

Perth Region
April 2009

AUDAX

NEWS

Happenings

Star performer for the year is Colin Law who did 30 rides, for a total of 5277km. 14 riders are the consistent entrants to Audax rides, all of whom clocked up well in excess of 1000km. Very well done all of you.

This years committee remains the same but we are pleased to now have Grant Crowe, Perry Raison and Mike Jaworski with us. Rod Marston is now our illustrious Vice President.

Whilst you may not want to be on the committee, we would be grateful to any members who are prepared to assist with the organisation of Audax rides. As you will have noticed Nick Dale in particular has more than his fair share of duties as rides organiser.

The Opperman rides this year can be considered a great success – 15 riders and all finished. A few anecdotes from the event are reported later in this newsletter. There was really quite a festive atmosphere at the finish with riders appearing from all over the place, plus loving families and friends.

Nick's group from Albany and Tony's 2 groups from heaven knows where. A very special mention of Caroline who rode a bike that would easily outweigh any two other bikes in the event. And a five man non-Audax group who had ridden to Bunbury and back, arriving at the finish with 16 of their supporters, all of them dressed from head to toe in very smart blue and white "Audax 24 hour" gear.

A big thanks to Rod for the imaginative idea of the free breakfast for all, and to Kel of the Carriage Café for accommodating us all so expertly. The whole event very well organised by Tony Gillespie.

The club trailer is now being looked after by Brian Hughes (Ph: 9451 9568), and can be used for Audax rides, subject to mutually convenient liaison with Brian.

They are at it again, going to ride the London – Edinburgh – London run by Audax UK. Nick Dale, Colin Law, Rob Godkin, Eamonn McCloskey and Hari Goonatillake. It seemed tough enough in a car back in 2006!

Colin and Eamonn are also riding Perth to Melbourne at the end of the year, supported by Brian Hughes. I thought about it and went for a check-up. The doctor said, "let me put it like this, don't buy any long playing records".

Bjorn Blasse has been moved to a rehabilitation unit at Marangaroo so hopefully this is an indication of some improvement in his condition. Visits are allowed before 8.00pm.

The club funds are in very sound condition. Perhaps Ken Dupuy could give some advice to the G20 group.

An old Audax riders prayer: "Please god, let my tyres be flat in the morning".
Thanks for all those excellent ride reports.

Enjoy your riding.
Ralph Morgan & Tony Gillespie

Importance of Cycling

offered by Dave Morris – Clarencourt C.C. London

Cycling can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at 3,000 pounds per month.

My Grandpa started cycling 5 miles a day when he was 60. Now he's 97 years old and we don't know where he is.

I like long rides, especially when they are taken by people who annoy me.

I have to ride early in the morning, before my brain figures out what I'm doing.

Every time I hear the dirty word "exercise" I wash my mouth out with chocolate.

I do have flabby thighs but fortunately my stomach covers them.

The advantage of exercising every day is so when you die they'll say "Well, he looks good doesn't he?"

If you are going to try cross-country skiing start with a very small country.

We all get heavier as we get older because there is a lot more information in our heads. That's my story and I'm sticking to it.



HAPPY
BIRTHDAY
COLIN
FARMER

80 years young

Ride Reports

Sun 1 Feb **MUNDIJONG MUDDLE** **50/100km**
DWP 7.00am
7 riders. All finished. Very good weather, but very hot towards the end. Enjoyed by everyone but all considered it would be better later in the year to avoid the heat.

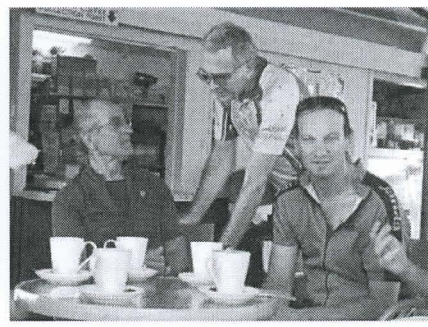
Sat 14 Feb **THE HOUR GLASS** **300/600km**
City Beach 6.00am
300km (4 riders), 200km (2 riders) all finished. For both groups it was a great tail wind going out and head winds all the way back with humidity for the 300 riders and no water. Colin feels this should be a winter ride, using inland roads only. Motoring morons from Wanneroo to Lancelin gave the riders some very scary moments. Special mention to John Pizzey who finished his first 200km ride.

Sat 28 Feb **THE LONG FLAT ONE** **200/400km**
DWP 6.00am
10 riders. 400km (4 riders), 200km (6 riders). A fantastic ride but very, very hot. The best parts were stopping at the Yarloop Hotel for a pint of cold shandy at 7.30pm whilst still very hot, plus sleeping on somebody's front verge in North Dandalup at midnight – they must have thought some aliens had landed from outer space. This was Grant Crowe's first 200km ride – Well done.

Sun 8 March **BEACH LIFE** **50/100km**
DWP 8.00am
14 riders, all finished. An almost perfect day. Gentle breeze but a bit too hot. Perfect weather for the beach! Split into 2 groups. North of the river to Mindarie Quays. The ride proved that rides in the northern suburbs are not as good as down south due to traffic. Some complained that the beaches were never in sight!

Sat 14 March **LAZY LANCELIN** **300km**
Midland 7.00am
5 riders – Wayne, Perry, Hari, Rob and Nick. A hard ride with a very strong easterly wind.
On the same weekend Colin Law and Eamonn McCloskey rode down to Albany.

Sat 28 March **FLECHE OPPERMAN** **360+km in 24 hours**
Various start points 8.00am
15 riders in 4 teams – all finished. A very successful event. See separate report on following page.



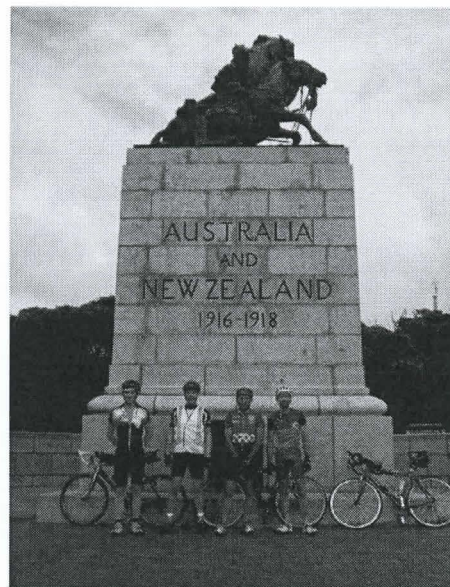
**FLECHE
OPPERMAN
ALL DAY TRIAL**

6709km



4 teams, 15 riders and 6709km ridden. No matter how you read the numbers they add up to a great event.

Teams set out on Saturday 28 March from various locations. The Groundhogs (Caroline Williams, Wayne Hickman, Tony Gillespie and Perry Raison) and the Zed Team (Eamonn McCloskey, Rob Godkin and Hari Goonatilake) started their out and back journey from Fremantle. The Why team (Jonathan Timms, Darren McPartland, James McNeilly, Gangeshan Divakaran and Alex Low) departed from Cottesloe for their trip to Bunbury and back. While the record chasing Rand-09's (Nick Dale, Colin Law and Andrew Bragg) headed to Albany on Friday night for their shot at Brian's 20 year old W.A. record.



With strong southerlies forecast for the day ahead riders knew they were in for a challenge. **The Groundhogs** and **Zed Team** chose the picturesque route through the hills via Dwellingup, Nanga and Waroona. Taking in the hills spiced up the ride and the trees provided valuable sun and wind protection. It has been said more than once



that Nanga Rd is by far the most enjoyable route on the Audax calendar (especially when nibbling on Caroline's Endurance Cake – see recipe following). From Waroona south through the flat farmlands the wind whipped up to keep us honest. Arrived at Harvey (204km) approx. 7.30pm, a little behind schedule and just in the nick of time for dinner at the Chippy. Weary from the days ride but happy knowing

that every one of the 180km in front of us would be with a tail wind. Our night riding along the western fringe of the Harvey and Peel inlets was swift yet uneventful, assisted by Rob's aircraft landing lights.

After temporarily losing Wayne in the tricky back streets of Dawseville/Falcon we survived Mandurah and continued north turning in to Singleton about 1.30am. Any concern about wayward Wayne was unjustified. We arrived at the Gillespie's house to find he'd beaten us and was making a head start on Rose's home cooking and Tony's Guinness supplies. After refueling and scrubbing up we had a well earned kip. With the wind still behind us in the morning, at a leisurely pace we headed for our Carriage Café rendezvous.

The **WHY** team were spotted a couple of times en route. As the Groundhogs and Zed Team refilled bidons from the ever reliable Hopelands School rainwater tank the smartly dressed well oiled WHY crew steamed past, support crew following. They were spotted again in the middle of the night taking a break in the main street of Yarloop. The grand arrival of this group of non-Audax riders was impressive – rolling up to the finish with an entourage of supporters and family, some of them also dressed in their team kit.

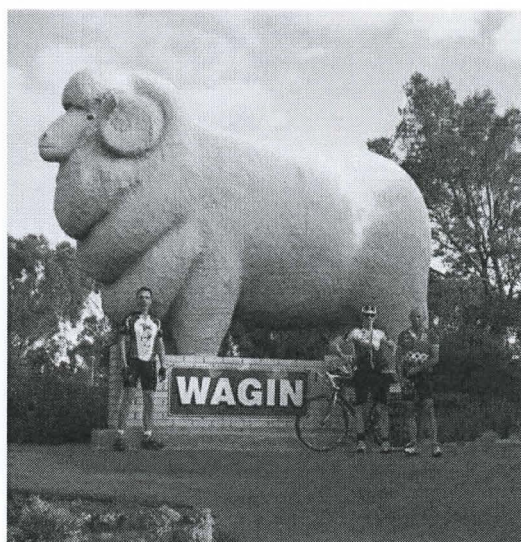
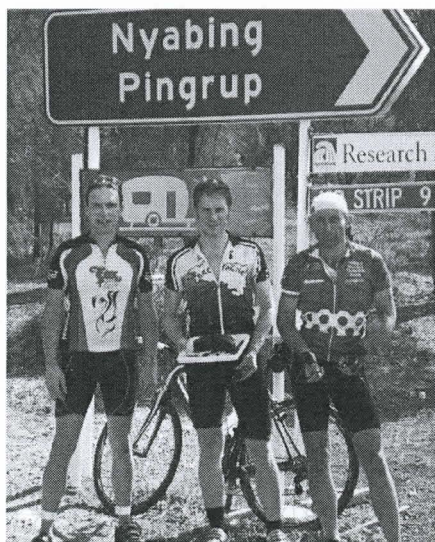


The **Rand-09's** were primed for a big ride, decamping for Albany the day before. Their spectacular departure from the top of Mt Clarence set the scene for a challenge that would test their spirits – in the true spirit of Audax.

From Albany the team headed for the Stirling Ranges via Chester Pass road. Enjoying a strong tail wind for most of their journey passing through Gnowangerup, Katanning, Wagin and

Williams before tackling the hilly Maradong to Dwellingup road.

Making it in to Fremantle in good time after clocking up a massive 605km will ensure they are again in contention for the Opperman Shield awarded to the Australian Oppy team who covers the greatest distance.



Recipe

OPPY ENDURANCE CAKE

Supplied by Caroline Williams

Ingredients:

150g unsalted butter, not margarine
¾ cup caster sugar
4 eggs, separated; whisk egg whites until peaks form
½ cup plain flour
125g pecans, chopped finely
125g chocolate, dark cooking, grated
Extra cocoa/icing sugar to dust top of cake



Method

Cream butter and sugar.
Add egg yolks one at a time, mixing thoroughly.
Add flour, grated chocolate and pecans.
Add 1st half batch egg whites – fold only, do not mix thoroughly.
Add 2nd half batch egg whites – ditto.

Use 8/9" round cake tin or loaf tin or baba tin.
Line with greaseproof paper.
Bake in moderate oven for 45 minutes.

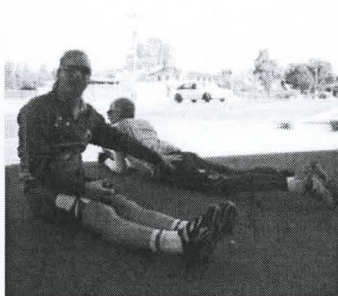
Remove from oven and allow to cool well and truly before turning out as the chocolate will be melted and this allows inner chocolate to set.

When totally cool and turned out of cake tin, sprinkle/dust with a layer of icing sugar and then cocoa.

Place slices of cake into zip up snack bags for easy retrieval from pockets, etc.

Watch the other riders at the start of the ride as they unload their own supplies from their pockets and replace it with Oppy Cake that is generously passed around.

Enjoy!



Calendar

18 April DWP 7.00am	UAF PERTH Nick Dale 0400 300 850	100km UAF group ride 22.5km per hour
Sun 19 April Kalamunda 7.00am	THERE WILL BE BLOOD John Eden 9291 9849	70km MTB Back hills of Kalamunda
Sat 25 April Pickering Brook 8.00am	MUD PIES Colin Law 9397 7739	50/100km MTB The weir – Bakers Hill pie shop along Kep track.
Sat 2 May Willetton 8.00am	DUPUY DAWDLE Ken Dupuy 9457 7280	50/100km Hills
Sat 9 May Perth 7.00am	UAF GUILDERTON Nick Dale 0400 300 850	200km UAF group ride 22.5km per hour
Sat 23 May Perth 7.00am	UAF PRESTON Nick Dale 0400 300 850	300km UAF group ride 22.5km per hour
Sun 31 May DWP 8.00am	SWANNING AROUND Rod Marston 0413 984 771	50/100km A lap of Swan River
Sat 6 June Ask Nick	P300 Nick Dale 0400 300 850	100/200/300km Flat
Sat 20 June Perth 7.16am	DAWN TIL DUSK - WINTER Nick Dale 0400 300 850	200km
28 June DWP 8.00am	COASTAL CRUISE Ross Cussons 9317 2588	50/100km DWP-Coogee-Rockingham- DWP
Sat 4 July Fremantle 7.00am	E300 Nick Dale 0400 300 850	100/200/300km
Sun 2 August DWP 7.00am	THE VINES Colin Farmer 9330 4441	50/100km DWP-The Vines-DWP
Sat 22 August Kalamunda 8.00am	DAMBUSTERS John Eden 9291 9849	150km Kalamunda-Gidgeganup- Wungong-Kalamunda
Sun 30 August Canning Bridge 8.00am	FOOTHILLS CRUISE Chris Patton 0424 048 528	150km Along the bottom of the Darling Scarp