

CYCLE TOURING ASSOCIATION OF WESTERN AUSTRALIA

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"The Cyclists Association fostering Cycle Touring and protecting the interests of cyclists."

NEWSLETTER No. 10

MARCH 1976

ROTTNEST, FEBRUARY '76

The weekend of February 21st and 22nd was a truly memorable one for the C.T.A. At 8.30 a.m. on Saturday, throngs of avid cyclists (namely, Richard Paddick, Ken Stanes and Nicole Harrison) set out of Perth on the M.V. Western Isle for a fantastic weekend at Rottneest. The group was joined at Fremantle by David Letts, Geoff Camm and his sons John, Ian and Alistair, and further increased at noon with the arrival of C.T.A. President Jim Harwood, his wife Gwen, Secretary Dale Neill and Margaret Neill, on the Western Isle's second crossing.

Accommodation and meals at the Rottneest Lodge proved to be delightful, and in spite of the sporting nature of our excursion, we still found time for the Lodge's pool tables and quiet sit-downs in the Lodge court yard, sunbathing or feeding the ravenous quokkas.

Saturday's cycling activities included a ride to the Basin swimming area, followed by hilarious ~~d~~dives down a huge sand dune (sorry: sand cliff!), recorded for posterity by Geoff Camm's camera; a ride to Parakeet Bay for an afternoon swim amidst friendly hosts of stinging blue bottles (!); an evening ride to the old army jetty for a proposed swim suddenly curtailed by the appearance of a baby sting-ray; an evening swim at the Basin under the vigilant observation of Jim, complete with cycle lamp to avoid stepping on cobblers and to light the way back to the Basin shelf, followed by a last minute sprint to the island's pub for late evening refreshments. Some members of the group even found time and energy for a middle of the night ride, which took them to Parker Point, the island centre light-house and Bathurst Point.

Sunday's activities were somewhat slowed down by the sizzling heat (37°C). Worthy of mention though, is the valiant effort by John, Ian and Alistair Camm to follow Geoff, David and Nicole ~~to go~~ to Fishhook Bay. They cycled a good distance on their own, and completed the trip doubled up with the three adult riders. Ken, Richard and the Neills later joined in for a swim in the idyllic cove at Fishhook Bay, while Jim and Gwen Harwood relaxed and swam at Green Island.

The return trip to Perth was one of the calmest ever, and everyone landed quite convinced that there was no better way to spend a weekend. Plans are already afoot for an even better trip in May (see calendar of events for details); we can honestly promise you some really good times. Don't be left behind: book early with one of our tour organizers. See you then!

COMING EVENTS

Sunday 28th March

40 Kilometres

Guildford Bar-b-cue
Moderate course

Departing Perth Railway Station at 10 a.m., cycling to Guildford. Departing

.../2.

Guildford Post Office at 11 a.m., cycling through the vineyards for a bar-b-cue lunch and a swim at the Upper Swan bridge. Bring your own lunch.

Dale + Wayne

Sunday 11th April

25 Kilometres

Perry Lakes - 9 a.m.

Easy ride

Particularly suitable for families and young riders; harder riders will tackle Reabold Hill.

Meet at Bar-b-cue site.

Leader:- Nick Newman.

Monday 26th April (Anzac Day Holiday)

50 Kilometres

Perth to Parkerville

Moderate-hard ride.

Leaving Perth Railway Station at 9 a.m. and Midland Town Hall at 10 a.m.

Bring your own lunch or buy it in Parkerville. All downhill on the way home!

Leader:- ~~Wayne Lally~~ *Warren Rudd*

Friday April 30th - Sunday May 2nd

Weekend at Rottneest

Rides to suit all tastes and energies.

Cost: \$16.00 adults

\$13.00 students (13-16 years)

\$10.00 children (12 years and under)

This includes your fare on the Western Isle, accommodation in a chalet, and all meals.

A tentative booking has been made in a chalet with ocean views for a maximum of 8-10 people. Bookings and money must be in by April 23rd. Contact

Dale Neill (47 8168) or Nicole Harrison (49 3589) for details and bookings.

We're in for a truly great weekend: make sure to book early!

Organizer: Nicole Harrison

Saturday May 22nd

20 Kilometres

Grand Evening - Ride and Banquet!

Easy ride.

Leaving from Varsity Cycle Shop (26A Stirling Highway, opposite the Nedlands Post Office) at 6.30 p.m., cycling about 10 Kilometres to a secret location for a gastronomic extravaganza (approximate cost: \$7.00 per person).

Bookings must be in one week ahead.

Organizer: Warren Rudd (68 7597)

LOOKING AHEAD

5th - 6th June

Weekend camp at Bickley - cycling, canoeing, bushwalks, etc.

7th - 8th August

Weekend camp at Toodyay - and at the same time the 1976 coasting championships!

TECHNICAL TIDBITS

IS YOUR SADDLE AT THE CORRECT HEIGHT?

Many riders have their saddles either too high or too low, which makes cycling both laborious and inefficient. When sitting on the saddle, make sure that your toes just touch the ground comfortably on either side; this will ensure the

correct position of your saddle. Alternatively, the heel of one of your feet should be flat on the pedal at the bottom of its revolution.

Please feel free to ring any C.T.A. committee member for advice on technical matters or on the purchase of cycling equipment.

RESIGNATION

At the last meeting Geoff Camm tendered his resignation from the management committee. Geoff has always been an enthusiastic and genuine cyclist, and he and his three sons will continue to participate in many of the association's outings.

NOTE

When booking for weekend activities, please give the organizers at least one week's notice of your intentions. Accommodation bookings must usually be finalised by then and late bookers may not always be able to obtain accommodation.