

CYCLE TOURING ASSOCIATION OF
WESTERN AUSTRALIA INC

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"THE CYCLISTS ASSOCIATION FOSTERING CYCLE TOURING AND PROTECTING
THE INTERESTS OF CYCLISTS."

Newsletter No. 19

August/September 1977

COMING OUTINGS

6/7 AUGUST - ROTTNEST

Easy Ride 40-60 kilometres

Because of the close timing of the newsletter and this outing
advance bookings and final itinerary may be altered.

Please telephone NICOLE HARRISON (Organiser) on 49 3589 for all
details.

UNDAY 21 AUGUST - MT HELENA / CHIDLOWS

Moderate Ride 50 kilometres (undulating)

Hard Ride 75-100 kilometres (Hilly)

Details

1. Hard riders meet at Midland Town Hall at 8.30 am riding up
Greenmount to Mt Helena.
2. Re-group and meet moderate group at Mt Helena Post Office
at 10.00 am.

3. Both groups ride from Mt Helena to Gidgegannup, East along Toodyay Road, South along Lillydale Road to Chidlow and then West to Mt Helena. Lunch at Mt Helena.

Organisers - Dale Neill and Jim Harwood.

AUGUST 29 - SEPTEMBER 7

Hard Ride 600 kilometres

All vacancies for junior members are now filled. One vacancy for an adult rider remaining.

Organiser - Nicole Harrison

SUNDAY 11 SEPTEMBER - PERRY LAKES

Easy Ride 20 kilometres

Meeting at 11.00 am on West side of lakes for leisurely ride followed by a B-B-Q lunch.

SUNDAY 25 SEPTEMBER

Moderate Ride "100 kilometre Achievement Day"

Following the success and popularity of the inaugural 'CTA 50' it has been decided to conduct a 'CTA 100'. The same rules that applied to the 'CTA 50' will apply to the 'CTA 100'.

In order to be officially credited with a 'CTA 100' members must ride 100 kilometres in 5 hours or less i.e. an average of about 12 m.p.h. No rider is permitted outside assistance e.g. pushes, pulls or sit-ins behind vehicles.

N.B. This event is not a race, nor is it a competition, but a measure of personal achievement.

Entry is free to C.T.A. members.

Venue - The Round-a-bout at City Beach

Time - 8.00 am

Organisers - Wayne Lally and Gerry Holliday

Certificates will be issued to all members who complete the course within the time limit.

WHAT'S YOUR R.P.M. RATING?

How many revolutions per minute do your legs do when riding?

30 ? ? 50 ? ? 70 ? ? 90 ? ? 110 ? ? 130 ? ? ? ? ?

According to cycling expert Fred Delong we obtain best efficiency when doing between 55 and 75 R.P.M. I would draw this to your attention after observing numerous new owners of '10 speeders' slugging it out on a high gear at about 40 R.P.M.

At 60 R.P.M. the following figures apply:

<u>Gear Size (INS)</u>	<u>Speed (M.P.H.)</u>
50	8
60	10
70	12
80	14
90	16
100	18

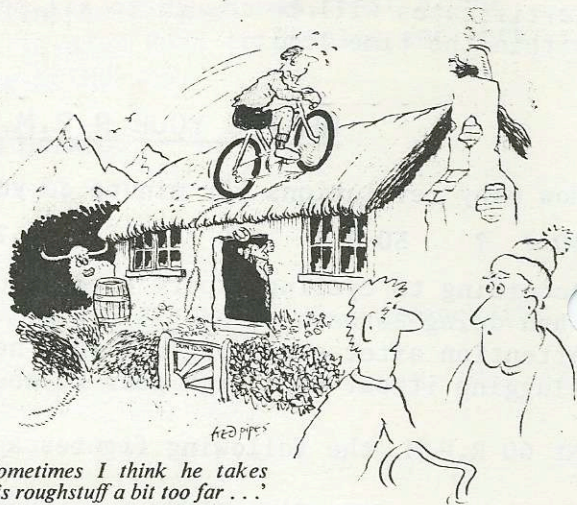
However at 70 R.P.M. the following occurs:

<u>Gear Size (INS)</u>	<u>Speed (M.P.H.)</u>
50	10
60	12
70	14
80	16
90	18
100	20

Generally speaking, it is better to increase road speed by increasing R.P.M. rather than by changing to a higher gear. The idea of gears of course is to enable the rider to maintain constant rhythm (RPM) whether going uphill, downhill or with head wind or tail wind.

STEAM TRAINS AND BICYCLES

Any C.T.A. members who are also steam train enthusiasts have had their moneys worth these last two outings. The ride through Middle Swan, which was well organised by Gerry Holliday, took in the Railway Museum at Guildford, which was especially opened just for the C.T.A. Members were able to have a first hand look at many of the old steam engines, rolling stock and various other steam miscellanea.



'Sometimes I think he takes this roughstuff a bit too far ...'

Our most recent ride, on July 23, started on the right 'track' by all members boarding the 'Australind', at Perth. From Pinjarra the group rode under cloudless skies to Dwellingup. In the afternoon upon their return to Pinjarra and with 30 minutes to spare the group boarded a big old steam locomotive that had just been 'fired up' by local enthusiasts. With spurts of steam and toots of whistle the group set off down the tracks aboard the engine. So engrossed were some members that they almost missed catching the 'Australind' for the return journey.

The support vehicle was provided by Margaret Holliday and was much appreciated.