

TANDEM TALK

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

ISSUE 21 - May 2006

The days are getting shorter and the trees are losing their leaves. Yep! Winter is bearing down upon us, but there are still no excuses for not getting out on your tandems and going for a ride. Even though it's cold and a little drizzly, just think of that hot pot of soup cooking away on the stove and that really nice hot shower that awaits you when you get home from your ride. Don't you just love it!

Freeway Bike Hike - Sunday, 19 March 2006

It was another great day, with favourable conditions which saw quick times from all the participants on the ride.

As usual, in the early hours of Sunday morning, there was a coming together of riders and tandems in the car park of the association For The Blind in Victoria Park.

We had a total of 17 bikes, which consisted of, 12 tandems with vision impaired rear riders, 3 tandems with both sighted riders and 2 single bike riders.

The ride took us from Belmont to Joondalup, through the Poly Pipe and along the Freeway. It's a great ride as the roads are smooth and there are no vehicles to get in your way. How good is that!

Once in Joondalup, we all gathered for refreshments and a quick bite to eat, before heading back home, as the heat from the sun was bearing down on us. Well done to everyone as 30km is a substantial distance to ride. Hope to have you all along for next year's ride, and let's see if we can get a record of tandems along for 2007.

Lyn Lepore

School Holiday Program April 2006

Friday 28 April 2006, Tandem bikes were once again being unloaded at the Midvale Speed Dome, in preparation for a fun filled day of cycling. Junior members of the Cyclewest Squad, ten in total, were assembled casually chatting and comparing cycling gear. Ken Meyer, coach, and his assistant Margaret Horn were assigned to coordinate the days events.

From across the Velodrome came a roar of laughter and voices as 10 young vision impaired kids and their supervisors approached the track. There was a brief introduction to the group then words of wisdom on the do's and don'ts of riding a tandem bike. Mixed feelings of anxiety and excitement filled the Velodrome as everyone was teamed up for a ride around the outdoor circuit.

The morning went like clockwork with no spills or drama, sighted kids confidently directing vision-impaired kids, on and off the bike. It was time to fill all the hungry bellies so the barbecue was fired up and sausages were sizzling, silence fell once again.

It was time now for the real heart-pumping event of the day; time to face the speed and steep banks of the indoor wooden track. Many protests were heard from the young riders, as there was much reluctance after they were told that the track tandems had no brakes and just one gear. Then one brave soldier stood up and took the challenge, and then it was on for all, who was to be next to climb to the top of the track.

The day was a great success, smiling faces everywhere to be seen, a memorable experience not just for both groups of young riders but also for the coaches and supervisors. The WA tandem Cycling Advisory Council (WATCAC) has once again enforced a very special and worthwhile community program, which will always be an important feature in our calendar of events.

CALANDER OF EVENTS

Club Rides

Saturday, 10 June - Commence Vic Park

Saturday, 24 June - Commence Guilford Train Station

Saturday, 8 July - Commence Vic Park

Saturday, 22 July - Commence Guilford Train Station

Saturday, 5 August - Commence Vic Park

Saturday, 19 August - Commence Guilford Train Station

Saturday, 2 September - Commence Vic Park

Saturday, 16 September - Commence Guilford Train Station

Saturday, 30 September - Commence Vic Park

Saturday, 14 October - Commence Guilford Train Station

Saturday, 28 October - Commence Vic Park

Saturday, 11 November - Commence Guilford Train Station

Saturday, 25 November - Commence Vic Park

Saturday, 9 December - Commence Guilford Train Station

The Club rides are ridden on 2 different circuits, south of the river commence at the car park adjacent to the Association for the Blind, 16 Sunbury Road, Victoria Park and go for a distance of 40 kilometres. North of the river commences from the Guilford Train Station and also covers a distance of 40 kilometres.

Recreation rides

Monday, 5 June

Sunday, 2 July

Sunday, 13 August

Sunday, 10 September

Sunday, 8 October

Sunday, 12 November

Sunday, 10 December

The Recreation rides usually take us along or around the river during the warmer months but there will be some through and around the Swan Valley in the cooler months. The recreation rides usually go for a distance of 20 kilometres with a coffee stop half way. Details of all recreation rides will be sent out to all members prior to every ride.

Other dates to remember:

Rottneest Weekend Sat-Sunday 14 - 15 October 2006

City of Perth Great Bike Ride - Sunday 19 November 2006

South West Tour Mon - Fri 27 November - 1 December 2006

AGM and Christmas function Sunday 10 December 2006

FOOD FOR THOUGHT

This is a new section where we can all share some great moments that surround food and share great recipes with everyone. I got this one off Adriana and she got it off our sister, Rina, and it's so yummy...

CHOCOLATE FUDGE SLICE

INGREDIENTS:

250g DARK CHOCOLATE BLOCK (i.e. Old Gold) BROKEN UP.

125g BUTTER (UNSALTED) CHOPPED.

4 EGGS, LIGHTLY BEATEN WITH FORK

2/3 CUP CASTER SUGAR

2/3 CUP SELF RAISING FLOUR

METHOD:

MELT THE CHOCOLATE AND BUTTER IN A GLASS BOWL, OVER A SAUSEPAN OF BOILING WATER.

ALLOW TO COOL.

ADD EGGS, SUGAR AND FLOUR, MIX WITH ELECTRIC MIXER ON LOW UNTIL ALL INGREDIENTS ARE COMBINED.

MIX ON MEDIUM SPEED FOR A FURTHER 3 MINUTES. PUT MIXTURE INTO A GREASED AND LINED (19CM X 10CM) LAMINGTON TIN.

BAKE IN MODERATE (180c) OVEN FOR 30 MINUTES.

DUST LIGHTLY WITH ICING SUGAR AND CUT INTO SQUARES.

ENJOY!!!

MEMBER PROFILE

We want to know all about you - your good side, your bad side and especially your amusing side!! If you haven't filled out one of these, then come on, what are you waiting for!!

Please complete the following questions and return your form to Lyn Lepore at, tandemtalk@watcac.org.

Name:

Nickname:

My best moment in Sport was:

Favourite person & why:

Favourite athlete & why:

My favourite hobby/past 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:

LOOKING FOR GOOD HOMES

Items for sale:

1 Set of Shimano 16 spoke road wheels - \$200 contact Adriana Lepore on 9276 9018

Apollo Tandem Bike, Sale price \$1000

5 years old, good condition, Shimano gears, 26-inch wheels,

Rear carry rack, Dark green in colour, Spare tubes included

Please contact: Ms. Glenys Campbell

Phone (office hours) 9366 1709 Phone (after hours) 9458 8437

Email genghis@iinet.net.au (Resides in Wilson, Shelley)

If you have anything you wish to sell or just give away to a good home, just send it to Lyn Lepore at, tandemtalk@watcac.org.

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