

## AUDAX

NEWSLETTER

NOVEMBER 2010

## PAP ISSUE

## Happenings

**G**reetings. We are having our annual Christmas get-together in Kings Park on Sunday 12th December (see page 12 for details).

Congratulations to Ken Ward who now has a Great grandson Kierran.

Saw a car in Fremantle with registration plates reading "AUDAX". Anyone know who it is?

Put a note in your diaries for the "Bjorn Blasse Celebration ride", Sat 5 Feb, starting at Coolbinia. I understand that he is slightly improved.

Andrew Jackson's brother Michael has been coming out with us recently on a rather special recliner bike. Also Syd Parke, a workmate of Tony Gillespie's on a bike he has purchased from Stephan Monot.

Congratulations to Caroline Williams for finishing her first 600. Well done. No less than eight people on the ride in perfect conditions.

Eamonn McCloskey, along with his other achievements has recently walked the Kakoda Track.

Anyone seen any cane toads? Check your packs if you stop for a snack.

Don't forget those membership fees for 2011. At \$60 its worth it just for the insurance cover.

Good to see Adrian Giacci and son Nathan out on the pedal bikes again. See his report on the recent Classic ride on page 15.

Also no weekend away in the hills this year. Everyone too busy.

Mark Cavendish and Lance Armstrong will be at the Tour Down Under in January. Anyone going over? I understand Colin Law has

AUDAX AUSTRALIA CYCLING CLUB

4<sup>th</sup> editionTues 5<sup>th</sup>– Fri 8<sup>th</sup>  
October 2010Western Australia's classic  
1200km Randonnée

it in mind. Believe it or not he plans to ride to Adelaide.

When the British mini car arrived in 1959 the experts predicted it would be the end of the pedal cycle. ....Well look at us now! Thank goodness the "experts" were also wrong about the mini skirt!

I used to be an all round athlete, now I'm just all round.

Happy Christmas and a prosperous 2011 to everyone. Take care out there.

Ralph Morgan & Tony Gillespie

According to Tony the most outstanding feature of the recent Perth-Albany-Perth 1200km randonée was the amazing contribution of the army of volunteers. The combined talents and undying efforts of the Western Australian and east coast volunteers ensured the success of the event. Turn to pages 8, 9 and 10 to see the troops at work day and night. Allegedly several of the vollies had even less sleep than the majority of riders. We owe them our thanks.

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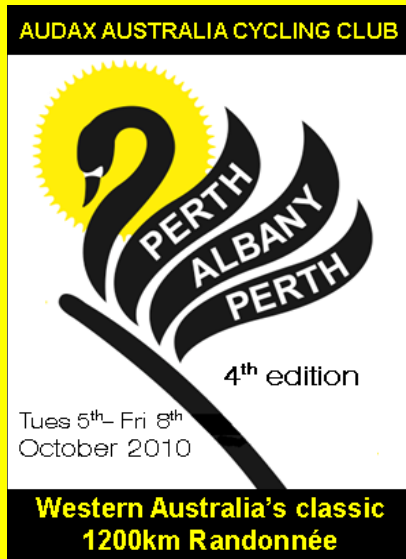
AUDAX WA  
AGM

Sat 26 Feb

Carriage Café Fremantle

8.00am Breakfast (supplied)

9.00am Meeting



Danny Rock signs on at the pre-dawn start



Perry Raison and Damian Bramanis at the Mandurah control



Eamonn McCloskey: early pace setter



Diva and Co. take on the head winds during a challenging day one



Preparing for day two: Rob Godkin, Caroline Williams and Heng Ooi Kiang (Singapore) refuel at Pemberton



Perry cruises into Walpole



Ex-Sandgroper Andrew Bragg takes a break at Denmark



Nick and Diva atop Mt. Clarence



Glen Lacey grinds his way up the 25% grade to the top



Matt Rawnsley takes in King George Sound



Craig (the strong) Guy never faltered



Hari Goonatillake descends the mount



The Americans, super organised, as always



Tony Gillespie enduring the hilly Hotham Valley



First men home, Eamonn McCloskey and Craig Guy enjoy a relaxing celebratory drink

## Perth Albany Perth 1200 km

(October 5-8, 2010)

by Gary Baker BC Randonneurs Cycling Club (Canada)

It was last year at the Gold Rush Randonnée 1200 and again at the GA 1200 that Jeff M. and I heard Hans Dusink talk up the Perth-Albany-Perth 1200. If he could come to North America to ride two 1200s, Jeff and I thought we could go to Australia to ride PAP. For me the PAP was a great opportunity to make a long dreamed of pilgrimage to AUS and NZ.

Travel plans were researched, what a pain. The first rendition prepared by a travel agent had an \$825 baggage levy to take one bike. Ouch! Being the computer whizz (I'm not) I decided to try my hand booking the flights on line. With a bit of luck I found cheaper flights with no surcharge for the bike. Wonderful! Next was the issue of accommodation. Again the initial search was very disheartening. Perth is the most isolated major city in the world and the cost of living is a reflection of this. Everything was bloody expensive. I was going to have to take out a mortgage to make this trip. Again with a bit of luck I found the Budget Apts. The web photos suggested the building was old but clean. It was close to the start and the price was right. I booked a two bedroom unit with a kitchen.

The plan was for me to arrive first, five days before the start date with Jeff to arrive a day or two later as he planned to ride the Seattle-Klamath Falls 1000. Three flights and 30 hours later I was in the splendid warmth and sunshine of Perth. Then it was grocery shop, eat, and assemble the bike. It didn't quite work out that way. Shop, fall asleep for 5 hours, eat, fall asleep again, have breakfast 10 hours later, then assemble the bike. Time to go exploring.

Now which side of the road is the correct side to be on? Move the mirror to right side and I'm away. About 50 metres from the apartment it happened. I felt my head snap to the left, hard....it hurt!

What the hell just happened? Was it a rock, a bottle...I turned to see what was happening and wham, I got hit again and then again. I was eyeball to eyeball with a rather large very pissed off bird. I later learned it was an Australian Magpie. During the early nesting season these birds terrorize cyclists. Over the course of my riding around Perth and on the 1200 I was probably attacked a dozen times, along with many of the other riders. The locals paint eyes on the back of their helmets or fasten zip ties all over their helmets, protruding in all directions like spikes. The birds hover menacingly inches about

one's head but don't attack.

It was great to have Jeff arrive. He had great plans to get active, but sleep proved the necessary priority. Over the next several days we wandered about the city. Perth has a fantastic network of bike paths. We did a wonderful 60km loop along the Swan River to Fremantle and back. It was as good an urban ride as I have ever experienced.

The day before the start, there was the mandatory bike check, bag drop and welcoming BBQ. It was early to bed, breakfast at 3:30AM and a leisurely ride to the start. The first 80km of the route followed a beautiful bike path along the Swan River. The initial 10km we were lead out by two (quick) pace setters, who deliberately kept the pace down as they led us through the twists and turns as the path worked its way through the inner suburbs. Once we met up with the south bound freeway which the path paralleled, we were off! It was a beautiful path and route, but potentially dangerous at high speeds, and of course the inevitable happened, wheels touched and a rider went down, hard (it just happened to be the President of Audax Australia, Kerri-Ann). Her ride was over only 25 km from the start. (It turned out she had torn a ligament on one finger that had to be surgically repaired.)



That was enough excitement for one day. Soon we were heading towards

Mandurah and the coast straight into what would be steady, often brutal headwinds that would be our companion for the better part of 200km. Thankfully the route was mostly dead flat along this stretch. Leaving Busselton we headed inland towards Margaret River (of wine country fame). By 6:30pm darkness descended and the temperature fell like a stone. We sure didn't anticipate this! After 425kms we arrived at Pemberton, the targeted sleep control. The accommodation was a number of forestry bunk houses (6-10 to a room). The volunteers were great. As the next day had a targeted 250+km to the next sleep control most riders had a leisurely start time. I rode out at sun up to a wonderful descent into the town proper and nearly froze to death. The air temperature was 2C. With the wind chill going down into the colder valley bottom it felt like -10C. Isn't Australia supposed to be hot!

This supposedly easier day was anything but. The rollers were endless and again as night descended the temperature became miserably cold. It made riding over the Okanagan Connector on the Okanagan-Okanogan 1000 in a blizzard seem warm. The lights of Albany were a very welcome sight as was the accommodation. This was mid-term break time for area colleges. We were assigned individual rooms in the local college dorms. Heaven!!!!!!

Day 3 was slated to be approx. 340km so most riders were up and about early. The day started with what would be the steepest and one of the longest climbs of the entire ride to a lookout only five km from the dorms. A lot of riders were walking up as I headed down. Heading north on a major commercial highway we got our first real taste of ROAD TRAINS. These highway haulers are real brutes with 62/64 wheels and are between 36-50m in length. They make our 18 wheelers and B-trains seem like compact cars. At 110kph (the posted speed limit) these trains can take up to 1000m to stop! I can tell you they don't like to slow down as they approach hills (momentum is everything for these guys).



Some time ago while chatting with Susan Barr we both spoke of the surprises that seem to crop up on brevets, particularly on longer rides. Earlier in the year I couldn't burg for the life of me on brevets. Interesting as the third day rolled on I noticed I was having difficulty swallowing solid food no matter how much I chewed it first. As darkness set in and that bitter cold I was in calorie deficit and feeling lousy. Thankfully Jos (a Dutch rider) was graciously hanging back with me. It was one very lonely road as we rode toward Williams. Once in Williams the thought of food was the furthest thing on my mind. Sleep was in order but it was not to be. If that snoring machine has a partner he/she is either deaf or a saint.

If I couldn't sleep I might as well be riding and try and get some sleep somewhere on the route. I headed out with Mark Thomas (a Seattle International Randonneur) and several other riders. When Mark finished this ride he would be the first person to successfully complete 4-1200km brevets on four different continents. He did it!!!!!!

We had only 210km to Perth, but the first 120km was a series of rollers. Solid food was now out of the question and I was starting to dry heave. For the first time on an ultra brevet I truly wanted to quit.

At an improvised control I just sat on the shoulder ready to throw in the towel. ....I pushed on. I had to try and eat something, anything. In Aus they have this soupy rice concoction in a tin that packs about 1000 cal. It was my best hope. I took one tentative sip, which was promptly projected into the woods. So much for that. About a dozen riders had stopped to eat including Mark Thomas who happens to be a rolling pharmacy. He offered me some anti-acid tablets...they were worth a try. I pushed on, more hills, more road trains (they seemed to be getting bigger) but I was starting to feel better. Perhaps the tablets were working. At the next town I managed to down a half litre of ice cream, I was on the mend, I hoped. The next control was at a pleasant village. I tried eating an omelet with limited success, every bit of food helped. One control to go at Pinjarra. No soft food, so the

pickings were slim, I nibbled on a hamburger bun. 80km to go, I felt that I could crawl to Perth home if necessary. Jos rolled in and we agreed to finish the ride together and were joined by Tony and Diva (local Perth rando riders on their first 1200). The last 80km was on the bike path back into Perth. Boring as hell, but thankful we picked up a tailwind with about 50km to go.

Then things got surprisingly interesting. it was approximately 4pm Friday afternoon and hundreds of cycle commuters were heading home, many were just flying, often drafting in groups of three or four. Combine them with the riders riding at smell the roses speed and it was rather scary at times. But, shortly after the 84hr mark we rolled into the local bowling club (the equivalent of our curling club) to good cheer and cold beer. FINI...!!!!!!!

### **Overall impressions/highlights (good and some bad)**

- Those damned birds
- Nearly riding over two tiger snakes sunning themselves on the road (they can kill you)
- The beautiful countryside south of Perth (the Margaret River area and Albany coast)
- Best of all was riding with riders from around the world. At most there were only 2-3 riders from any distant country. The conversations were wonderful. Jeff said the intimacy that comes with the small numbers of riders made for an experience that was not present at PBP, and was more rewarding. I thought it was great and would encourage others to try these small international rides. It was a highlight of my rando riding!

No 1200 is easy IMHO. On paper this ride didn't appear to be that tough (the GRR1200 and GA looked to be much harder), but elevation graphs can be deceiving. This was a challenging ride..the wind, the rollers, and the cold. Would I recommend others put it on their to do list?... you bet you.







An early drop-off at the start point, Danny was already there fossicking around his car etc. Weather was superb, expecting 15 or so riders to roll up and so they did. After the transfer of money, signatures and other bureaucratic bothers everybody started to make way. Danny had got in a few warm-up laps of the street and exploded out of the gate.

The Audax posse made way in a rag tag fashion to Anketell road, annoying seriously minded on-coming riders with their lack of attention to the seriousness of riding a powerful racing machine and moving left at the last opportunity.

Glorious riding on Nettleton road after doing away with the humdrum of the flat land riding. Ross and Diva had stopped somewhere ahead of me and were now catching up to me on the hills. The smell of a carcass hovering in the air, the birds communicating, the sound of a diesel at full throttle up the slopes, it's all memories now. A couple of wise cracks to Eamonn on the fixed gear at Jarrahdale, something like "you made it!", he seems to have mastered the beast, he has thrown away the crutch of multiple ratios. Other riders pulled into the café, apparently medicos as Eamonn started some funky conversation about lists, colleges etc.

On the road out of Jarrahdale and

memories of last years Bumpy ride came flooding back. This time I was in a much better way, not least in thanks to my spouse Bianchi who carried me well, BC is more demanding. I was enjoying the rolling hills to Albany highway, Diva was doing it a bit tougher for some reason, I remained within reach to see what was going on. Albany highway was anticipated as the worse quality riding on the brevet, it pretty much lived up to that so I took the section steady. Eamonn and Hari seemed to be limping along as I past them, all was reported okay however.

Turning off a North Bannister toward Wandering was a pleasure. As soon as Albany highway was no longer visible the entire atmosphere was changed to a calm and natural bushland environment. This was very welcome and the route from here to Boddington is probably the highlight of the whole ride. The present riders grouped at this stage until Boddington. Diva and myself caught up in Wandering and we all rode to Boddington, at that stage I was in need of refuel. Ross and Danny were ahead somewhere, as were Caroline and Wayne who I had not seen yet and Glen was behind on the trike.

Boddington to Dwellingup on Pinjarra Williams road provides excellent terrain and atmosphere with a little traffic. Getting closer to Dwellingup Perry and I were starting to pull ahead a bit



on some of the hills, but behold Eamonn the masochist, caught up to us using his one ratio. As he caught up he spoke, "Ladies", still having a sense of humor. Perry and I could not let that stand and promptly dropped him on the next few large hills. I could hear Eamonn in my mind "It's not a race!", I used the leverage on bike to work out those hills. As I pulled into the General in Dwellingup I saw Wayne and Caroline sitting, looking like they had a fairly tough ride. I was given a piece of Caroline's Audax cake and appreciated it. Wayne was contemplating the temperatures he would experience while he rocketed down the scarp. Diva, Hari and Tony arrived after a short while. Diva was struggling to keep his composition; it was not his day to feel good.

Down the hill to Pinjarra, there was obviously a lot of enthusiasm for speed down that hill as Diva and I hung back. When I reached the bottom I rode full effort to catch up to the group ahead, to determine gaps, they were motoring along after diving into the descent. Reaching Pinjarra I waited back for Diva for 5 minutes or so. We all ended up at the Dome for coffee. Many things were said and done there, not all is fit to divulge. It was a rewarding final stop before the boredom of the flats and home.



Spoilt for choice

## AUDAX Super Series in 9 Days

### 400 + 200 + 300 + 600 = 1500

Sat 6 November to Sun 14 November 2010

Day 1: 400km Sydney to Canberra

Day 2/3: Rest days

Day 4: 200km Canberra to Cowra

Day 5: Rest day

Day 6: 300km Cowra to Mudgee

Day 7: Rest day

Day 8/9: 600km Mudgee to Sydney

The Gran Tourissimo consists of the four rides which make up an AUDAX Super Series. The route goes through some of the most beautiful and, at times, challenging terrain that NSW has to offer. The timing of the ride allows participants to have a rest day (or two) in between each ride to recover and enjoy local attractions, food and wine.

My intention was for the Gran Tourissimo to be a recovery ride post-PAP. As it turned out, this was to the contrary. If you think PAP was a hilly ride, well it was hilly in WA terms, but PAP was flat in comparison to the challenging mountains of NSW. If you think Mt Everest is tall, try the hills, nay, mountains in NSW! Advice – very challenging for recumbents, but I was on my compact carbon fibre bike, thankfully.

Riders approximately 15, not all riders rode the full GT. Oldest rider was Ron, 68yo. Youngest (and best looking) rider was “yours truly”.

Day 1 (400km). Two start options 5am and 6am, I started at 6am with the fasties, then slowed down when we caught up with the not-so-fasties, hanging with them for the rest of the ride. Weather – on/off damp. Got first puncture in 9 months. Why is it always in the wet? Still can't get used to riding on motorway hard shoulder. Got into Canberra just in time to be kicked out of pubs. Two rest days for sore heads and/or sore legs to recover or an excuse to rehydrate on Guinness (not a good idea really!) Canberra has an Irish pub!



Day 4 (200km). Can't remember too much about the ride. The Guinness wiped out (some of) my brain cells. Had pub meal in Cowra and they brought desserts out before the main meal. Also nice Japanese garden in the town. Was told about two Perth riders riding from Perth to Sydney who were in town at this same time. Weather good. Hills, yes!

Day 6 (300km). Very hilly start for first 3km. Not good for cold legs. On to Orange and Wellington and Gulgong control was right near the pub – damn! – and it was like a dragstrip.

Days 8 and 9 (600km). Hot, hot, hotter; if it weren't for the vollies to top up water supplies, the riders would not have survived. I saw a rider take their shirt off, totally wet it and then put back on to try and stay cool. The hills ain't over yet, there's still more hills, “trust me!” says Andrew (pre-PAP vollie rider) who was also riding a nor-

mal bike, not his recumbent! He was doing an out and back 600km from Sydney. Overnight accommodation was in a motel – 4 and a half hours sleep, just in time to see the bats settle into the tree across the carpark – straight out of the Wizard of Oz. Couple of plank bridges which were hazardous, one of which was just too bad and required walking across. About 25km short of Sydney finish, there was a big run down into and then a big climb out of a valley/mountain pass. The superb scenery kept the pain at bay.

Rest day activities. Canberra modern art museum to look at Canning Stock route exhibition. Walked about 3km to the Japanese Garden at Cowra in the heat. Pubs, pubs and more pubs and pints and a 3km hot walk to a winery for roast lunch outside Mudgee.

Two support vehicles, riders from Qld, Vic, NSW, WA, ACT; no internationals. Steven Page survived the GT better than his effort in the PAP.

## AUDAX WA CHRISTMAS BBQ

**Sun 12 December**

**KINGS PARK**

**May Drive, near Zamia Café**

**12.00pm**

**BYO food & drinks**



## FROM THE RIDES COORDINATOR

The 2009/2010 Audax season has seen records tumble on all fronts. The statistics are astounding, with increases in visitors, rides, brevets, km's ridden locally and elsewhere. Our challenge for the future is to try to increase the number of local riders participating in multiple calendar events. This issue is central to the longevity of our great club.



|                                       | All        | 200+       | km            |
|---------------------------------------|------------|------------|---------------|
| <b>Total Rides</b>                    | <b>415</b> | <b>250</b> | <b>163501</b> |
| WA riders Interstate/internat. Events | 10         | 10         | 3450          |
| Held in WA                            | 405        | 240        | 160051        |
| Non WA Riders PAP                     | 64         | 64         | 65600         |
| Non WA Riders other                   | 1          | 1          | 600           |
| WA Riders                             |            |            | 97301         |
| Permanents                            | 8          | 7          | 4900          |
| Raids                                 | 3          | 3          | 750           |
| UAF                                   | 41         | 31         | 12600         |
| PAP (all)                             | 78         | 78         | 78400         |
| PAP (WA)                              | 14         | 14         | 12800         |

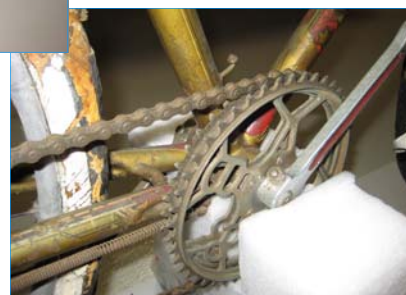
## OPPY'S BIKE

With the use of a bit of outstanding detective work Wayne Hickman recently discovered a very famous bike in storage at the Western Australian Museum.

The bike is said to have been owned by Sir Hubert Opperman. This wonderful old Malvern Star machine was ridden by Sir Hubert in his record breaking journeys across Australia.



Photos courtesy of WA Museum



**Sat 7 Aug**

**UAF Singleton 400km**

Nick Dale

No report submitted for publication

**Sun 15 Aug**

**2J200 Loop 200km**

Perry Raison

Six starters, six finishers. Cool morning, moderate E winds. Danny got lost out in front with no route sheet, found him on Old Northam Rd before Woorooloo. Hari loaned him a spare tyre to replace tyre with separated bead. Danny got lost again (out in front, no route sheet again) last seen heading towards Wundowie then with us again at Bakers Hill. Rob had a twisted chain and a flat on Julimar Rd.

**Sat 21 Aug**

**Dambusters 160km**

John Eden

It rained as predicted, but not until the end. Eight riders set off at 7am. One, the ride organiser, DNF'ed early on due to the inability to deal with a tubular puncture. However, he joined the ride later on to see the others along. No-one got lost. The dams are empty, but hopefully our rain 'dance' will help.

**Sat 4 Sept**

**Bumpy Boddington 100/300km**

Aaron Hoette

See outstanding ride report on page 11.

**Sun 12 Sept**

**Mr Marston's Meander 100/200km**

Rod Marston

Eight Starters, all finished. Cool southerly for much of the ride. Left a cool Toodyay at 8.10am (waiting for a late entrant) and headed over the lumpy roads of the green wheat belt around the Avon Valley. Five did the 110km loop to Grass Valley and three the traditional 200km loop. New rider Damian Bramanis completed his first 200km in good style for a hard ride over the hills and dales of the lovely Avon Valley.

**Sat 18 Sept**

**Dawn Till Dusk—Spring Witch 250km**

John Eden

For this year's spring equinox we had 5 starters, all intending to do this 253k ride in daylight hours and all succeeding. The ride was so easy I was even able to enjoy an ice-cream on Mundaring dam wall, just like Federico Bahomontes used to do, before tackling the last stretch. Of course that is only part of the story. The day proved to be windy and rarely in our favour. All 5 riders found it challenging to stay together and spent some, or a lot of time ploughing their own lonely furrows. Next year the ride moves to March and is renamed The Autumn Witch. A shorter option is being considered.

**Sun 26 Sept**

**Peel-Around-Peel 50/100/200km**

Perry Raison

Grant Crowe was unavailable at short notice so I took it on and modified the route to match the parts used by the Perth Albany Perth. Just too much boring Freeway cycle path for a 200km ride! Can't recommend this for next year though it is scheduled for 13<sup>th</sup> August. Nonetheless 12 riders started and completed the 200km with 1 deciding on the 100km. A prelude to the Perth Albany Perth, 7 riders were obviously using it as a warm up to the real thing, whereas I was just using it to build my yearly km. :>) Alex Apostolou, a new Audax member rode a recumbent and finished the ride in 8hr 35 mins proving that a flat ride is suited to the lay down method. Alex was later to DNF from the PAP at Margaret River with sore knees, presumably from the hills in the area. Robert Frith from the BNA Forums also made his first appearance on an Audax ride, this being his longest ride to date. Stuart Keeling claimed he flaked out for a bit after Mandurah because he had not eaten enough but he really just hadn't been on a bike much in the preceding months! To his credit, Stuart managed to finish just over 1 hour inside the time limit of 13h30. Andrew Priest discovered later that his carbon fork with carbon steerer had been cracked during the duration of the ride as a result of incorrect maintenance carried out by himself prior to the day. The weather was fine with SE winds at first followed by the predictable change to SW. Max. 21.7 (Perth) Min. 9.1 (Perth)

**Tue5 Oct**

**Perth—Albany—Perth 1000/1200km**

Nick Dale

See photo features in previous pages.

|                   |                                 |                       |
|-------------------|---------------------------------|-----------------------|
| <b>Sun 10 Oct</b> | <b>Swanning Around 50/100km</b> | <b>Stuart Keeling</b> |
|-------------------|---------------------------------|-----------------------|

Ride did not go ahead due to only 1 rider turning up at the start. Believe the PAP was a significant contribution to this as people were still fatigued.

|                   |                               |                          |
|-------------------|-------------------------------|--------------------------|
| <b>Sat 16 Oct</b> | <b>Park Life 50/100/200km</b> | <b>Caroline Williams</b> |
|-------------------|-------------------------------|--------------------------|

Five starters, all finished. Fine spring day. Moderate temperature. First 50km (including freeway southbound) gives a general warm-up before hitting the hills; medium hills for mid 50-150km section; last 50km flattens out is a good end. Per chance there was some gravel on the small section of Walnut Road which is normally a good hill to hit high speeds, but there were plenty of other hills to cruise down at speed on this ride. Bike path from East Perth to Deep Water Point is difficult to navigate at end of 200km ride; especially for riders arriving in the dark. After comments from riders who completed this ride, I have modified the route sheet with clearer instructions and corrected a few errors. Recommend taking substantial food with you as Jarrahdale store is too early to eat lunch; Then the hills start, so something substantial at Pickering Brook Store would be desirable, but not guaranteed to be open. Mundaring Bakery is great, but too late in the ride to be topping up with something substantial.

|                   |                                        |                       |
|-------------------|----------------------------------------|-----------------------|
| <b>Sun 24 Oct</b> | <b>Ron Masterman Memorial 50/100km</b> | <b>Tony Gillespie</b> |
|-------------------|----------------------------------------|-----------------------|

10 starters, nine finishers. Temp approximately 26C. Favourable breeze on the way out and back. Ridden as a group at a fairly leisurely pace for most of the distance. Fantastic morning tea provided by Rose at the Gillespie's abode (Singleton). All adding up to a perfect ride except, .....one broken spoke and three punctures.

|                   |                                  |                      |
|-------------------|----------------------------------|----------------------|
| <b>Sat 30 Oct</b> | <b>The New Classic 140/200km</b> | <b>Adrian Giacci</b> |
|-------------------|----------------------------------|----------------------|

Sunny and 25 with some South Easterly Winds. The last ride of the year was attended by only 11 riders. I was away the two weeks prior to the ride and I feel that maybe I should have sent flyers etc out to promote the ride. The Bullsbrook Bowling Club accommodated us at the end of the ride with cheap drinks and allowed the cyclists that came in to have a "FREE" dinner and dessert which was accepted by us quite eagerly. They have said that they can accommodate us for next year's ride if we let them know.

|                  |                             |                          |
|------------------|-----------------------------|--------------------------|
| <b>Sat 6 Nov</b> | <b>The Hour Glass 600km</b> | <b>Caroline Williams</b> |
|------------------|-----------------------------|--------------------------|

Eight starters, all finished. Couldn't have asked for a more perfect weekend of weather – sunny, pleasant temperature, no threats of rain, mild headwinds. Phil Shorthouse achieved his personal best of his first 600km ride. The Hour Glass this year was amended and ridden in reverse direction of 2009 ride. The first 340km was the flatter section; with the second 260km busier roads, rougher road surfaces, hitting some hills around Gingin and headwinds coming back into Bindoon, Bullsbrook and Perth. From my perspective, the hillier day would have been better to tackle on the first day and have an overnight stop further south rather than central Perth.



The South West region put on a stunning performance for visitors during PAP 2010.

|                   |                                                                 |                                                                                                                                              |
|-------------------|-----------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Sat 4 Dec</b>  | <b>Southern Sunset: 400km</b>                                   | Contact: Tony Gillespie<br>Email: <a href="mailto:tony@gillespie.ws">tony@gillespie.ws</a>                                                   |
| <b>Sun 12 Dec</b> | <b>Audax WA Christmas BBQ</b><br><b>See page 12 for details</b> | Contact: Nick Dale Tel: 0400300850<br>Email: <a href="mailto:nickdale2@gmail.com">nickdale2@gmail.com</a>                                    |
| <b>Sat 18 Dec</b> | <b>Dawn till dusk: 300km</b>                                    | Contact: Rob Godkin Tel: 0417 091 086<br>Email: <a href="mailto:odkin@iinet.net.au">odkin@iinet.net.au</a>                                   |
| <b>Mon 27 Dec</b> | <b>Hickman's Hot Hell: 50/100km</b>                             | Contact: Wayne Hickman Tel: 0417911086<br>Email: <a href="mailto:whrecord@gmail.com">whrecord@gmail.com</a>                                  |
| <b>Sat 1 Jan</b>  | <b>New Years Revolutions: 50/100km</b>                          | Contact: Mike Jaworski Tel: 08 9306 1597<br><a href="mailto:mike.jaworski@watercorporation.com.au">mike.jaworski@watercorporation.com.au</a> |
| <b>Sun 9 Jan</b>  | <b>Swanning Around: 50/100km</b>                                | Contact: Rod Marston Tel: 0413 984 771<br>Email: <a href="mailto:rmarston@iinet.net.au">rmarston@iinet.net.au</a>                            |
| <b>Sat 15 Jan</b> | <b>10,000 in 8: 50/100/120km</b>                                | Contact Colin Law Tel: 0409 102 538<br>Email: <a href="mailto:colinjulie@iinet.net.au">colinjulie@iinet.net.au</a>                           |
| <b>Sat 29 Jan</b> | <b>Pinjarra Supa Loopa: 200km</b>                               | Contact: Tony Gillespie<br>Email: <a href="mailto:tony@gillespie.ws">tony@gillespie.ws</a>                                                   |
| <b>Sat 5 Feb</b>  | <b>Bjorn Blasse Celebration: 100km</b>                          | Contact: Wayne Hickman Tel: 0417 911 086<br>Email: <a href="mailto:whrecord@gmail.com">whrecord@gmail.com</a>                                |
| <b>Sat 12 Feb</b> | <b>Six Dams: 50/100/200km</b>                                   | Contact: Rob Godkin Tel: 0417 091 086<br>Email: <a href="mailto:odkin@iinet.net.au">odkin@iinet.net.au</a>                                   |
| <b>Sat 19 Feb</b> | <b>Three Bites of the Gooseberry</b>                            | Contact John Eden Tel: 0422 964 587<br>Email: <a href="mailto:flyingporkpies@hotmail.com">flyingporkpies@hotmail.com</a>                     |
| <b>Sat 26 Feb</b> | <b>Prison Pedal: 200km</b>                                      | Contact: Nick Dale Tel: 0400 300 850<br>Email: <a href="mailto:nick.dale@skg.com.au">nick.dale@skg.com.au</a>                                |
| <b>Sun 27 Feb</b> | <b>Two Rocks Turnaround: 50/100km</b>                           | Contact: Klaus Hagedorn Tel: 08 9409 2570<br>Email: <a href="mailto:kdhg123@gmail.com">kdhg123@gmail.com</a>                                 |

Always check [www.audax.org.au](http://www.audax.org.au) for maps, start times and locations