



CYCLEMANIA
Mandurah Over 55 Cycle Club Newsletter
July 2009

From the President's Desk – Bill Clare

The recent wet weather has seen attendance at the Club rides drop to a level I haven't seen in nearly the 4 years I have been a member. Around 25 turned out on the last day of the financial year and although it rained early in the morning by the time we headed out it had fined up (a bit blowy) and an enjoyable ride was had by all.

The bikie burgers with a difference (home made) were a great success; my sincere thanks to our social coordinator and committee especially Vice President Bruce Williams who made the burgers and didn't the chocolate topped ice creams go over well. I'm sure we will have bigger numbers next time as the word spreads.

We will be having an achievement ride in August (100 km) what this means is if you complete all of the ride (you must stay on the route) in the time allowed you will receive a badge similar to a tour badge this is a start for this club and will become a regular annual event with times and distances to be reviewed to take into account riders of various capabilities.

We also hope to have some information soon on the new shared path running along the freeway extension which will give us a lot more variety for our rides.

Lots of things happening soon so make sure you note the dates and events coming.

From the Ride Captain's Desk – Wayne Wright

WHEATBELT TOUR

As per the Ride Timetable this tour is scheduled to run from Sunday, 13th September to Saturday 19th September.

Whilst it's not yet set in concrete, this is the basic concept of the ride. The distances are estimates at this stage but are fairly indicative.

Route:

Start at Wagin (Sunday; 13th Sept) then first night at Dumbleyung: Distance 50kms.

Second day (Monday; 14th Sept): Dumbleyung to Lake Grace: Distance 80kms.

Third day (Tuesday; 15th Sept): Lake Grace to Hyden: Distance 90kms.

Fourth Day (Wednesday; 16th Sept): Hyden: Lay day.

Fifth day (Thursday; 17th Sept): Hyden to Kulin: Distance 80kms.

Sixth day (Friday; 18th Sept): Kulin to Narrogin: Distance 110kms.

Seventh day (Saturday; 19th Sept): Narrogin to Wagin: Distance 60kms.

Total distance is around 470 kms.

Accommodation:

The choices are either hotel or tent or a combination of these, whatever suits. On this basis each rider is to be responsible to pay on the day for their choice. Tent sites are in each town and cost around \$5-\$15 per night. Hotels/motels are around \$80+ per night for a double. Hyden has a choice of cabins at \$155 per night for four people or cottages at \$265 per night for 8 people. Accommodation costs vary in each town.

All accommodation has been tentatively booked. Numbers need to be confirmed.

Tucker:

It is possible to have dinner each night at the hotel/motel. Dinners can range from \$20 to \$40 depending on choice. Breakfast can be catered for the hotel dwellers, campers can breakfast on the camp grounds. The hotel group can breakfast at the camp kitchen or vice versa. A cooked breakfast can range from \$8.50 to \$20. The choice is yours. On the road the morning, lunch and afternoon breaks will be as per the norm of previous tours.

Groups:

A slight variation to the normal tours is to have two groups instead of one. (Number dependant). By having two groups will allow for two paces. The first group can ride at a faster pace and wait for the chuck wagon for morning and afternoon teas and lunch. The second group will have a slower pace and be supported by the sag wagon. The reason for having this split is to encourage some riders who may be daunted by the distances and can opt out for varying sections of the ride. I.e. Ride until morning tea, then car to afternoon tea and then ride to the day's finish. However this second group would still need to be able to ride at 18-20kph.

Cost:

Each rider would have to contribute an initial amount to cover the cost of the tour. This is to allow for fuel for the support cars, food whilst on the road, any other incidentals which the tour would incur etc. As mentioned earlier, your choice of accommodation would be on top of this. **Motor Vehicles:**

As the tour starts and finishes in Wagin I have been able to source a farm just north of Wagin where we can leave our cars. On the first day, all riders will have to arrive at this farm around midday, then it is a relatively short ride to Dumbleyung for the first night. Similarly on the last day it is a short ride from Narrogin to Wagin so that you are able to load your bikes back on the cars and still get home on Saturday at a reasonable time. I would expect that the driving time from Mandurah to Wagin would be around 3 hours.

Other:

It would be appreciated if I could have the names of all those interested by Tuesday 4th August.

I will convene a meeting with interested riders to tie up all the loose ends. We will need to calculate the amount of the initial up front amount, catering etc.

I already have two cars and drivers for the club trailers.

On the Tour List (Accommodation Preference) please indicate your choice of accommodation, tent or hotel/motel at each of the towns on the route.

Before the actual date I will check the course. I expect that entire trip will be on the black top.

Numbers will be limited to thirty riders.

Thanks.

Gossip

Tuesday 2nd June – Southern Alliance came to the club rooms after the ride to give a presentation on the new Perth to Bunbury Highway. Members are to be commended for returning to the club after their rides for this. There was a good number who attended, some even went home to change after getting wet and then returned. A sausage sizzle was enjoyed prior to the presentation. We're hoping to be invited to ride on the new road before it's opened to cars. Anyone wishing to gain more detailed information can access it on the website www.sgalliance.com.au

Nice to see Les & Judy back from holidays, but condolences are extended to Judy for the loss of her son.

Dick Turner had an altercation with a P plater on Sunday 7th June who pulled out in front of him whilst riding his bike. He suffered soft tissue injury to his shoulder. We wish you a speedy recovery and see you back on your bike soon.

Casino Trip 11th June – Everyone who went on this trip had a good time. I don't think too many came away with a win, if any.

Bikie Burger Day – 23rd June – It wasn't a very promising day for the weather, but quite a lot still went for a ride, although shorter rides than usual. The hamburgers with salads were consumed with relish – thanks to Bruce for making them. Afterwards there was a treat in store with ice cream, dipped in real chocolate and crushed nuts, followed by a fruit platter. There was a raffle and some surplus items from the shed were purchased. We all went home quite, quite full.

Extract from a Nurse's Experience of a Heart Attack

"Did you know that women rarely have the same dramatic symptoms that men have when experiencing a heart attack.

I had a heart attack at about 10:30 PM with NO prior exertion, NO prior emotional trauma that one would suspect might have brought it on. I was sitting all snugly & warm on a cold evening, a moment later, I felt that awful sensation of indigestion, when you've been in a hurry and grabbed a bite and washed it down with a dash of water, and that hurried bite seems to feel like you've swallowed a golf ball going down the oesophagus in slow motion and it is most uncomfortable. This was my initial sensation – the only trouble was that I hadn't taken a bite of anything since about 5:00 p.m.

After it seemed to subside, the next sensation was like little squeezing motions that seemed to be racing up my SPINE gaining speed as they continued racing up and under my sternum. This fascinating process continued on into my throat and branched out into both jaws. 'AHA!! NOW I stopped puzzling about what was happening -- we all have read and/or heard about pain in the jaws being one of the signals of an MI happening, haven't we? I said aloud to myself 'Dear God, I think I'm having a heart attack' I lowered the foot rest, started to take a step and fell on the floor instead. I thought to myself, if this is a heart attack, I shouldn't be walking into the next room where the phone is or anywhere else – but, on the other hand, if I don't, nobody will know that I need help, and if I wait any longer I may not be able to get up in a moment.

I pulled myself up with the arms of the chair, walked slowly into the next room and rang the Ambulance – I told her I thought I was having a heart attack due to the pressure building under the sternum and radiating into my jaws. I didn't feel hysterical or afraid, just stating the facts. She said she was sending the Paramedics over immediately, asked if the front door was near to me, and if so, to un-bolt the door and then lie down on the floor where they could see me when they came in. I unlocked the door and then laid down on the floor as instructed and lost consciousness."

To cut a long story short, call the Paramedics. It is better to have a 'false alarm' visitation than to risk your life guessing what it might be. **Note** that I said '**Call the Paramedics.**' And if you can take an aspirin, take one. Ladies, TIME IS OF THE ESSENCE! Do NOT try to drive yourself to the ER – you are a hazard to others on the road.

Social News by Angie

Hungry riders weren't disappointed by Sandy Cove's new owners and partners in the business, Ann-Marie (the chef) and Shelley who did themselves proud in serving as I heard it: "The best fish and chips." Everyone thoroughly enjoyed their meal. Then...

Congratulations must go to the Murray Music & Drama Club for their production of “The Producers”. An amazing cast, along with two of our members, John & Moyra Naughton, kept us laughing so much that I’m sure there were more than sore cheeks and wet eyes around the place.

On our next function the high rollers were out in force for the Casino. What better way to spend such a miserable wet, windy and blustery day than to be driven in a comfortable bus, kept nice and warm at the Casino and fed at the same time! The day was enjoyed by all, even those who just came along for the ride.

The bikie burgers well and truly lived up to their name. Large, meaty and full of flavour. Many thanks to Bruce for supplying us with such a good feed. Not only that! Our treasurer cannot only handle finances, but comes up with the good idea to have ice cream bombs with nuts for afters. Even the weather couldn’t dampen this gastronomic feast!

Again my thanks go to all who so willingly help to make our ride and social occasions a success. Special thanks must go to Bill Clare, Ann Platt, Lizzie, Arthur, Bruce, Lionel, Joan, Bet, Lawrie and the group helpers on burger day and of course our rides wouldn’t be what they are without our ride captain, Wayne.

Finally, I would like to make mention of Bet Ellery for her generous donations to raffle prizes throughout the year, and to Scotty for his kind donation on burger day. Please see me if you would like to contribute to our raffle. Look forward to seeing more of you at the next lot of social functions.

Let me know if you have a birthday in July, or a little “birdie” come and tell me.

Forthcoming social events:

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| July 7 | Granny ride, sizzle, raffle and \$2 lucky dip for the kids. |
| July 23 | Sunbreakers Restaurant (see notice board for details). Numbers and money due 16 July. Pay Arthur please. |
| August 6 | Cicerellos \$15 per person. 3-course meal. 12.30pm. Numbers and money due July 28. Pay Arthur please. |
| August 25 | Soup Day at the clubhouse. (list will be on board) |
| September 10 | Ravenswood Hotel Lunch (need minimum of 20 to attend). Will pin menu on board. Cost \$15 per person. |
| September 29 | Granny ride, sizzle and raffles. |

Ride events:

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| July 31 | 9am Meet at Madora Beach Tavern to Settlers Hills. |
| August 21 | Railway Reserve Mountain Bike Ride. |
| August 28 | 8.30am rotunda, 8.40am big tree. Ride around estuary. Bring lunch. Morning & afternoon tea provided. |
| September 13 | Wheat belt tour. |

I will be away for some time, so there won't be another Cyclemania until September. Also will appreciate anyone obtaining information on what's been happening within the club for them to pass it on to me on my return home. Funny happenings or serious matters will be most welcome.

Send all information and articles to me either by email: alanap@tpg.com.au or by telephone on 95358197, or alternatively hand me a written article at the club meetings.

HAPPY CYCLING

Ann Platt – Publicity Officer