

# CYCLE TOURING ASSOCIATION OF WESTERN AUSTRALIA

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## JULY-AUGUST REVIEW

It used to be a simple matter to write monthly or bimonthly reviews; these days, there are so many interesting events in a month (or worse, in two months!) that one doesn't know where to begin. Definitely the major outing for the July-August period was the South-West tour; so major, in fact, that it rates an article to itself (see pp4-5).

Just as enjoyable, though a bit shorter, was the weekend trip to Northam in July. Four riders - Ian Smith, Matt King, Vince Holliday and Nicole Harrison - took off from Midland on Saturday morning, and cycled four hours to Wooroloo to watch part of the 100km. handicap race being run there that day. We basked in the luxury of El Caballo Blanco for a few hours, and set off at 3 for the remaining two hours' ride into Northam. We enjoyed the Northam Youth Hostel tremendously; it is the former engineers' offices in the old railway station, and quite

luxurious by YHA standards. On the return trip via Toodyay Sunday morning, we were joined by Wayne Lally and Richie Faddick, out for a day's training. Their presence greatly added to our enjoyment of the weekend, as did Trelma Lally's tea and biscuits on our arrival at Midland. Our heartfelt thanks go to Mr. and Mrs. Holliday, who accepted to follow us in their car on only a few minutes' notice, and whose help made the trip much easier to bear. Another Northam weekend is planned for October ... put it in your diary now: it should be good!

Our Rottnest overnight in August was a chance for regular Rotto enthusiasts to get together again. A few new faces this time, among the younger crowd - Meredith Johnson, Therese Carter and Greg Byrne. All seemed to spend an enjoyable weekend, in spite of the rain. Already there have been enquiries to committee members ... when is the next time??

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## COMING EVENTS

### Sunday 26 September

Darlington - Mundaring

Easy - moderate ride

Meet at the old Darlington railway station at 10:30 a.m. (9:45 at the Midland Town Hall for hard riders). Cycle along the old railway line to Mundaring, lunch at Mundaring (bring or buy), and return to Darlington in the early afternoon.

Leader: Wayne Lally



Sunday 10 October

Perth - Araluen  
Hard ride

80 kilometres

Meet at the causeway car park at 9:30 a.m., or at the Kelmscott railway station at 11:00 a.m. Lunch (bring or buy) and a swim at Araluen.

Leader: Jim Harwood

Sunday 17 October

Perry Lakes  
Easy ride

Meet at bar-b-cue site at 10:00 a.m. Particularly suitable for families and young riders.

Leader: Walter King

Sunday 31 October

Mussel Pool and Swan Valley  
Easy ride

20 kilometres

Moderate ride

40 kilometres

Meet at the Guildford Post Office at 10:30 a.m., cycle along West Swan Road for a picnic lunch at Mussel Pool. In the afternoon, those wishing a "moderate" ride can cycle along West Swan Road to its northern end, and back to Midland and Guildford via Great Northern Highway, to rejoin the easy riders in Guildford.

Saturday 6 - Sunday 7 November

Northam Overnight

200 kilometres

Hard ride

Leaving Midland Town Hall at 9:00 a.m. Saturday, lunch at Wooreloo, overnighting at the Northam Youth Hostel and returning Sunday via Toodyay. Bring or buy food. Sleeping sheet compulsory. Support vehicle will accompany group.

Cost: \$2.50

Organizer: Dale Neill (47 8168)

Bookings made after November 1 will NOT be accepted.

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A special welcome to C.T.A. members who have joined the association since the publication of the last newsletter:

Mr. and Mrs. R.E. Burr  
Mr. Peter Fitzmaurice  
Mr. Tony Jonikis  
Mr. M. Brant  
Mr. Robert Frith  
Mr. Geoff Wilson  
Mr. Brendon Smith  
Mr. K.J. McLachlan  
Mr. and Mrs. Philip Pearson  
Mr. Michael Norman

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## 1976 RACING SEASON REVIEW

W. Lally

Several of our C.T.A. members also enjoy racing. During the road season just completed, we have had winners on several occasions. Most successful would have to be 16 year old Richie Paddick, with two wins (Dwanview, 40km and El Caballo Blanco, 100km.) and a second place at Ardross (20km.). He also became a member of the W.A. junior road team. Mike Russell won twice - 30km. at Guildford and 40km. at Perry Lakes. Our secretary Dale Neill had a win at Forrestfield over 70km., and rode well throughout the season. Wayne Lally was successful at the Ardross Criterium over 30km. Ian Staniland had a good win at Karrinyup over 40km., plus minor placings. Warren Rudd took fastest time in early races, but after a training accident, could not show his true class this year. Mike Pepper, John Walker and Vincent Holliday also took places in amateur events.

Although the C.T.A. is not connected with competition cycling, we feel that C.T.A. members who race deserve our encouragement and our sincere congratulations for their good work. Let's hope to see them more often on our touring rides through the summer.

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## TECHNICAL TIDBITS

### ROUTINE CYCLE MAINTENANCE, OR HOW TO KEEP YOUR RUNNING COSTS DOWN

G. Camm

If you use your bicycle daily, you should check it over every week or fortnight to ensure your safety on the roads. The following topics can serve as guidelines for your maintenance work: tyres, brakes, steering, wheels, chain, pedals, saddle, lights, lubrication.

Tyres: Are your tyres set at the correct pressure? Never ride with underinflated tyres, as this will cause excessive wear on the tread. Overinflation can also cause excess wear, and could lead to a premature puncture. Most cycle manufacturers recommend that cycle tyres be inflated until they feel hard when pinched with the thumb. If you get a comfortable ride, without too much bounciness, then the pressure is just right. As a further guide to tyre pressure, here is a list of recommended pressures, according to tyre size:

1 1/4" wheels - 50-65 lbs.	1 1/2" wheels - 35-55 lbs.
1 3/8" wheels - 40-60 lbs.	1 3/4" wheels - 30-50 lbs.

The tread on your tyres should be checked regularly for signs of wear. If it looks too worn, then don't hesitate to replace the tyre, particularly for winter riding. A tyre with little tread on it will slide as soon as the road gets a bit greasy; so, if in doubt, throw it out. Tyre walls should also be examined; anybody who has run up against a kerb should always see if the wall has been damaged. Any foreign body within the tread itself or sticking in the tyre must be removed. Don't forget: you ride on your tyres, and your safety depends on how they are adjusted and maintained.  
(continued in the next newsletter)

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1976 TALL TIMBER TOUR  
D. Neill

Yes, it was Tall Timber Tour time again. The inaugural tour was conducted in 1975, and the second version was held between the 31st of August and the 4th of September. There were thirteen of us in the 1976 touring pack, six of the 1975 group and 7 newcomers.

The "Australind" carrying our group arrived in Bunbury after vibrating its way from Perth. We met up with Andrew Brain in Bunbury, and set off for Donnybrook where we stopped for supplies. The touring group then pressed on through the undulating orchard country to arrive at my favourite Youth Hostel, "Noggerup". Noggerup, an old country schoolhouse, would be considered primitive by many people, with no electricity or showers and a pan toilet, but it makes up for all that with its idyllic setting, homeliness and nostalgia. Within minutes after our arrival, Nick Newman had the fires and lanterns going and within the hour, the subtle aroma of Noggerup Stew "Mark II", concocted by Nicole Harrison, wafted through the house.

The gentle overnight rain had cleared by morning, and we set off on stage 3 to Boyup Brook. It soon became evident that Ian Smith's favourite colour was red, with his red shirt, track suit, cap, socks and saddlebag. Mike Pepper and Andrew Brain led the way on this stage as they did for the entire journey. Mike is shortly to join the ranks of the professional racing fraternity, and Andrew's excellent performance might be attributed to his "power/weight" ratio.

We bought delightfully fresh rolls and doughnuts at a Boyup bakery, and cooked some sausages on an improvised barbecue a couple of kilometres out of town, before setting off for Bridgetown. The remainder of the ride into Bridgetown was in warm, sunny conditions and the final 4km. descent into Bridgetown capped off a great day. By coincidence, C.T.A. president Jim Harwood and his wife Gwenn were visiting Bridgetown also, and together with them, the "oldies" of the touring group dined at the Freemasons Hotel, next to a log fire.

Rain set in on Wednesday night and continued steadily till after breakfast on Thursday. Everyone looked a bit gloomy about tackling the 130km. hilly ride in the rain. David Letts rode in the support vehicle until Nannup, to recover from his culinary experiments of the previous evening. The ride from Bridgetown to Nannup is arduous, but the rapid descent and magnificent scenery make it one of the best cycle routes in W.A.

After Nannup, the group struck headwinds and rain. Nicole and Greg Byrne eventually succumbed, and their cycles travelled from Nannup to Quindalup wheels up on the rack of the support vehicle. The rest of the riders regrouped at Jarrahwood to ride in formation to that evening's destination, Quindalup. Mike Pepper and Andrew Brain were in bed at 7 p.m. that night, and by 8:30, only Stephen Dutton's occasional snoring broke the silence in the men's dormitory. Stephen is a veteran of two tours, and once again proved himself to be pleasant company as well as a good organizer for formation rides.



On Friday, we started off in light rain to Busselton, where we stopped for morning tea - milkshakes, rolls, chocolates, etc. - and rode in a tight-knit group to Capel and then to Bunbury.

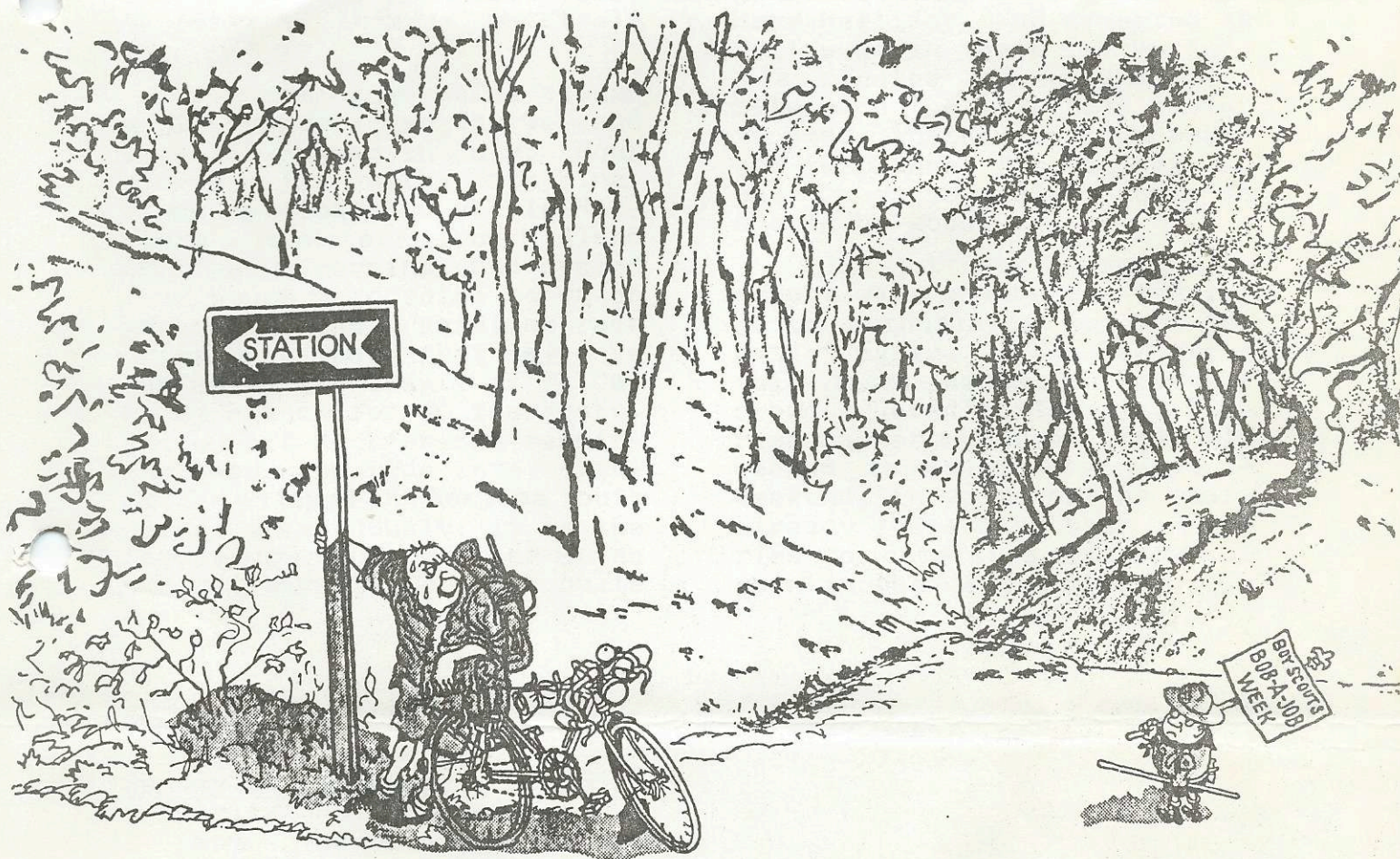
The group's special thanks go to Steve Kerr and his bright green Fiat. They provided a valuable back-up service, and without his help between Bridgetown and Quindalup, a couple of riders might still be there!

As for 1977 ... something different: new location, a little longer.

Those participating in the 1976 Tall Timber Tour were:

Andrew Brain (76)  
Dave Buckingham (76)  
Greg Byrne (76)  
Nigel Davey (76)  
Stephen Dutton (75-76)  
Steven Kerr (76)  
Nicole Harrison (76)

David Letts (76)  
Dale Neill (75-76)  
Adam Newman (75-76)  
Nick Newman (75-76)  
Mike Pepper (75-76)  
Ian Smith (75-76)



"Hey, boy—can you ride a bike?"