction with our Christmas lunch and full details plus nomination form will be sent out to all members very shortly.**

### **CALANDER OF EVENTS:**

#### **SOCIAL RIDES:**

Sunday 14 December - Social ride, Christmas lunch & A.G.M.

A flyer has already been sent out so keep this in your diaries as we would like to see you all there.

## Report On Rotto Weekend

There were a total of 12 people that attended the Rottnest weekend, ten adults and two children. The trip over was very smooth unlike last year's trip.

We stayed at the Kingstown Barracks, very cheap but comfortable. We rode around the whole Island this time, distance of 22kms, very challenging, I didn't

realize how that Rotto was so hilly. On Sunday we all rode up to the main Cannon in the middle of the Island and did a tour, very interesting, of course

we made sure we had our regular coffee stops. Overall it was a great weekend, except for the boring boat trip and no gale force winds to ride into. Adriana Lepore

### COMPETITIONS :

State Championships will be coming up in the next 6 months, they will be:

State Criterium; State Road Time Trial; State Track Championships & State Road Race. As soon as dates are available, you will be notified of all the details. Note: The WA Disabled Sport Association has asked the WA Cycling Federation to organise State Championships for disabled cyclists in the future. This means that any member of WATCAC who wishes to compete in any of the State Championships will need to either get out a day licence or take out a full licence in order to be covered by insurance. If you would like any further information or simply to discuss any aspect of racing State competitions or local club racing please contact me, Lyn Lepore on 9249 8532 and I will be only too happy to help.

### COMPETITION RESULTS:

Since the last issue we had the EPC Multi Disability Cycling European championships. These were held from 14 September 2003 to 21 September 2003 in Pragg and Teplice which are in the Czech Republic. Obviously this was an excellent competition for Australia, with 10 Gold, 5 Silver and 11 Bronze, medals. We won the track competition convincingly, and remained the no 1 ranked team at the conclusion of hostilities. Our own WA riders did very well and their results are:

Janet Shaw and Leeanne Manderson

1000m Track Time Trial - Bronze

Track Sprint - Silver

3000m Track Pursuit - Bronze

56km Road Race - Gold

14km Road Time Trial - Bronze

Lyn Lepore and Kerry Cohen

1000m Track Time Trial - 6<sup>th</sup> place

Track Sprint - 5<sup>th</sup> place

3000m Track Pursuit - 4<sup>th</sup> place

56km Road Race - 4<sup>th</sup> place

14km Road Time Trial - 6<sup>th</sup> place

Kieran Modra (SA) and Darren Harry (WA)

1000m Track Time Trial - Did not start due to mechanical

Track Sprint - Gold

14km Road Time Trial - Did not finish due to mechanical

## **MEMBER PROFILE**

We want to know all about you - your good side, your bad side and especially your amusing side!! Please complete the attached Member Profile and return your form to The Editor (Lyn Lepore) I have run out of Profiles to put in our newsletter, so, come on all you new members and even those of you who are not so new... and get them in to me, NOW!

## **TRASH AND TREASURE:**

Items for sale:

WATCAC cycling clothing: (contact Gaele on 9446 3416)

Sigma Cycling Jersey (made in Italy) - (Large) \$15

Australian Institute of sport Cycling Jersey - (Medium) \$15

"Festina" bib suit ( these are cycling nicks with straps that go over the shoulders, very comfortable) \$15

"Gan" Cycling outfit (Jersey plus bib suit) Size 4 - \$15 per garment

Betskin long leg tights (good for winter over your nicks) Size: Medium \$10

There is a tandem road bike for sale. It is a Vetta aluminium frame, colour blue, made up with old Campagnolo running gear and wheels. It is 7 years old but has never been ridden

so the frame is in good condition. It is selling for \$2800 complete or nearest offer. For enquiries please contact Maurizio on 0419 417 417 or home on 9245 6232 if you are interested.

If you have anything you wish to sell or just give away to a good home, just send it to the Editor, Lyn Lepore.

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"Tandem Talk" - Member Profile

We want to know all about you - your good side, your bad side and especially your amusing side!! Please complete the following questions and return your form to The Editor  
(Lyn Lepore)

Name:

Nickname:

My best moment in Sport was:

Favourite person & why:

Favourite athlete & why:

My favourite hobby/pass time is:

Superstitions:

My favourite piece of clothing:

My most embarrassing moment is:

I'd hate to be without:

If I have achieved anything in life, it is:

Favourite website:

The best advice my Mum/Dad gave me is:

The best job I have ever had:

The worst job I have ever had:

Favourite relaxation:

My greatest weakness is:

Any other information you'd care to share: