

TANDEM TALK

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

ISSUE 14 - MAY 2004

Well! Hasn't the past 5 months floan by... A few very hot days, but, generally good riding weather. These few coming months are usually the best for riding as the days are cooler and there is no wind, so get out there and enjoy it before the real wet weather comes. WATCAC is moving with the times as we will be having our own website, members will be notified once it is up and running. Exciting hey! If you haven't heard already, our resident Coach, Janelle, is pregnant and due in August. Congratulations! Another budding cyclist on the way, perhaps!

MEMBER PROFILE

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

That's it! I don't have anymore profiles to put in this section, so get to it and send them in to me. Don't be shy, it's lots of fun!

CALANDER OF EVENTS

Reports from Beau of previous social rides, thanks heaps for these:-

Ian and Beau go to Bike week Breakfast 2004.

The Bike week Breakfast was held on Friday the 12th of March 2004 in Forrest Place. Attendees received a free breakfast of fruit, cereal, yoghurt and fried mushrooms plus a cycle instead water bottle. Ian and I went along and enjoyed the breakfast and bumped into some old friends and acquaintances. There was a wide variety of cyclists and bikes, ranging from serious "Lycra-men" to torn T-shirts, but there was a great atmosphere. One of the radio stations (the one with Zara, Troy and Bernie) was broadcasting from a stage there and running competitions. There is a photo of Ian and I from the day, which will be put on our website once up and running. Coincidentally, the fella I asked to take the photo said he recognised the tandem. Turns out he has a vision impairment and used to ride tandems. I think his name was Nick and he use to ride with Phil? Whatever, his impairment must be minor because he was on a single bike and took the photo!

Ride To Whiteman Park, Sunday 21 March 2004

As part of Bikeweek 2004, the Cycle Touring Association organised a ride to Whitemans

Park from Burswood via Midland. In order to make ourselves more visible to the cycling community, we decided to unofficially merge our recreation ride with CTA's. In a group of 30 plus bikes, we had two tandems ridden by Hab and Adriana and Ray and Meryl, and two single bikes ridden by Dee and myself. Unfortunately, the overall turnout was disappointing, but I think that the 40 degree temperature can be blamed for that. For those that did show up, the CTA took us on a ride around the back blocks of midland and the Swan Valley. Whilst it was starting to get warm, the ride was very enjoyable. Nearing Whitemans Park, we found that we'd lost a lot of the group and our two tandems were at the front. We'd been going pretty slowly waiting for some direction, but as none was forthcoming, we followed the signs to the Park. Turns out there is more than one entrance and we took the wrong one. Case of the blind leading I guess. In the end we found the others in the Park and enjoyed the BBQ and refreshments provided by the CTA. Our group then split up, as some of us had family commitments to get to. All in all, it was good to get out in a big group, and thanks to the CTA for organising it.

See what fun you can have on our social rides, so come on and join us. Adriana (president) will notify all members of upcoming rides and if you have any suggestions on where to go don't hesitate to let any of the committee know.

Report on Introductory Clinic held on 8 May 2004 by Adriana (President)

Our first clinic for the year was organised for Saturday 8 May 2004, it commenced at 1.00pm. Janelle Graham, our Road Coach, opened the afternoon with a welcome to everyone and a brief introduction. Greg Madson, Vice President, gave an overview on the history of WA Tandem Cycling Advisory Council, followed by WATCAC's responsibilities in regards to insurance aspects.

Next on the program for the afternoon, was a sighted guide demonstration for the benefit of all new tandem pilots. We then had a tandem set up on a turbo with two of our members going through the techniques of riding a tandem. Following on from the demo, we invited vision-impaired riders to come up and get a feel for how a tandem is set up.

After a 10-minute break, all riders were teamed up and taken down to the track where all the fun began. Riders spent approximately one hour getting a feel for the tandem and how it was to have another person on the bike. Our Coach, Janelle, along with other experienced members, instructed each individual team on important aspects such as balance, Starting and stopping, communication and most importantly, to have fun and enjoy riding a tandem.

Overall, the clinic was a great success, we had three new sighted riders attend and four new vision impaired riders. Feedback acquired from attendees was very positive with further clinics planned for the year.

Congratulations to our Coach Janelle Graham, always professional in conducting our clinics, and a big thank you to all Committee members and volunteers who were there to help on the day.

There will be a followup road skills clinic on 23 may at Technology Park. Details of this clinic and be obtained from Adriana Lepore on 9276 9018. Also coming up is a Track Skills clinic to be held on Friday, 11 June 2004 and details of this clinic will be sent out to members shortly.

RACING RESULTS

Congratulations to Janet Shaw and front rider Kelly McCombie on their fantastic results at the Track Nationals held recently in Sydney. They cleaned up with 3 Gold medals out of three events and broke 2 World Records in the process, what champions! But wait, there's more! Leon Larkins and front rider Darren Harry broke the 200m Sprint World Record and came away with 2 Silver medals. Lyn Lepore and front rider Jenny MacPherson (Victoria), having paired up 2 weeks prior to Nationals, did very well to come away with 2 Bronze medals. For all results from the National Championships you can visit the Cycling Australia website on www.cycling.org.au.

LOOKING FOR GOOD HOMES

Items for sale:

WATCAC cycling clothing: (contact Adriana Lepore on 9276 9018

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 - \$30 for the set

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

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: