

CYCLE TOURING ASSOCIATION OF WESTERN AUSTRALIA

PRESIDENT: Jim Harwood
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"The Cyclists Association fostering Cycle Touring and protecting the interests of cyclists."

NEWSLETTER No. 12

MAY-JUNE 1976

APRIL REVIEW

April was a terrific month for the C.T.A.; the weather was ideal, the rides were well attended and the cycling was most enjoyable throughout.

The ride of the month was definitely the Perth-Parkerville ride on Anzac Day (well, Guildford-Parkerville or Midland-Parkerville for some of us!). There was quite an assortment of vehicles for the long climb up Greenmount: Carlatti, Malvern Star, Peugeot, Honda Civic, MG, etc.! Fifteen riders tackled the hill, and were met at the top by another five or six people for a pleasant outdoor lunch at the Parkerville Hotel. And it sure was a memorable run down Greenmount on the return trip to Midland!

The month ended gloriously with a two-night weekend at Rottnest. Sixteen C.T.A. members crossed over on Friday April 30th; included in the group were the six members of the King family of Nedlands, as well as Geoff Camm and his three sons, by now veterans of the club's Rotto weekends. The weather (quite miraculously, or at least so it seemed at the time) held up until Sunday, but unfortunately became quite damp as the club cycled to Cape Vlaming in the morning. Apologies from the weatherman to Jim and Gwen Harwood, Chuck Westfeater and his friend Lim, who came in on the Sunday morning Western Isle crossing!

The hard-luck story of the month: treasurer Ian Smith, cycling to work from Forrestfield to Perth one very early morning, suffered three punctures, in the same tire, travelling along the same road. The moral of the story: if you must travel on Abernathy Road before sunrise, carry along a spare tube, or even two or three! The result of the story: Ian never did get to work that day.

COMING EVENTS

Sunday 5 June

World Environment Day Ride
Easy ride.

25 kilometres

On this day, the C.T.A. will join forces with Urban Action, for a "co-ride" to observe World Environment Day. Meeting places and times are: 9.45 a.m., Winthrop Hall (clock tower), University of WA
10.45 a.m., clock tower at King's Park entrance, on King's Park Road, opposite government offices

The combined groups will then proceed to the city centre and will ride along a planned route through the city. The purpose of this

outing is to draw the public's attention to the environmental value of cycling and all C.T.A. members are encouraged to attend. Information: Dale Neill (47 8168), Nicole Harrison (49 3589)

Saturday 26 - Sunday 27 June

Weekend camp at the Bickley National Fitness Youth Camp (Community Recreation Council Camp).

Cycling (moderate and hard rides), canoeing, bushwalks, etc.

Cost:	<u>under 16</u>	<u>over 16</u>
from Friday afternoon to Sunday afternoon	\$7.	\$10.
from Saturday morning to Sunday afternoon	\$5.	\$7.

(Pre-schoolers free)

Gear needed: bike, bathers, shoes for bushwalking, sheets or sleeping bags, towel and tea towel.

Organizer: Dale Neill (47 8168)

Bookings made after June 20th will NOT be accepted.

Sunday 4 July

Perth to Araluen

80 kilometres

Moderate - Hard ride.

(35 km from Armadale)

Leaving Perth Railway Station and Fremantle Town Hall at 10 a.m., meeting at Armadale Railway Station at 11 a.m., cycling to Araluen for lunch (bring it or buy it), optional (cold water!) bathing, and optional hard ride to Canning Dam. Back in Perth by 4.30 p.m.

Leader: Jim Harwood (31 6464)

Saturday 17 - Sunday 18 July

Piesse Brook Overnight

80 kilometres

Hard ride (hilly)

Leaving Perth Railway Station at 2 p.m. Saturday, cycling to Piesse Brook Youth Hostel, returning Sunday via Mundaring Weir (bar-b-cue lunch) and Greenmount (downhill).

Gear needed: "sleeping sheet" (compulsory: see below), own food (three meals)

Overnight fee: \$1.20

Organizer: Wayne Lally (74 1164)

Bookings made after July 10 will NOT be accepted.

Saturday 7 - Sunday 8 August

Toodyay Overnight

160 kilometres

Hard ride

Leaving Midland junction at 9 a.m., cycling to Toodyay via Red Hill and Toodyay Road. Stopping overnight at the old hospital, returning to Perth via Clackline and Great Eastern Highway, by late afternoon, Sunday.

Organizer: Ian Smith

Bookings made after August 1st will NOT be accepted.

LOOKING AHEAD

Sunday 22 August

King's Park ride: a relief for easy riders!

August 30 - September 8

Tour of the South-West, approximately 800 km. Approximate cost: \$40.

Enquiries: Dale Neill (47 8168)

TECHNICAL TIDBITS

JUST HOW FIT A TOURING CYCLIST ARE YOU?

For some of us, the principal motive for cycling is fitness, while for others, it may be pleasure. Possibly, the ideal situation is where the person cycles because he enjoys it and simultaneously becomes and remains fit.

How far do you have to cycle each week to remain fit? One man has some answers to this question. He is Dr. Kenneth Cooper, author of the now famous book "Aerobics". Dr. Cooper systematically assessed the training effect of a number of activities, including running, swimming, cycling, walking, squash, basketball, etc., and developed a point system to allow the individual to calculate how much of a particular activity he needs to maintain fitness.

Running is great - but it's difficult coasting downhill.

According to Dr. Cooper, to maintain a minimum standard of fitness, a man needs to earn 30 points per week, and a woman 24 points.

CYCLING POINTS

5 miles (8kilometres)

30 min. or longer: 1 pt.
29-20 minutes : 2½ pts.
19-15 minutes : 5 pts.
14 min. or less : 7½ pts.

10 miles (16 kilometres)

1 hour or longer: 2 pts.
59-40 minutes : 5 pts.
39-30 minutes : 10 pts.
29 min. or less : 15 pts.

Note: If using a lightweight racing cycle, deduct ½pt. per mile.

If you average 12 - 15 mph (20 - 24 kph), you need to complete 12 five-mile rides per week, or 6 ten-mile rides per week, or 4 fifteen-mile rides per week, or 2 thirty-mile rides per week. The four fifteen-mile rides make the most sense.

Earning 30 points in cycling has the same benefit as swimming ¼-mile twelve times per week, or running 2 miles, five times per week, or playing 10 rounds of 18 holes of golf per week!

Remember, activity is normal.

Dr. Cooper reminds us that 30 points per week is a minimum and that many sportsmen earn up to 150-200 points per week.

There is no quickeasy way to get fit - but cycling may make it more fun.

Many people would probably be cynically amused at the thought of cycling 15 miles, four times a week. But then again, many people these days, with their office jobs, their infernal combustion machines and their range of labor-saving appliances are probably engulfed in a condition of physical complacency that is now a characteristic of our society. They are amused because they have never experienced fitness since they were in grade 5 at primary school, and have forgotten the immense feeling of well-being, confidence and zest for life that is associated with a satisfactory level of fitness.

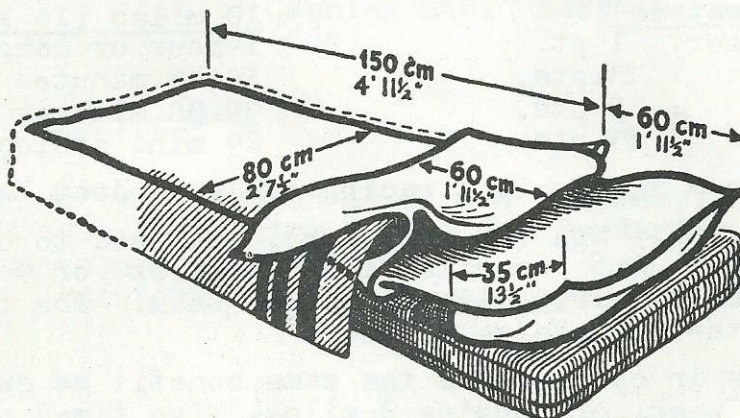
ODDS AND ENDS

PLEASE, when tour bookings are requested one week or so early, book on time with the tour organizer (no one else please). It is usually impossible, or just about, to fit extra people in at the last minute, and it is truly heartbreaking for the organizers to have to turn down eager late bookers. Let's give it a go, shall we!

As you know, the C.T.A. is now affiliated with Youth Hostel Association of Australia. Some of our coming weekend outings will be to Youth Hostels, and in order to comply with their rules, each C.T.A. member staying in a Youth Hostel must have a "sleeping sheet". Y.H.A. provides its guests with blankets, but insists that each guest use a regulation-size sewn-up sheet to protect Y.H.A. bedding. Sleeping sheets can be purchased from Y.H.A. headquarters in Perth for \$5.00, or home-made according to the following specifications:

IS YOUR SHEET SHOWING?

A REGULATION SLEEPING SHEET is compulsory in Australia and many other countries to protect hostel bedding



You can buy one from YHA or make your own