

TANDEM TALK

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

ISSUE 18 - August 2005

The winter months have been cold, but, not too wet for our rides, thankfully. Hope you all have been keeping warm and well and that your tandems are being cleaned regularly through winter. Remember, this is your newsletter and any contributions are very welcome. Thanks to those members who have contributed to this issue. The year is quickly coming to an end and WATCAC has lots of exciting rides coming up, so make sure you keep all the dates below in your diaries so you can join in the fun...

REPORT ON THE TRACK/ROAD SKILLS CLINIC - SUNDAY 3 JULY 2005

Thanks very much to *Greg Madson* for this great article.

Star Tracking

Coach's Log: Stardate 3 7 2005.

All arrived from far flung parts of the Perth Galaxy, and converged on a small, but well known, portion of the local subspace area. The Midvale speedDome is found in the eastern spiral arm of our local Perth galaxy.

It was another one of those days where riding a bike is a great joy. And joy it was, for those who took part in the track cycling clinic smiles on faces was the order of the day.

We had a great turnout for this track clinic, and a couple of first timers amongst them. Those thrillseekers who dragged themselves out of bed on a Sunday morning to take part were;

Sharon Maxwell, Mandy Maywood, Marcelle and Kirt Williman, Chris Smith, Johno Mills, Kersti and Tony Brown, Lyn Nixon, Greg Madson, Lyn Lepore, Trevor Maslen, Hab Collier, Sandra Miller and Adriana Lepore.

Hab Collier coached new riders to tandems around the outdoor track where they were shown some basic skills in communication between steersman and stoker, starting and stopping a tandem and some basic tandem cycling protocols. They then moved into the indoor track to have a crack at the velodrome.

The outdoor track is a unique 700m criterium track which passes through the building. It is located on the eastern side of the facilities. At the northern end of the criterium track

is a Bicycle Safety Training Facility.

Sandra Miller, our intrepid coach, taught riders in the use of the indoor velodrome. There was instruction on Basic track skills, track etiquette, mounting and dismounting of track tandems and very importantly, stretching for warming up and warming down.

The 250m international standard timber cycling track was designed by German architect Ralph Shurrman and constructed under the supervision of UK velodrome specialist Ron Webb. High grade Siberian pine was chosen for its surface as well as its capability to bend in two directions.

We are extremely fortunate to have some great talent assisting us with these types of clinics. Sandra Miller our coach competed in several Paralympics as a front rider, Lyn Nixon and Lyn Lepore competed at Paralympic level as a team and Adriana Lepore and Hab Collier have been involved in competitive tandem cycling for many years and now amongst the drivers who keep the WATCAC machine thumping along.

Those front riders who volunteer there time and effort, allowing blind and vision impaired to experience the joys of tandem riding, deserve a huge pat on the back. Riding on a Velodrome was a first for some of our participants, while riding on a velodrome on a tandem was a great thrill for others.

The executive of WATCAC is currently looking into organising further track sessions for later in the year. Keep an ear out for updates.

Thanks to the SpeedDome website www.speeddome.wa.gov.au for information on the cycling tracks they provide.

WA DISABLED SPORTS ASSOCIATION 2005 AWARDS

The above Awards were held on Saturday, 9 July at the Sherraton Hotel. Our Life member, Gaele Sutherland was Awarded the 2005 "West Australian" Club Volunteer of the Year. Very well deserved, Gaele for all your time and work that you put into WATCAC. Congratulations!!! Janet Shaw and front rider, Kelly Harry, along with Lyn Lepore and front rider, Jenny Macpherson, were finalists in the 2005 "Cash Converters Cannington" Sport Star of the Year Award. The winner of this Award was, Shaun Norris (wheelchair basketball). Well done girls!

CALANDER OF EVENTS

Put these dates in your diary now, so you don't miss out...!!

Club Rides:

Saturday, 3 September - From Victoria Park

Saturday, 17 September - From Guildford

Saturday, 1 October - From Victoria park

Saturday, 15 October - From Guildford

Saturday, 5 November - From Victoria Park

Saturday, 19 November - From Guildford

Saturday, 3 December - From Victoria park

Saturday, 17 December - From Guildford

Recreation rides

Sunday, 11 September - Recreation Ride

Sunday, 9 October - Recreation ride

Sunday, 13 November - Recreation ride

Other dates to remember:

Kalgoorlie Tour Mon - Fri 10 - 14 October

Rottneest Weekend Sat-Sunday 12 - 13 November

Great Perth Bike Ride - Sunday, 20 November

WATCAC Club Championships to be held on Sunday, 27 November

A G M and Christmas function Sunday 11 December

Details of the routes for the above club rides are available on our website at, www.watcac.org. Plus, details of each Recreation ride will be sent out to members prior to the ride.

AN INTERESTING READ...

A Tandem Valentine's Story - sent in by Trevor maslin

A tandem team I know told me a story I found interesting and I thought I'd pass it along. They were on a credit card tour of Scottish distilleries and castles this past summer. While touring a small distillery, their parked tandem was backed into by a lorry. None of their minimal luggage was damaged, but the Santana tandem's frame was bent at about a 30 degree angle right in the middle.

It turned out that both the owner of the lorry company and the distillery manager were touring cyclists themselves, and members of the CTC. They put the couple up in a bed and breakfast in the nearest village, and arranged to have the tandem frame replaced by Santana. On top of that, they bought them a used tandem from a local cycle shop to use on tour and take home to ride until their bike was fixed. So after only a day lay over the couple was back on the road.

The tandem was a real odd ball. While over 15 years old it looked like it had never been

ridden. The geometry was basically copied from a Taylor, and the components were top line but not really optimum for tandem use. The paint, while uniform, seemed like it had been put on with a spray can. And the frame was lugged with the most beautiful ornate lugs either of them had ever seen. Well, it served them adequately for the tour and back home until their Santana got fixed.

In late October they got a call from a man who asked about the tandem, and then offered to buy it. They were about to make a deal to sell it for \$850 (USD) when the man said he'd need them to ship it to England!. Why would someone want to buy an inexpensive touring tandem and ship it half way round the world? The guy on the phone was very coy, and while he never would say why he wanted the tandem, he jacked his price up to \$1500 and then \$4000 before the couple said they weren't interested in selling it.

Intrigued, they began to strip some of the spray paint off to find out what the brand was. They found that those beautiful lugs were gold plated! And under the dark green spray paint they found a royal blue tandem with the small decal, "Lipscome Harrowgate Cycles, London".

A call to a large cycle shop in London brought in a little information on Lipscome - Harrowgate. They were a small shop that built racing bikes favored by young British lads that went off to the continent to try their hand at being professional racers. The bikes were little known because they were usually painted and decaled to meet the racer's sponsor's requirements. But the shop said that L-H never build tandems! Later that week they got another call from a man representing "investors" who offered 10,000 pounds for the bike! The couple then called L-H and finally got to talk to Ian Lipscome. He immediately demanded to know how they had the bike, so before they got any information, they had to tell their story. Then Lipscome told them, "I hadn't thought about the tandem we built in several years. I guess I had tried to put it out of my mind. I'm sorry the tandem's story worked out this way, and I can't help but think that things would have been different if it had been ridden by the couple we built it for. Anyway, pull the captain's seat post and fish out the document rolled up inside, that'll explain things, I think."

In addition to a receipt for shipping from London to Balmoral, they found a letter there that said, "Presented to His Royal Majesty, Charles, Prince of Wales, July, 1981, in honor of his marriage to Lady Diana Spencer" followed by the motto of Lipscome-Harrowgate Cycles: "Enfants Perdus".

JUST FOR LAUGHS

Thanks again Trevor for this one...

Panting and sweating, two men on a tandem bicycle finally made it to the top of a steep

hill. "That was a tough climb," said the front rider. "Sure was," replied the second. "And if I hadn't kept the brake on, we would have slid down backward."

MEMBER'S 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 Lyn at, tandemtalk@watcac.org .

I haven't had anymore Member Profiles, so come on all you new members! You know who you are! We want to know all about you as well!

FOOD FOR THOUGHT

This recipe was taken from the book "Survival Of The Fittest" by the Australian Institute of Sport.

Chicken and Corn Soup

Oil spray (canola or olive) ,
 300 g chicken tenderloins (thighs)
 5 spring onions, thinly sliced
 2 teaspoons minced ginger
 pinch cayenne pepper
 1 1/2 litres (6 cups) MAGGI Chicken Stock
 400 g creamed corn
 2 tablespoons chopped fresh parsley

Spray a nonstick frying pan with oil and heat. Cook the chicken for 5 minutes, turning occasionally, or until lightly browned and cooked through. Cool, cut into fine slices and set aside. Heat another spray of oil in a large saucepan. Add the spring onions and cook over medium heat for 2 minutes or until soft. Add the ginger and cayenne pepper and cook, stirring, for a further 1 minute. Add the stock, corn and cooked chicken to the pan. Bring to the boil, reduce the heat and simmer for 5 minutes. Stir in the parsley just before serving.

HINT: This soup is ideal with focaccia, herb or crusty breads.

ANALYSIS (does not include bread)

Energy (4 serves) 1862KJ 445 CAL (6 serve) 1241 KJ 297 CAL
 Carbohydrates (g) (4 serve) 64 (6 serve) 43
 Protein (g) (4 serve) 30 (6 serve) 20
 Fat (g) (4 serve) 7 (6 serve) 5

Preparation time: 5 minutes

Cooking time: 15 minutes

LOOKING FOR GOOD HOMES

Items for sale:

WATCAC cycling clothing: (contact Adriana Lepore on 9276 9018

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

"Look" Short sleeve cycling top, size XL \$10

Cycling Top red and yellow, size L \$10

If you have anything you wish to sell or just give away to a good home, e-mail it to, tandemtalk@watacac.org.

Editor's' contact details:

Lyn Lepore:

Tel. (H) 9249 8532 (M) 0400 464 060

[E-mail: tandemtalk@watacac.org](mailto:tandemtalk@watacac.org)

"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: