

Regards Ralph

WEST
AUST

AUDAX

NEWSLETTER

JANUARY 2010

THIS ISSUE:

AUDAX CYCLE FEST DWELLINGUP	2
2009 ANNUAL RIDES REPORT	3
PERTH TO MELBOURNE	4
10,000 IN 8	6
PAP UPDATE	7
RIDE REPORTS	8
CALENDAR	10
OPPY ADT PROMO	12

Happenings

Congratulations to Eammon McCloskey and Colin Law on their epic ride to Melbourne in 15 days, averaging 228km per day. A total of 3420km. Read further for a report comprising Colin's daily ride log and Cathy McCloskey's emailed updates. Again we thank Cathy for keeping us all informed about the boys and their progress. Eammon and Colin were very well supported for the whole ride by Brian Hughes. Our heroes thought that the toughest part of the whole ride was watching Brian downing a cold beer every night. They were on the wagon for the whole journey. Eammon did the cooking, Colin serviced the bikes and Brian set up his roadside café every 60km or so.

Incidentally Colin should remember when he next does the LEL, that it is still legal to kill a Scotsman in the City of York, if he is carrying a bow and arrow!

The AGM was sparsely attended. Maybe being at midday in Kings Park, with a temp of 30C had something to do with it! Greg Davey came on to the committee (enthusiastic and with the expertise to manage the WA region website). I (Ralph Morgan) came off the team and handed the newsletter to Tony Gillespie.

I would like to thank Margaret Tolcher, Glenn Mitton and Tony Gillespie for their assistance over the last six years. I am rather like Dicken's Miss Faversham in an electronic age, whereas

Tony is up to date with the latest developments so please deal direct with him from now on.

We have gained a total of 12 new members of late, all snorting fire and pawing the ground at the start of every Audax ride. Great to see.

Don Briggs paid us a surprise visit the other Saturday morning and is keen to get involved in the PAP, an event that he initiated in 1997.

The PAP is all systems go for 5th—8th October. Nick anticipates 100+ entrants, many more than previously, and would be pleased to hear from anyone else who can assist.

Another welcome stranger was John Martin and his wife from over east, bringing albums of photos of Audax in the 1980's.

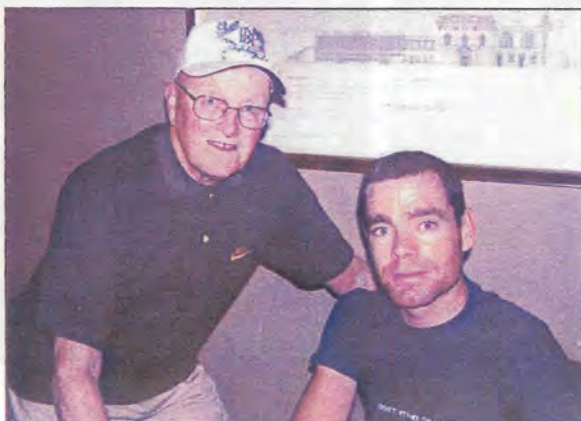
Perry Raison has done a terrific job getting the ride organizers' packs out for the year.

Congratulations to Rod Marston who became a proud Grandfather in May to Georgia Grace.

Two naked male cyclist out for an evening ride at Whangamata, NZ were apprehended by the police and issued with warnings for failing to wear helmets,... true!

Enjoy your riding in 2010

Ralph Morgan & Tony Gillespie



Recently crowned World Champion Cadel Evans getting some sound advice from Ken Ward on how to ride his 2010 campaign.

Special report by
Rod Marston

It was good to see a lot of families participating this time, including kids, and "cycling widows".

Audax Cycle Fest

DWELLINGUP CAMP 20-22 November 2009



Once again we ventured to the forests 100km south of Perth and occupied five comfortable chalets at the Caravan Park, with near perfect spring weather, largely windless, no rain and about 23C. This year was complicated by a number of one night stayers, making organisation and allocation/shuffling of accommodation difficult.

Everyone staying on Friday night gathered at the Community Hotel for a good pub meal on Friday night, with the addition of Keith Marston, a late arrival trying out a short cut from Bakers Hill to Dwellingup on forest roads, and Nick who just got a dinner in before the kitchen closed.

Saturday morning saw 6 riders do a short 35km Waterous Loop section, and then the Nanga gravel road, and finally the wonderful gently descending Munda Biddi trail down the

watery Murray River valley back to the start at Nanga Mill: this has to be one of the best forest MTB circuits around. Not often you hear babbling brooks in WA!

While all this was going on President Nick, starting alone from the camp at 6am on a fixed wheel bike, did the 100km Waroona Wander road ride through the same spectacular forest country seen by the MTB riders. Stalwarts Colin Farmer and Stephan Monot decided to do the 50km version of the Waroona road bike ride, still with very challenging hills, but turning around on Nanga Brook road. On their way back to Dwellingup, they met the MTB team of 6 when they finished at Nanga Mill. Perry also did the full 100km Wander in the afternoon, then repeated it the next morning with 6 others.

The afternoon was beautiful weather and some rediscovered the good cidery just 1km down the back road from town. We gathered in the late afternoon for the traditional communal BBQ behind our row of chalets and wiled away the time with beers and bike stories.

No, the riding did not end on Sunday, as 6 riders set off from the Camp to do the 50/100km Waroona Wander road ride (Perry for the second time). Tony Gillespie rode up from Dandalup to join in, and Caroline and Tony, fresh from their first 400km ride a couple of weeks back, led the group out of town.

Something for everyone at Dwellingup, as we had bikers/paddlers Carol and Phil down on the Murray with their kayaks, as well as visits to the Forest Products centre, a cherry farm, and wineries for those with other interests. The Hotham Valley forest train excursion is also well worth doing, an 8km trundle out and back from town, on the remnants of the Pinjarra-Williams railway line.

Seems a good idea to repeat, especially if more will stay at the camp, perhaps with a three night stay to avoid compressing most activities into the Saturday. It was good to see a lot of families participating this time, including kids, and "cycling widows".



The year that was....

Audax WA region Ride Coordinators Report 2009

Special report by
Perry Raison

The year saw 316 brevets (a record) for a total of 63,915 km completed by riders based in WA, making it the 4th most successful year in terms of distance behind 1997, (69,100) 1994, (68,798) & 2000 (68,545). There were 33 WA Region rides, 3 of which were dirt brevets and the inaugural 3 UAF rides over distances of 100, 200 & 300. The WA rides contributed 50,415 km to the above total, with interstate and international rides adding a further 13,500 km, most notably the London Edinburgh London 1,400 km. This was completed by WA members Nick Dale, Colin Law, Rob Godkin, Hari Goonatillake, Wayne Hickman and also Eamonn McCloskey and Craig Guy (not current financial members*). Nick Dale and Andrew Bragg completed the Giro Tasmania and Nick completed the inaugural Sydney to Melbourne Alpine 1200 with a 4th placed time from a starting field of 69 riders!

In total, 68 riders completed the 316 brevets, with the top 16 riders all riding more than 1,000 kms for a total of 50,044 km. Hence, 24% of the riders completed 78% of the km, pretty close to the 80/20 rule! Of the 68 riders, 38 were non members and 30 members. During the year there

were 8 new members, though another 4 have joined early in the 2010 Audax calendar year, which augers well for the New Year, it being a Paris Brest Paris qualifying year.

The Opperman All day trial was also a great success this year with Nick Dale, Colin Law and Andrew Bragg completing 605 km, 2 teams comprising a total of 7 riders completing a 377 km course and a 4th non Audax team of 5 people completing a 451km course within the 24 hr period. Hence the Oppy contributed 6,709 km to the 2009 total.

2010, the year ahead.....

Given the influx of new membership, the brimming ride calendar (43 gazetted rides) and the forthcoming Perth Albany Perth 1200, I feel sure that the 1997 record km will be topped. So on your bike (or help support a ride) and complete as many BRM 200+ brevets to maximise Australia's PBP quota. Remember that permanents and UAF rides are excluded from the quota calculation so you'll need to support the other gazetted rides of >200 km.

33 Rides

316 Brevets

63,915 km

First Name	Surname	Rides	200+ rides	Total Km	200 km brevets	300 km brevets	400 km + brevets	Notes
Nick	Dale	24	19	7,400	11	4	4	
Colin	Law	26	13	5,960	7	3	3	
Eamonn	McCloskey*	19	14	5,177	8	4	2	
Rob	Godkin	14	12	4,577	5	5	2	
Perry	Raison	19	12	3,887	6	5	1	
Hari	Goonatillake	12	10	3,877	5	4	1	
Wayne	Hickman	12	7	3,447	3	3	1	
Andrew	Bragg	12	8	3,385	5	1	2	Most DNF's on 200+ rides
Greg	Davey	16	4	2,095	3	1	0	Most km by a new member & Best rides promoter.
Craig	Guy*	3	3	1,900	1	1	1	
Tony	Gillespie	11	5	1,762	4	1	0	Best hospitality on brevets
John	Eden	9	5	1,630	4	1	0	Most innovative ride designer
Grant	Crowe	11	3	1,500	3	0	0	New member
Aaron	Hoette	7	4	1,350	2	2	0	Most stylish rider for 2009
Caroline	Williams*	5	3	1,077	1	2	0	New member 2010
Rod	Marston	10	2	1,020	2	0	0	
		210	124	50,044				
Region	Total	316	143	63,915	82	39	22	

Special report compiled
from Eammon's texts and
Cathy's emails

PERTH TO MELBOURNE

Eammon McCloskey and Colin Law

DAY 1 (Sun 29 Nov)

Started at the GPO Perth, went on back roads through York, Tammin & Kellerberrin – 200 km. Very windy but slight tailwind [around York]. Not feeling too bad health-wise besides cramps that settled with electrolytes. 3 stops - morning tea – around Chidlow, lunch just after York. Then on to Kellerberrin. It was quite hot; so lots of fluids & got a shower at a farm. Camp site has good facilities. Will be tough next 2 days but expect it to be better by Norseman.



DAY 2 (Mon 30 Nov)

Began early at Kellerberrin at 5-20am. Kellerberrin, Merredin, Southern Cross & possibly 100km more. Stopped 2.5 hours & waited for the weather to cool a little. Wind assistance helped knock over the other 100km in less than 4 hours [from 3-30pm]. Uneventful day besides the heat [temperatures in the high 30s]. Better management of fluids today. Finished today at 7 pm. 276 km – at Boondi Lookout [in Goldfields Woodlands National Park], 75 km west of Coolgardie. Will attempt to get to Norseman by tomorrow night – that's about 240km – then the long flat one.

DAY 3 (Tue 1 Dec)

5-30 start from Boondi Lookout [Goldfields Woodlands National Park]. Coolgardie by 8-45 am where the beans & sausages were great. Regular drink stops & salt replacement. Reached Norseman early but caked in salt. Norseman very windy & hot on arrival; still windy but cool now. Managed to get a shower tonight. Colin happy to be ahead of schedule. Bryan's support invaluable. Guru & Vasantha's rice – excellent. No major problems. Camping again tonight – swag + bed is comfortable.

"Push the pedal down when it comes up"



NEXT ISSUE

DETAILED ACCOUNT OF COLIN AND EAMONN'S EPIC JOURNEY

DAY 4 (Wed 2 Dec)

Today's ride was Norseman to Balladonia which is 214 km. Only about 26 deg Celsius today, a welcome relief from the 37 – 40+ for the first 3 days. Cross or headwinds today & possibly for the next 4 days after that too. Late south south-westerly that will not help enough to go beyond Balladonia & too hard to go past an opportunity to shower & have a proper campsite. Motel at Balladonia has a pool that they allowed campers to use. Steak for dinner tonight + Mum's cake & custard for dessert! Going to bed early tonight [7-30pm] as we are going to get up at 4-30 am tomorrow.

DAY 5 (Thur 3 Dec)

Early start today. Balladonia to Cocklebidy [223 km]. Once again, cool conditions. Bureau of Meteorology indicates that there may have been a light southerly [cross wind] in the morning & stronger cross/ headwinds in the afternoon. The morning was ok but the afternoon difficult. Once again early to bed tonight – hoping to get to SA late tomorrow.

DAY 6 (Fri 4 Dec)

Weather observations [Bureau of Met.] indicate it was a very cold overnight, a very cool day, headwind for most of the day & getting stronger through the day. Cocklebidy to Eucla. At Eucla today by 6pm which is just under 270 km having had a 4am start. Good cycling conditions for 2 hours, headwinds for the rest!!! 1430 km so far which is a good effort but eating effort even better. Was offered a beer tonight but had to knock it back.....[saving that for Melbourne, I think]. Will decide tomorrow how fast we will do the rest. About to invade SA!

DAY 7 (Sat 5 Dec)

Nullarbor plain!!!! Weather observations today indicate a cool day but headwinds of 30 to 37 km/h for Nullarbor 1622 km down & a few more to do. Eucla to Nullarbor Roadhouse.....[201 km]. Arrived at Nullarbor Roadhouse by 5pm & wind-burnt. A [censored] windy day— very strong headwind all day!!! Invasion into SA without problems. Early night as now on SA time. Eating continues unabated; almost continually! No bike problems. 300 km of Nullarbor left. Will probably do 220km tomorrow, stopping west of Ceduna. Won't be easy if wind continues. Expecting temperatures to warm up & headwind to ease just a little. Hoping to be in Ceduna on Monday morning for breakfast & more supplies. Going up to Iron Knob etc. after that. Looking forward to some beer.

DAY 10 (Tues 8 Dec)

Minnipa to Iron Knob, 2320 km overall & 228 km today. [comment censored] We had a late start due to bad weather, otherwise would have made it to Port Augusta. Road turned north & wind shifted from SE to SW by mid afternoon giving tailwind for the section from Kimba to Iron Knob. Soup for tea. Tomorrow we will be aiming for breakfast in Port Augusta & going on to Gladstone. On a whole, no major problems. Back in areas of decent phone service but phone mostly turned off; text messages received when phone gets turned on which is usually a couple of times per day.

DAY 8 (Sun 6 Dec)

Nearly off the Nullarbor. Trees have made a return to the landscape today. 32 deg C & direct headwinds all day. Nullarbor Roadhouse to Penong [70 km west of Ceduna]; about 220km. Started at 3am Perth time [4-30am local time & finished at 3-15pm Perth time which is 4-45 pm local time]. Early start helps with heat & headwind. Over half way now. Expect to get to Poochera tomorrow, then through to Kimba / Iron Knob the next day.



DAY 11 (Wed 9 Dec)

Not attempting such a great distance today. Headwinds return & hills begin. Iron Knob to Gladstone [about 201 km] McDonalds, Port Augusta, for breakfast – Colin & Brian were very keen so I just tagged along[presumably he found something to eat; mind you a little fat in the diet could be needed by now!] First day with an early finish allowing for relaxation. Arrived at Gladstone, 3-35pm local time. Already showered, clothes washed, eating cheese/salad sandwich, listening to Bocelli. Getting quiet tired with early start and distance but will plug on with our schedule. Not using main roads anymore. Better scenery, less traffic, not as flat. Should be around [probably east of] Adelaide tomorrow. 2521 km. Less than 1000 km to go! Looking forward to a beer!

DAY 12 (Thur 10 Dec)

Gladstone to Mt Pleasant 204 km today going through Clare & the Barossa Valley, finishing 44 km south east of Adelaide. Great scenery & hills. Rained most of the day; hopefully dry tomorrow. Lost Brian [& support crew] for quite a while today but were reunited later [... ? somewhere in/ near Gawler]. Thanks, Nick for all of your effort/ technical support today!

DAY 13 (Fri 11 Dec)

Mt Pleasant to Bordertown 247 km for the day & 2970 km overall. Good conditions today. Nice hills. Colin surges on while I plod but still clock up the kilometres. Eating all the time. Invading Victoria tomorrow! Still debating whether to finish this ride in 2 days or 3. MacDonald's again today. Looking forward to sleeping in more & getting home.

DAY 14 (Sat 12 Dec)

Bordertown SA to Ararat Vic !!!! Now at Ararat, north west of Ballarat. 250 today, total of 3224 km. We have had good conditions for the last few days & should finish tomorrow! Beer tomorrow then chill out!! Looking forward to doing nothing & sleeping !!!

DAY 15 (Sun 13 Dec)

THEY HAVE ARRIVED, DRINKS IN PROGRESS!!!!



Special ride report
By John Eden

**"Pain is temporary.
Quitting lasts forever."**

**Bloody
Armstrong**

I went somewhere I had never been before today. To the edge. We set off at 6.10 and within a couple of minutes hit the first and possibly steepest of the climbs, the aptly named Hill street (Patterson Rd). I took it strongly with my new setup, a compact 50/34 with a 23-12 cassette. I took it standing in the 21 until I saw I was being reeled in. Changing to the 23 allowed me to accelerate away to crest the hill in first. Audax is not a race, but you're only as good as your last hill, or at least that's what I tell myself. I now found myself with Scott and Danny ascending Albany Hwy towards the next challenge, Waterwheel. I held back realising both of them had the potential to topple our hero. I had to be sneaky. I flew past them from the back at the foot of the climb and the surprise seemed to have worked, but Scott was having none of it. He clawed his way back quickly and smoothly passed by. I decided to sit in. Then, with 200m remaining I felt good to go again and put in another last ditch challenge. 1st again. I am the grimpeur. I am a god.

I am a prudent god. No way was I was going to be able to keep that up so I waved adieu to Scott and waited for Danny. Both of us like to take our time descending so we hadn't been together long before the road naturally split us up again. I made back most of the gap on Peet and Urch, still really happy with my climbing legs and climbing gears, only to lose it again briefly on the scary fast Canning Mills road descent back to the start. We saw Scott coming up as we went down. So, loop one under our belts, chilled water refills from Danny's esky and onto loop 2. Danny set a good strong tempo on the first ascent of Canning Mills Rd. I had to work a little to close the occasional gap. Still felt good at this stage though and so it continued up to Churchman Brook dam and Wungong dam. Even had a bit of energy to get to the

wall first.

Then everything changed. Nick and Ross joined us and I chatted to them for a bit as Danny, who clearly had been holding back shot off up the road. Shortly after, without warning, I lost the wheels of Nick and Ross. The effort to hook back up was in vain. I couldn't stay on. Dropped yet again, I was destined to be on my own until the bitter end, and the ride was only half way done! I coasted down past Canning dam in an attempt to rest up and then tried to take Gardiner Rd positively, but it was no good. I was cooked.

It was time to play my trump card. Having in-laws living on Gardiner rd comes in handy at times like these. Jam sandwiches and ice filled bidons lifted my spirits for almost a kilometre. Illymple (nasty little picturesque detour off Brookton) put paid to that. Then I was ok again as I flew down Brookton Hwy. Just one more ascent of Peet and Urch and all the really steep hills would be behind me. Peet is cooler than Urch. Urch is hotter than hell. As you stare down past your front wheel at the cracks in the tar there is an expectation, even a desire, that they will open up and swallow you.



The best way to tackle the last four climbs is to not think about them, which is tricky because that means not thinking for up to two hours. I still had one water bottle even though the ice had now melted. The sun was settling in for the kill, but despite feeling the heat I was also getting the shivers. Another wall. I tried climbing on the nose of the saddle, standing, at the back of the saddle, in the drops, but nothing felt right. At least the variation kept me moving in the right direction. I was now doing between 7 and 10 kph. I was permanently in the 34x23 and I was hurting everywhere. Lance's words of complete idiocy kept flashing through my head. "Pain is temporary. Quitting lasts forever." Bloody Armstrong.

I took a break before the descent of Mills Rd East and saw Scott as he reached the top. All he had to do was ride back down and he would complete the 10,000 in 8 in around 4:40. That is impressive. I had hoped to break 5 hours today, at least in ride time, but there was no chance of that now. My earlier campadre, Danny came in under 5 hours too. Again, "Chapeau". I had 3 more climbs to do. I decided I would take my time.

That last sentence forced a smile out of me, the first since the ride.

PAP update from
committee meeting
minutes 8 Nov 2009

**VOLUNTEERS
NEEDED**

**PLEASE
ADVISE THE
COMMITTEE
IF YOU ARE
AVAILABLE
TO ASSIST
WITH RIDE
SUPPORT
DUTIES**

Perth-Albany – Perth 1200km Randonnée, 5th to 8th October 2010



The route is now a large loop (rather than an out and back) using a traditional coastal route to Albany, then returning via the Great Southern, Williams and Pinjarra to Perth. Nick and son Jack have recently driven the entire route and arranged most of the accommodation. It is hoped that accommodation before and after the ride for out of town riders will be in Wesley College boarding house, South Perth.

The proposed route and controls are:

Controls: (The opening and closing times of all the main controls will be enforced to prevent continuous riding/racing)

DAY1

0km South Perth, start at Mends St jetty car park, as in PAP 2006, 5 or 6am?

73km Mandurah, central by large toilet block at foreshore, brevets only + snacks, cafes also available

180km Bunbury surf club, **lunch to be provided**

240km Busselton at the jetty, brevets only + snacks, cafes available

300km Margaret River school, **dinner to be provided**

332km Alexander Bridge, early rest stop in hall, brevets only + snacks

424km Pemberton, main Day 1 overnight stop; cottages on Channybearup Rd favoured, dinner and breakfast to be provided. Closes 10.30am

DAY 2

487km Shannon Nat Park, staffed by a mobile (secret) control, brevets only + snacks

550km Walpole, brevets only, cafes available

615km Denmark, brevets only, cafes available

678km Albany, main Day 2 overnight stop, in school boarding house, dinner and breakfast provided

DAY 3

768km Stirling Range NP, Chester Pass rd, staffed by a mobile (secret) control, brevets only + snacks

830km Gnowangerup, brevets only + snacks, roadhouse open?

890km Katanning central, brevets only + snacks, cafes and shops

945km Wagin central, brevets only + snacks

1006km Williams, Main Day 3 overnight stop, in hall (need sleep mats), dinner and breakfast provided

DAY 4

1070km Hotham Valley, staffed by a mobile (secret) control, brevets only + snacks

1135km Pinjarra, probably at new big bakery, brevets only

1218km South Perth, finish at Wesley College?

There will be 200km, 1000km and 1200km brevets only. Qualifying rides will not be re-



PAP update from
committee meeting
minutes 8 Nov 2009

**VOLUNTEERS
NEEDED**

**PLEASE
ADVISE THE
COMMITTEE
IF YOU ARE
AVAILABLE
TO ASSIST
WITH RIDE
SUPPORT
DUTIES**

Perth-Albany –Perth 1200km Randonnée, 5th to 8th October 2010



The route is now a large loop (rather than an out and back) using a traditional coastal route to Albany, then returning via the Great Southern, Williams and Pinjarra to Perth. Nick and son Jack have recently driven the entire route and arranged most of the accommodation. It is hoped that accommodation before and after the ride for out of town riders will be in Wesley College boarding house, South Perth.

The proposed route and controls are:

Controls: (The opening and closing times of all the main controls will be enforced to prevent continuous riding/racing)

DAY1

okm South Perth, start at Mends St jetty car park, as in PAP 2006, 5 or 6am?

73km Mandurah, central by large toilet block at foreshore, brevets only + snacks, cafes also available

180km Bunbury surf club, **lunch to be provided**

240km Busselton at the jetty, brevets only + snacks, cafes available

300km Margaret River school, **dinner to be provided**

332km Alexander Bridge, early rest stop in hall, brevets only + snacks

424km Pemberton, main Day 1 overnight stop; cottages on Channybearup Rd favoured, dinner and breakfast to be provided. Closes 10.30am

DAY 2

487km Shannon Nat Park, staffed by a mobile (secret) control, brevets only + snacks

550km Walpole, brevets only, cafes available

615km Denmark, brevets only, cafes available

678km Albany, main Day 2 overnight stop, in school boarding house, dinner and breakfast provided

DAY 3

768km Stirling Range NP, Chester Pass rd, staffed by a mobile (secret) control, brevets only + snacks

830km Gnowangerup, brevets only + snacks, roadhouse open?

890km Katanning central, brevets only + snacks, cafes and shops

945km Wagin central, brevets only + snacks

1006km Williams, Main Day 3 overnight stop, in hall (need sleep mats), dinner and breakfast provided

DAY 4

1070km Hotham Valley, staffed by a mobile (secret) control, brevets only + snacks

1135km Pinjarra, probably at new big bakery, brevets only

1218km South Perth, finish at Wesley College?

There will be 200km, 1000km and 1200km brevets only. Qualifying rides will not be re-



Sat 10 Oct

Mr. Marston's Meander
(Grant Crowe)

200km

6 riders. All finished. Light rain over the final hills.

Overcast with the sun poking through lovely road through Irishtown and down to Northam, bit of a tailwind from Northam to Meckering, lots of birds and lots of flies, the little ones that get in your mouth, horrible headwind out of Meckering all the way to York, the others were miles in front so no respite from the wind, wheat wheat and more wheat, finally rolled in to York and refuelled at the pub enjoyed the Spencers brook road, the leg and arm warmers came in handy, was dark by the time I got to Clackline going uphill in the dark was a new experience, Oh dear, those are not low stars but road post reflectors at the top of the hill, very glad to see the downhill Toodyay.

Sat 24 Oct

The Classic
(Adrian Giacci)

140km/200km

15 starters & 11 finished. Very tough conditions. Rain with squally SE winds. Unpleasantly cold. Bowling club café not open at finish, but luckily the bar was. The riders were ably supported by Adrian and Nadie Giacci.



Sat 7 Nov

Southern Sunrise
(Tony Gillespie)

50/100/200/400km

16 starters, all finished. Fine all day with very slight W breeze. Light rain in early evening (Harvey). 3 of the 8 400km riders completed their debut 400 (Aaron, Caroline & Tony). Again Nick lost an arm warmer. His arm warmer collection must be like some peoples' old sock drawer.



Sat 14 Nov 6 Dams 100/200km
(Nick Dale)

6 riders in very hot conditions.

Sat 21 Nov Waterous Loop Dirt 35/70km
Sun 22 Nov Waroona Wander 50/100km
(Rod Marston)

See Rod's outstanding report on page 2.

Sat 12 Dec 10,000 in 8 50/100/120km
(Nick Dale)

See John Eden's account of the ride on page 6.

Sat 19 Dec Dawn to Dusk 300km
(Perry Raison)

8 brave starters, 7 finishers. Very hot (37C) with thunderstorms.

Sun 27 Dec UAF Perth 100km
(Nick Dale)

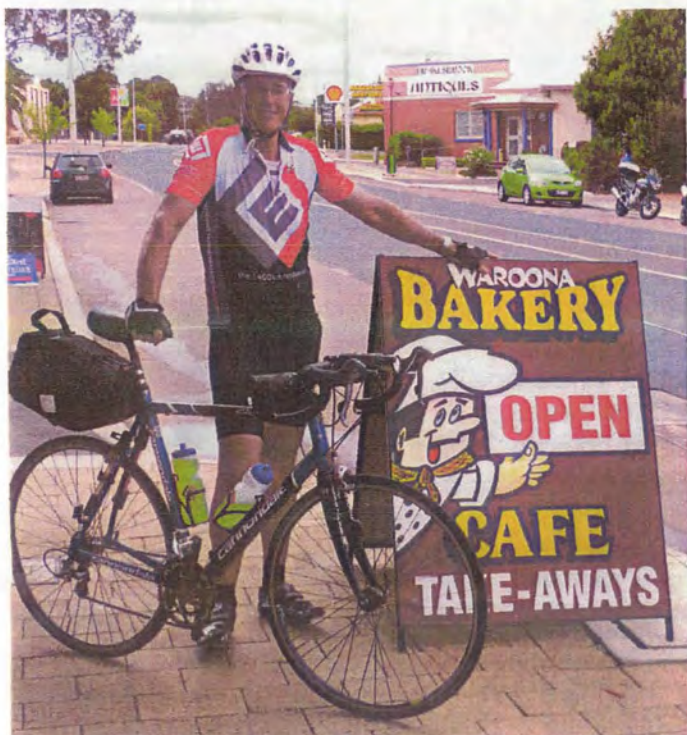
Very complicated but interesting route, enjoyed by several riders new to Audax.

Sun 3 Jan Prison Pedal 50/100/150/200km
(Tony Gillespie)

Very hot (37C) afternoon start. Became very pleasant as dusk approached. Low 20's during night & no wind. Visited 6 prisons/detention facilities using the traditional PP route with some interesting new alterations. Jack Dale (11 years old) is to be commended for an outstanding ride. He completed his first 200km ride along side his very proud dad. Minor incident involving Wayne and the security staff at Hakea Remand Centre. He willingly offered Tony Gillespie's name as the ride organiser. Tony is still a free man, ...for now.



Sat 9 Jan	Hickman's Hot Hell	50/100km
High Wycombe 8:00am	Contact: Wayne Hickman Email: whrecord@gmail.com	Tel: 0417911086 Crystal Brook, Lawnbrook, Greenmount Hill & Gooseberry Hill
Sat 16 Jan	10,000 in 8	50/100/120km
Kelmscott 7.00am	Contact: Colin Law Email: colinjulie@iinet.net.au	Tel: 0409102538 3 loops out of Kelmscott, lots of hills, 10,000 ft of climbing, 8hours
Sun 31 Jan	Mundijong Muddle	50/100km
DWP, Mt Pleasant 8:00am	Contact: Brian Hawes Email: brian_hawes@optusnet.com.au	Tel: 08 9594 2730 DWP - Mundijong - DWP
Sat 6 Feb	The Long Flat One	50/100/200/200/400km
DWP, Mt Pleasant 6:00am	Contact: Tony Gillespie Email: rgi70696@bigpond.net.au	Tel: 08 9537 1428 DWP-Mandurah-Bunbury-Pinjarra-DWP
Sun 21 Feb	Coastal Cruise	50/100km
DWP, Mt Pleasant 8:00am	Contact: Greg Davey Email: Greg.Davey@planning.wa.gov.au	Tel: 0413 934 601 DWP-Coogie-Rockingham-DWP
Sat 27 Feb	God's Bison	100km
Kalamunda 8.00am	Contact: John Eden Email: flyingporkpies@hotmail.com	Tel: 08 6293 1476 Kalamunda-Greenmount-Woorolloo-Mundaring-Canning Dam-Kalamunda
Sat 6 Mar	Perru's Perambulation	300km
Bullsbrook 7:00am	Contact: Perry Raison Email: cavebear2@bigpond.com	Tel: 04 2 777 3402 Bullsbrook-Chittering-Toodjay-Northam-York-Toodjay-Bullsbrook
Sat 20 Mar	Opperman All Day Trial	360km+
Finish: Carriage Café Frem. Sun 8.00am	Contact: Tony Gillespie Email: rgi70696@bigpond.net.au	Tel: 08 9537 1428 See promo on page 11 for details.
Sat 20 Mar	Petit Oppy	180km
Finish: Carriage Café Frem. Sun 8.00am	Contact: Tony Gillespie Email: rgi70696@bigpond.net.au	Tel: 08 9537 1428 See promo on page 11 for details.
Sun 28 Mar	Beach Life	50/100km
DWP, Mt Pleasant 8:00am	Contact: Grant Crowe Email: grantcro@iinet.net.au	Cruise up the coast to Burns or Quinns for Coffee
Sat 10 Apr	UAF Chittering	200km
DWP, Mt Pleasant 7:00am	Contact: Nick Dale Email: nick.dale@skg.com.au	Tel: 0400300850 This is a UAF group ride which will travel at ~24-25km/h
Sun 18 Apr	Two Rocks Turnaround	50/100km
Joondalup 8.00am	Contact: Klaus Hagedorn Email: kdhagedorn@iprimus.com.au	Tel: 08 9409 2570 Joondalup-2 Rocks-Joondalup
Sat 24 Apr	Dawn Service	400km
Start late Fri.	Contact: Nick Dale Email: nick.dale@skg.com.au	Tel: 0400300850 1 way route to Albany for ANZAC dawn service Sun morning



Rob Godkin launches his new career in modeling during a recent visit to Waroona.



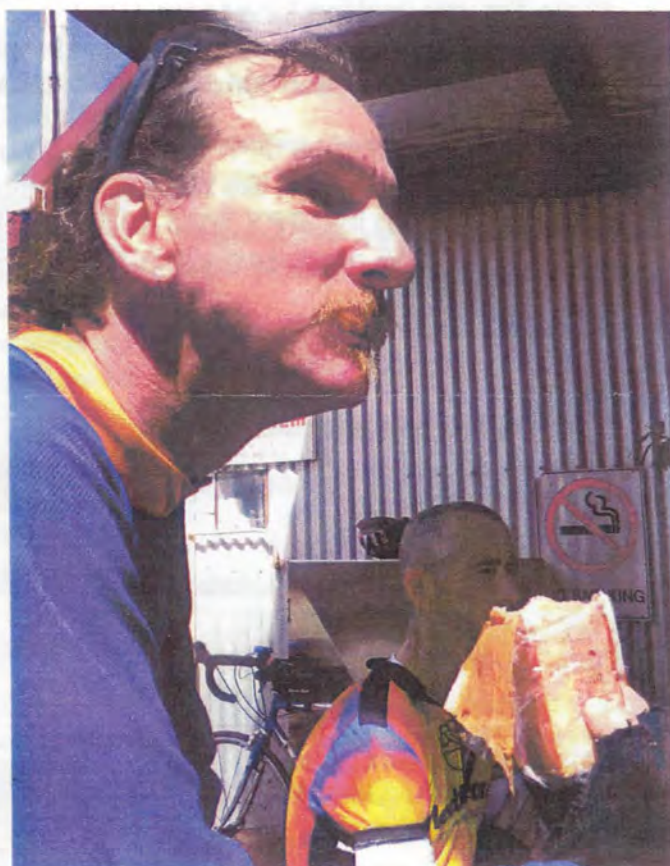
Wayne demonstrates his outstanding ability to make himself comfortable anywhere.



The Thirsty Camel at Preston Beach.



Some of us eat in style.



Some of us just eat.



AudaxAustralia
For cyclists with a spirit of achievement

Fleche Opperman All Day Trial

Saturday 20 March 2010

- Are you looking for an 'end of summer' challenge?
- Do you fancy the idea of planning and riding a 360km (or longer) route through the countryside in a team of 3, 4 or 5 riders?
- How about pushing yourself and your teammates to complete the course in 24 hours?
- Would you like to share this experience with like minded cyclists during the celebration breakfast at the finish on Sunday morning at The Carriage Café on Freo's Esplanade?

If you answered YES to the questions above then it's time to start recruiting team members and planning your route for OPPY 2010. If you are unable to make up a team but would like to participate contact the coordinator (see below). There will be others like you, looking for a team.

Team nominations and route plans must be submitted by Sat 6 March.

For more information on OPPY 2010 (and Audax Australia) visit the WWW sites listed below. If you would like more information and/or would like to register an interest in participating in OPPY 2010 email or call Tony Gillespie (Audax Western Australia, OPPY 2010 organiser) via rgi70696@bigpond.net.au or ph:9537 1428.

For a general description of the event go to

http://audax.org.au/public/index.php?option=com_content&task=category§ionid=24&id=88&Itemid=310.

For the ride rules go to

<http://audax.org.au/public/images/stories/ControlledDocuments/opyy%20ride%20rules%2020081101.pdf>

To read an excellent past ride report go to

<http://www.bww.org.au/ORR-2004OADT.pdf>.

To read a brief magazine article about Audax Australia go to

<http://www.australiancyclist.com.au/article.aspx?aeid=3672>

**FEEL FREE TO PRINT OUT AND/OR DISTRIBUTE
ELECTRONICALLY ANY PART OF THIS NEWSLETTER**