

## **TANDEM TALK**

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

#### **ISSUE 22 – FEBRUARY 2008**

The WATCAC Committee would like to sincerely thank and acknowledge the work that Lyn Lepore has done in creating this newsletter. Lyn has taken up a new venture and we wish her all the very best. Trevor Maslen will continue to provide WATCAC members and other interested persons with as much information as possible to ensure that this newsletter remains an effective medium for tandem riders and indeed other riders. It is expected that this will be a quarterly edition depending on available material.

#### **WATCAC COMMITTEE 2008**

President: Adriana Lepore  
(Phone [9276 9018](tel:92769018) or by email to [adge.l@bigpond.net.au](mailto:adge.l@bigpond.net.au))

Secretary: Hab Collier  
Treasurer: Kirstie Brown  
Vice President: Greg Madson  
Committee Member Trevor Maslen  
Committee Member Vacant.

It is anticipated that the sixth committee member position be a representative of our Junior Cycling Development program. This was passed at the WATCAC Annual General Meeting, held in December 2007. We encourage parents of juniors, or other persons interested in this aspect of our overall program, to nominate for this vacant position and become a member of WATCAC. It was also passed that such a person can be appointed by the committee. If you are interested then please contact Adriana for more information.

#### **CALENDER OF EVENTS**

##### **Recreation rides**

Recreation rides –depart mainly from the Association for the Blind, 61 Kitchener Avenue, Vic Park at 8.45am – distance 25 kilometers max – pace between 20 to 23 Kph – coffee stop half way for a break.

Details of all recreation rides will be sent out to all members prior to every ride.

Monday	3-Mar	TBA
Sunday	6-Apr	TBA
Sunday	4-May	TBA
Monday	2-Jun	TBA
Sunday	13-Jul	TBA
Sunday	10-Aug	TBA
Sunday	7-Sep	TBA
Sunday	5-Oct	TBA
Sunday	2-Nov	TBA

## Club Rides

The Club rides mainly commence from two different locations:

- south of the river commence at the Association for the Blind, 61 Kitchener Avenue, Victoria Park
- North of the river commence from the Guildford Train Station car park.

They both cover a distance of about 50-60 kilometres, without stops, and normally average 26-28kph.

There are occasions when different rides are undertaken. As a result of possible changes, it would be advisable to contact the President, Adriana Lepore, a few days before the planned ride date to confirm ride commencement location and departure time.

Saturday	1 Mar	<b>Commence at 47 Kooyong Rd, Rivervale 7 am. Ride to Mandurah, breakfast in Mandurah, return by train.</b>
Saturday	15 Mar	Cancelled-Freeway Bike Ride on Sunday 16 Mar
Sunday	16 Mar	Freeway Bike Hike
Saturday	29 Mar	TBA
Saturday	12 Apr	TBA
Saturday	26 Apr	TBA
Saturday	10 May	TBA
Saturday	24 May	TBA
Saturday	7 Jun	TBA
Saturday	21 Jun	TBA
Saturday	5-Jul	TBA
Saturday	19-Jul	TBA
Saturday	2-Aug	TBA
Saturday	16-Aug	TBA
Saturday	30-Aug	TBA
Saturday	13-Sep	TBA
Saturday	27-Sep	TBA
Saturday	11-Oct	TBA
Saturday	25-Oct	TBA
Saturday	8-Nov	TBA
Saturday	22-Nov	Cancelled-Great Perth Bike Ride on Sunday 23 Nov
Sunday	23-Nov	Great Perth Bike Ride

## Regional WA Tour 2008

Monday	24 Nov	TBA to
Friday	28 Nov	

## **JUNIOR PROGRAM**

### **School Holiday Program**

Friday          18 Apr          Velodrome, Midvale. To be confirmed

### **Junior Development Program**

Last year saw the commencement of a junior development program thanks to financial support from the Department of Sport and Recreation.

The program has included a partnership with several organizations, in particular Cyclewest promotions as well as the Association for the Blind. The primary aim of the program is to introduce junior riders, both vision impaired and fully sighted to tandem riding at all levels. Last year a highlight of the program was a ten week track program held each Saturday morning at the Midvale Velodrome. Seven vision impaired juniors participated as well as ten elite junior front riders from Cyclewest promotions squad. The program was an outstanding success, and one that we are considering repeating next year.

Other activities were two school holiday "Have-a Go" days, a road clinic for juniors and parents, inclusion of several juniors in our recreation ride calendar, four vision impaired juniors participating in the Freeway Bike Hike, and our annual country school presentation tour where we cycle between schools and give talks to local primary schools. Last year we rode throughout the mid-west region and presented to over nine hundred children.

This year we are focusing on conducting two regional clinics for juniors and the first is scheduled for March 8<sup>th</sup> in Geraldton. Our other major focus is to provide ongoing support to those juniors who have now commenced riding at all levels. We now have eight juniors who have expressed interest in regular riding spread across all levels. This is a great outcome, and we will be encouraging all to continue riding throughout the year. Also, we will once again conduct two School Holiday programs, joining in the Freeway Bike Hike, and conducting our country school tour.

If you know of any vision impaired young person who may like to have a try at tandem cycling, please do not hesitate to contact either Adriana Lepore or Hab Collier.

### **Junior Success**

Sam Harding, one of our junior members has recently returned from competing at the Australian Track Championships in Sydney, he won two silver medals in the junior under 19 division in the 3000m pursuit and the 1000m Time Trial and a bronze medal in the mens open Sprint division. His cycling partner is John Dunlop and they have been cycling together for approximately four months. Congratulations to both Sam and John for their achievements.

## **OTHER 2008 DATES TO REMEMBER**

### **Freeway Bike Hike      Sunday      16 Mar**

Enter as a WATCAC team member. WATCAC will pay 50% of the registration fees per tandem for financial WATCAC members and will pay 100% of registration fees per tandem where a vision impaired Junior is participating. .

Departing from Belmont Racecourse at approx 7.30am heading northbound along southbound carriageway of the Mitchell freeway (closed to traffic until 11 am); arriving at Joondalup Shopping Centre. Distance 30 kms.

For more information [www.freewaybikehike.com.au](http://www.freewaybikehike.com.au)

Some participants may choose to return by train and others may choose to return by bike (approx 80 kms round trip).

### **Great Perth Bike Ride      Sunday      23 Nov**

Enter as individuals. Departing from Riverside Drive at approx 7.30am via Nedlands, Claremont, Mosman Park, North Fremantle, Bicton, Ardross, Applecross, South Perth to finish at Riverside Drive. Distance 53 kms.

If your really feeling fit you can ride two laps (106kms) but the first lap starts much earlier. For more information [www.greatbikeride.com.au](http://www.greatbikeride.com.au)

## **REPORTS**

### **Information for Cyclists**

The Kwinana Freeway path along the side of the Swan River, near the Como Scout Hall is currently closed. Cyclists have to detour over the footbridge to Melville Parade on the eastern side of the freeway and then back again over the next footbridge. It expected to be completed by the end of February 2008. *(advice from Dep't of Planning & Infrastructure)*

The Kwinana Freeway path under South Street at Murdoch Train station is not expected to be open until May 2008. *(advice from Dep't of Planning & Infrastructure)*

The Claisebrook Station overpass has been marked to reduce conflict between pedestrians and cyclists traveling across the covered overpass, as a result of many complaints and accidents. *(advice from Dep't of Planning & Infrastructure* [www.dpi.wa.gov.au/cycling](http://www.dpi.wa.gov.au/cycling))

Details of roadwork's can be found on the Dept of Main Roads website [www.mainroads.wa.gov.au/NR/mrwa/run/start](http://www.mainroads.wa.gov.au/NR/mrwa/run/start) or from your local council.

Copy of flyer sent which appeared in the Mid-West Gazette for interest in the tandem clinic in Geraldton to be held on 8 March 2008.

# GERALDTON TANDEM CYCLE CLINIC

**ARE YOU AGED 12- 30 AND VISION IMPAIRED OR INTERESTED IN RIDING WITH A VISION IMPAIRED CYCLIST IN TANDEM BIKE RIDING?**

**The WA Tandem Cycle Advisory Council (WATCAC) has been established to introduce and support blind and vision impaired riders from recreation cycling to elite competition.**

**2008 brings us to Geraldton to conduct an introductory clinic for vision impaired people (12-30) of *all* cycling abilities, friends, family and any others interested in supporting the day.**

**Our Tandem Program is for:**

- Fun
- Fitness
- Road safety education
- Improving cycling skills

- No cost
- Fully qualified coach
- Tandem bikes supplied
- Morning tea will be provided.
- Huge amounts of fun *guaranteed!*

**When:** 8<sup>th</sup> March

**Time:** 9am – 12pm

**Where:** Glendinning Park, Mount Tarcoola

**What to bring:** Closed in shoes suitable for riding, comfortable clothing, water bottle and helmet.

**Registration:** Please register your participation by **3<sup>rd</sup> March, 2008**

**Further Information:** Rebecca Zapelli - 9956 2213

Peter Burchill - 0427 117 001

Adriana Lepore - 9276 9018 (WATCAC)

## **EVENT REPORTS**

### **Great Perth Bike Ride 2007**

The Great Perth Bike Ride was held on Sunday 25 November 2008, 4 tandems participated from WATCAC. Paul Lamond & Lyn Lepore; Kirstie & Tony Brown; Hab Collier & Adriana Lepore; Trevor & Shirley Maslen. The course commenced and finished at Riverside Drive over 53 kilometers around the Swan River through northern river suburbs to North Fremantle and returning via the southern river suburbs.

### **Clinic Report January 2008**

The Introductory clinic was on Sunday 13 January at George Burnett Park Karawara. It commenced at 8.30am. Janelle Graham - Coach, assisted by Trevor Maslen, Peter Hancock, Beau Tang, Greg Madson, Lyn Lepore and Adriana Lepore. We had seven sighted and four vision impaired riders.

The road Skills clinic was held two weeks later on Sunday 27 January at Technology Park, Bentley. The clinic commenced at 8.30am. Anthony Collier - Coach, assisted by Trevor Maslen, Greg Madson and Adriana Lepore. There were four sighted riders and four vision impaired riders attending from the Intro clinic, with one new sighted rider joining the clinic that day.

I would like to thank all those that have assisted with the coaching clinics.



*Photos of new riders being coached at a previous clinic at George Burnett Park, Karawara.*

### **Mid West Tour November 2007**

Hi all, in the paragraphs that follow I attempt to capture the spirit, camaraderie, frustrations and enjoyment we had during the Mid-West tour from 19-23 November 2007.

#### **Day 1: Monday 19<sup>th</sup> November**

Up early, the cycling gears ready and packed, Pollock is just finishing the last of his breakfast and a taxi is on the way to take us to our 9.30am meet at Midland Train Station.

At the station we find Trevor and Keith, and Kurt just being dropped off. No sign of the bus though. Dee, our 'domestique', arrives on his single bike and all that need to be here are here. We grab our gear and move across the road to a coffee shop that has a nice vantage for spotting the elusive bus.

The bus arrives and we are introduced to our driver Margaret Dale, who has kindly offered to drive the bus, with Pollock riding shotgun for the duration. All gear is loaded into our spanking new trailer and we are soon on our way.

We arrive in Dongara at around 3.00pm and check into the Dongara Caravan Park on Ocean Drive Dongara. We settle into our little chalet units, which are right on the beach; very nice. At around 7pm we take a stroll along the beach and up to the local pub for a meal. Nice food, great company and wonderful service, makes for a memorable first night on the road.

### **Day 2: Tuesday 20<sup>th</sup> November**

Trevor, Kurt and myself woke early for another walk along the beach. On a rise, overlooking the bay, we found a wooden lookout structure built to commemorate the fishing people of WA who have been lost at sea. With the pre-dawn, and the sound of throbbing diesel engines coming from the readying fishing boats far below, it was quite surreal.

Arriving back at our chalet on the beach, we had a little breakfast and then unload the tandems for our day's activities.

At 9.00am we tackled our first presentation for the tour. The Dongara District High School Principal Janine Calver was there to meet us as we freewheeled up to the school.

Students were gathered and the tandem circus begins. Adriana introducing who we are and why we are here. Trevor giving a rundown on the tandems, how they work and their differences from single bikes, and me giving an overview of blindness and how barriers are overcome using tools like screen-readers to access computers and mobile phones, using white-canes and guide dogs to get around. Hab our spotter for question time, as well as the holder of front rider knowledge. Kurt, Keith and Dee demonstrating when needed and supplying answers to those tricky questions.

Soon it has rolled around to 10.30am and it is time to load Pollock onto the bus and start our ride to Geraldton; a distance of 70 kilometres.

This 70kms is one of the easiest I have ever ridden. We had a tailwind, which practically pushed us all the way to Geraldton, it seemed pedaling was optional. This tailwind gave us an average speed of 35kms. It was great!

We arrived in Geraldton, at around 3.00pm, surprisingly fresh for our presentation at Geraldton Primary School, with Principal Michael King. This was one of the bigger schools of the tour. The tandem circus sprang into action once again. The team presented and answered questions until time just ran out. After the presentation we were approached for our photo for the local Geraldton paper. Some smiles, a lot of “cheeses” and a fair bit of trying to keep Pollock looking the right way, we finally got the all clear from the photographer to break ranks. So with a wave and a couple of turns of the pedals, we were on our way to find our accommodation for the night.

At around 4pm we checked into Intown Apartments on Eastern Road just east of the Geraldton town site. Hab went into town for a swim while the rest of us did a bit of washing, had a rest, and then got ready to go into town for dinner. We had a fantastic meal at the Camel bar followed by a walk around the streets of Geraldton. It was then back to our digs for sleep.

### **Day 3: Wednesday 21st November**

We are back on the tandems again for a 9am presentation at Mt Tarcoola Primary School (*see photo at end of article*). For some reason I was missing from the photo; probably supervising Pollock’s needs. Principal Geoffrey Elliott introduces our merry band to his school and we once again move into our ‘show and tell’ presentation. Lots and lots of questions were asked and answered. We had a demonstration of tandem riding given by Kurt and Keith until once again it was time to hit the road.

By 10.30am we were cycling to Nabawa, 48 kilometres north east of Geraldton. With the previous days ride still in our minds (that beautiful tailwind) we were keen to get some of the same. The ride started with a bit of a challenge, a 4km climb into a hot easterly headwind. Unfortunately for us things really didn’t get any better. Compared to the day before this was one of the hardest rides I have ever done. The ride was constant hills, which usually isn’t too bad, but with the hot dry headwind it was a murderous trek.

We arrived in the Chapman Valley at around 12.30pm and headed straight for the closest place for relief; this happened to be the local hotel. We ordered several jugs of lemon squash and tended to our various hurts. That was a tuff ride!

At 2pm we were under a tree outside the Chapman Valley Primary School in Nabawa. The Principal, Gail Baker had suggested the under-the-tree location for our presentation and the informal venue really suited our presentation. I must say I really enjoy presenting at these smaller schools. We had the entire student body sitting under this single tree captivated with our stories of tandem tours and how people who are blind go about their daily lives.



At 3.30pm our schedule had us cycling back to Geraldton, but the heat had taken its toll so we loaded up the bus and trailer with tandems and riders for the 40km trip back to Geraldton.

Back in Geraldton, Hab and Adriana went off for a meeting with some of the local cycling clubs. This meeting was to lay some groundwork for a WATCAC junior clinic to be held in Geraldton in early 2008.

When Hab and Adriana returned we went into town again for dinner. After searching the town for a seafood place to eat, and coming up with nothing, we ended up back at the Camel Bar for another great meal.

#### **Day 4: Thursday 22nd November.**

Once again, Trevor, Kurt and myself got up before the sun, this time to take the bus and have a look at the HMAS Sydney memorial overlooking both Geraldton and the sea. A fantastic group of structures in memory of sailors lost.

At 8am we were on the road, this time a drive to North Hampton 60 kilometres. On arriving in Northampton we unloaded the tandems for our 40km ride to Binu.

Off we went, slight down hill out of Northampton and then a bit of a climb, and a bit more of a climb, and then some more climbing, and more climbing; what happened to the down hill? We discovered after doing the entire 40km up hill, Was that there was no downhill! It wasn't as bad as the previous days ride, but it was a good test for tandems. Tandems are hard to ride on climbs at the best of times, let alone a 40km climb!

We arrived in Binu at 11am for our 11.30am presentation at the Primary school. The Principal Simon Mitchell was gathering the students for another under-a-tree location presentation. The presentation was delivered, lots more questions were answered and all enjoyed the whole experience.

We were to ride back to Northampton but once again the 36 degree heat got to us and we decided to drive back taking a little detour to visit the Hutt River Province on the way back, much to the delight of Dee. Visiting the Hutt River Province was a bit of a milestone for WATCAC. This was the first time that WATCAC had been 'international' without leaving Australia (and some of us have the passport stamps to prove it).

By 2.30pm we were checked into our accommodation for the night, Northbrook Farm Stay, just outside Northampton. Seeing how we had gained some time driving back to Northampton rather than riding, a few of us decided to take the bus and head across to the coast for a swim.

On arriving back at our farm stay and washing off the sand and salt in the pool we readied ourselves for our BBQ farm stay dinner. Our hosts were fantastic, the flies were extremely friendly though, plenty of food, laughter and even a few cold ones to finish off the night. Our last school visit tomorrow.

### **Day 5 Friday 23<sup>rd</sup> November**

By 9am we were presenting at the Northampton Primary School. Principal, John Faichney had met us to give us a quick rundown of the school and its students. This was a larger school body, and too big to fit under a tree, so the school quadrangle was our presentation area. We presented, students listened, absorbed and shot back questions.

At 10.30am we departed for Perth. A long drive which gave us time to reflect on what we had just done. We had ridden just short of 200kms, visited 6 schools, presented to 960 students and had a fantastic time.

Thanks to Adriana, Hab, Kurt, Keith, Trevor, Dee and a special thanks to Margaret our driver for making the 2007 WATCAC Mid-West tours such a great success. Where to next?

Greg Madson



*Photo of tour participants plus a selected student from the Mount Tarcoola Primary School.*

## **MEMBER PROFILE**

We like to get to know our members a little better.

Please complete the following questions and return your form to Trevor Maslen at, [tandemtalk@watcac.org](mailto:tandemtalk@watcac.org). Remember the answers will be published in this newsletter so be careful what you write!!! Humor is welcomed as long it is clean and appropriate.

Name:

Nickname:

My favorite hobby/past time is:

My favorite relaxation is:

My greatest achievement is:

My most embarrassing moment was:

My hero and why:

My favorite moment in sport was and why:

The best job I have ever had:

The worst job I have ever had:

My mission in life is:

## **ITEMS FOR SALE**

Nil advised.