

TANDEM TALK

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

ISSUE 15 - November 2004

Hi there everyone... Sorry for the long wait between our last issue in May and this issue. I was away overseas in August and wasn't able to produce our August issue. So, this issue will have lots in it to catch up on. Our website is now up and running, so go on-line and check it out at, www.watcac.org and let us know what you think.

CONGRATULATIONS!!! To our coach extordinaire, Janelle and hubby Steven, on the birth of their bouncing baby boy, Alexander. He arrived on August 9 at 8.14am and weighed 8 pounds. Janelle said he has a good set of legs, so watch out, he'll be on a bike very soon.

NEW POLICY (RECOGNITION GRANT 1.3)

WATCAC's Recognition Grant has been established to acknowledge the achievements and commitment of members. The Recognition Grant is neither sponsorship nor financial assistance. The size of each year's grant will be subject to the financial position of WATCAC annually. All Recognition Grants awarded in each financial round will be of equal size.

For more details on the above Grant, visit our website at, www.watcac.org.

CALANDER OF EVENTS

MAIN EVENT - Sunday, 12 December 2004 - WATCAC A. G. M., incorporating our Christmas lunch and social ride. Full details of the day will be sent out shortly.

Report on the Wheatbelt Tour by Greg Madson. Thanks very much for that Greg.

It is 5.30 am on Wednesday 10 November. On the edges of my consciousness I can hear some sort of musical tone; it's my alarm, telling me to jump out of bed. Jumping seems a bit too drastic at this time of morning, so I slowly crawl out of bed. What do alarms know anyway. Polloc (my guide dog) wants his breakfast, so now he is eating while I do the last bit of packing.

This is the first day of the WATCAC wheat belt ride and I am looking forward to getting back on a tandem. I have not been on a bike for 3 years and with a small setback in the form of a hart attack 6 months ago I am just a little bit nervous as to whether I am up to the ride.

The first stage of the ride was easy enough, taxi out to Victoria Park, load up the bus and trailer and then a nice casual drive to Brookton for our first school visit. We had a total of 4 tandems and 2 single bikes for the trip.

We arrived in Brookton at about 11 am, unloaded the tandems and rode the last 1km to the school. We split into 3 groups and spoke to 2 classrooms each. The students were full of enthusiasm and questions. We were invited to have some lunch and then it was time for the real work to start.

Polloc was ushered onto the bus. Feet were shod with cycling shoes, helmets were donned, water bottles were topped up and we were ready to go. Someone asks. Why does your front tire look so soft? So Hab and I get off the bike to check the front wheel, we have a puncture. Off with the helmets and out with the tools. Ten minutes later the wheel is fixed and we are ready to go once again.

And so we were all off on our 35km ride to Beverly. It was good to be back on the bike. We had traveled 500 meters and then the rain started, oh well thats how these things go. Another couple of kilometres down the road and we turn off onto the road to Beverly strait into a howling headwind, oh joy. We arrived in Beverly at around 2.20pm and headed straight for the school. We had one small tragedy on this first riding leg, Ray and Merryl had come adrift on one of the railway crossings and had broken the rear saddle on their tandem.

The talk at the Beverly school went like clockwork. Adriana did the introductions as to who WATCAC was and what we were doing during our wheat belt ride. I spoke about blindness and some of the equipment that people who are blind use and Lyn spoke about the Athens Paralympic Games. Paul, Beau, Hab, Allan, Trevor, Ray, Merryl and D were all poised ready for the bombardment of questions from the students.

The second leg of our ride for the first day was 35km to York. Arriving in Yourk we set up in some very cheep, clean and well appointed back-packers accomidation. We had a lovely meal at a local hotel, glasses were raised to a successful first day, then it was time for a well deserved sleep.

The second day started with a breakfast of eggs toast and coffee, then off to the York recreation center to talk to a group of students who had achieved excellence in sport over the previous months. We had a tandem riding demo in the hall, answered numerous questions and once again were inspired by the enthusiasm of the students.

The third leg of our tour was a 70km ride to Querading. There was still a bit of rain about but lady luck had turned our way and we had a tail wind to push us along. We

stopped for lunch at a little place called Morsen (no, that's not Antartical!) which consisted of about 3 houses and a single picnic table which we utilize to the fullest. We had a quick lunch and then back on the bikes for the final leg of day 2, arriving in Quairading around 4pm.

Time for a shower and clean up, then down to the local pub for a few ales before dinner. Our hosts put on a fantastic spread for dinner which was followed by a glass or two of red and a few tall stories. The classic story of the trip was told by Trevor when he said, "he and his wife, Shirley, were in Sydney at the Harbour, when they saw a pod of whales. His wife, Shirley, asked. What kind of whales do you think they could be? Trevor turned to her with a smile on his face and replied, New South Wales."

Day 3 started with a fine bacon and egg breakfast, cooked to perfection by our hosts, Ailsa and Ron. Then down to the school for another talk. More questions, more enthusiasm. Paul and Lyn put on a terrific tandem riding demo around the school quadrangle which was chased the whole way by a mexican wave spontaneously put on by the ecstatic students.

The last riding leg took us onwards 45km to Cunderdin. By this time we were a slick public speaking unit. Questions were asked and answered, stories of Paralympic glory told and the importance of teamwork nicely inserted into the minds of our willing listeners. And so the riding came to an end; we loaded the tandems onto the trailer, stopped off for a little lunch and then set off back to Perth.

The tour was a great success. Great company, well organized and a real lot of fun. I had a fantastic time and was surprised that I did the whole ride with no problems. Of course for 2 days after the ride my legs were a tad wobbly when I walked anywhere.

On the way back plans were already being discussed as to next years ride. I look forward to it.

There were photos taken on the Tour and they will be available on our website at www.watcac.org very soon, so keep a look out for them.

RACING RESULTS

2004 Athens Paralympic Games were held from 17 September to 28 September. Australia came 5th on the Gold medal tally behind China, Great Britain, Canada and USA. We were 2nd overall in the total medal count, second only to China. Our Ausie cyclists came away as top nation in both track and road. Out of the 26 Gold medals Australia

won, our cyclists won 10 of those. The total medal count for the Ausie cyclists was, 10 Gold, 6 Silver and 7 Bronze. From that our WA cyclists brought home, 1 Gold, 2 Silver and 2 Bronze, fantastic achievement.

Congratulations go to Janet Shaw and pilot Kelly Mc Combie who came home with, 4th place in the Track 1000m Time Trial, Bronze in the Track 3000m Pursuit and Bronze in the combined Road events. Lyn Lepore and pilot Jenny Macpherson (VIC) came home with, 4th place in the Track Sprint (where they had a bad crash), 6th place in the Track 1000m Time Trial and 9th place in the combined Road events, well done. Congratulations also go to Elsa Lepore (Cycling Team Manager) and Paul Lamond (Cycling Team Mechanic) for the great contribution they made to the overall success of the cycling team. For full results you can visit, www.paralympic.org.

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.

Come on all you new members! You know who you are! We want to know all about you too!

LOOKING FOR GOOD HOMES

Items for sale:

RECUMBENT TANDEM FOR SALE

Lindy Gulland bought a recumbent tandem tricycle about 2 years ago. It was custom made in WA by Logotrikes - Martin Arnold. He is a highly reputable builder of these and it is in pristine condition. Unfortunately, she does not have a good space to store it as she has 2 other tandems, and so has decided to sell it. It would be ideal for someone with multiple disabilities ie vision impaired and difficulty with balance. It is easy to operate but is large - 3.2 metres long. It is built for a rear rider with relatively short legs (a child or small adult) but think that this could be modified. Logotrikes has a website that may be referred to for information. Lindy would be happy to demonstrate it to the tandem group. If you are interested, contact the Editor and I can pass on Lindy's details. or others.

WATCAC cycling clothing: (contact Adriana Lepore on 9276 9018

Sigma Cycling Jersey (made in Italy) - (Large) \$10

Australian Institute of sport Cycling Jersey - (Medium) \$10

"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 - \$25 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.

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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: