

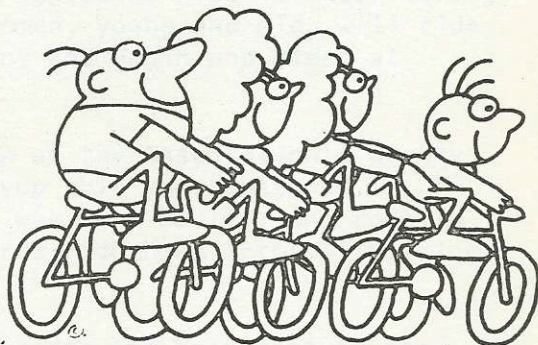
CYCLE TOURING ASSOCIATION
OF WESTERN AUSTRALIA (INC)

PRESIDENT

Wayne Lally
274 4632

SECRETARY

Nicole Harrison
349 3589



CORRESPONDENCE

31 Bruton Street
Balcatta 6021

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

NEWSLETTER NO. 23
MAY/JUNE, 1978

A re-print which may be of interest to members....

CYCLE CLUB PLANS MAMMOTH TOURS

About 50 cyclists under the banner of the WA Cycle Touring Association will ride 50km around Perry Lakes on Sunday morning.

The 7.30 am achievement ride for new members will be child's play compared with other events on the CTA calendar.

Later achievement rides will be 100km in August (last year a field of 30 included a 12 year-old who outdid his dad) and 200km in September, taking in Whitfords, Bullsbrook, Armadale and Fremantle.

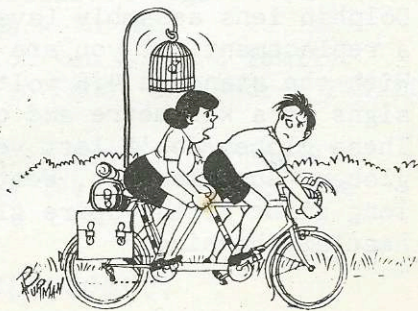
But the epic of the year will be 1200km nine-day tour during the May holidays, when men, women, young and old, will ride out of Perth to Augusta, Albany and Wagin and sleep at hostels and farms.

Cyclists never fail to turn up at the Association's weekly events. One held from Karrinyup this year mustered 17 riders at 3.30 a.m. Included was Marc Savill, who rode in from Glen Forrest and afterwards rode home - totalling nine hours on wheels.

Mr. Wayne Lally, a consistent rider and President of the CTA, said today there were 125 cycling members.

"We're in it to enjoy leisure cycling in company," he said.

EDITOR'S NOTE: This article was published in March in the Daily News, and is reprinted here, courtesy of WA Newspapers.



A HIGH QUALITY CHEAP LIGHTING SYSTEM

It is inconvenient or dangerous to run over a brick or glass if you are hurtling along at 30km/hr. During the day you can see such obstacles and dodge them, but what happens in the dark? Generator lights are pretty bright, but they take a lot of energy to push, and when you slow down or stop, you are invisible. Normal battery lights range from poor to passable, and Wonder lights are all the rage, but they are expensive and have a relatively short life.

For most urban cycling, the best alternative is a mains-rechargeable motorcycle battery. A 4 amp/hr 6 volt lead-acid battery costs about \$6. (Century Batteries in Newcastle Street). It weighs about 800g, which is roughly half as much as an ordinary drycell 6 volt lantern battery. If you are determined to save weight, you could use a smaller battery, or better still, assemble your own lightweight one. The motorcycle battery is easily strapped to the frame to provide the power to run really good lights essentially free.

The battery can be recharged overnight with a car battery charger (limit the current to $\frac{1}{2}$ amp), or you can build a small battery charger from an old radio and a diode from a car alternator (both available free if you look). With all my lights on, my system draws 1.3 amps, almost 3 times the rated output of normal bike generators. This gives me a battery life of less than 3 hours, but as I only need lights to ride home from work, I usually recharge the battery once or twice a week.

In the tail-light, I use a 3 watt headlight globe backed with aluminium foil. For a headlight, I use a lightweight Eveready Dolphin lens assembly (available free from Union Carbide as a replacement, if you are lucky) housed in a plastic jar. With the standard 4.8 volt globe, this will illuminate stop signs at a kilometre and convince cars to dip their lights. These globes don't last very long, but 5.4 volt Berec Krypton globes (Sun Electric, West Leederville) give good light and long globe life. Spare globes should be carried in the headlamp housing.

Of course, as well as good lights, you should wear light-coloured clothing and have reflectors on your bike. Ideally, you should have reflector tape nearly everywhere. It is ultra-light and is available free as off-cuts from the people who make street signs (see me if you want some). White clothing is best at night. Fluorescent orange safety clothing is not nearly as good as white for night visibility, although it is better during the day.

Well, for \$6 - \$10 you can make yourself a lighting system much better than anything you can buy. Combined with lots of reflector tape and light-coloured clothing, this should make you safe on the roads at night if you are careful. After all, who wants to take more chances than necessary of having a good bike and its rider bent?

Bruce Robinson
80 Grant Street
Cottesloe (384 7409)

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NEW MEMBERS

The following members have joined the C.T.A. since the publication of our last Newsletter:

Merv Alcock
Robert Barnacle & family
Leslie C. Chapman
Ivan Gardner
Lynette, Allan & Jenny Jones
Victoria Kent
Brad Lamb
John McEwen

Sharyn McNally
Ross McNaught
Brian Nolan
Steve Pitchford
Elizabeth Segal
Mark Turland
Tom Van Royen & family
Ian Penny and Andrew Phillips

At the time of publication, the C.T.A. had 130 financial members for 1978. This represents a 30% growth since the last Newsletter alone!

HAPPY CYCLING EVERYBODY!!

REPAIR KITS

On recent C.T.A. outings, it has been noticed that many riders are ill-equipped to cope with even the simplest of road-side emergencies...the punctured tyre. Even rarer are the cyclists who carry with them the tools necessary to adjust a faulty derailleur, raise or lower a saddle, repair a loose carrier, etc. A basic tool kit is inexpensive to put together and easy to carry on your bike. All the breakdowns mentioned so far could have been coped with, if the cyclist had carried a puncture repair kit, an adjustable spanner and a screwdriver. Add a spoke key and a few spare spokes, and you can even replace broken spokes on the spot.

Here is a basic list of parts and tools that should be carried at all times on your bicycle:

PUNCTURE KIT	TOOL KIT
<ul style="list-style-type: none">- one spare tube- fine sandpaper or emery board- puncture glue- quantity of patches- two tyre levers- pump	<ul style="list-style-type: none">- adjustable spanner- screwdriver- Allen keys (if your bike needs them)and, if you want:- spare spokes- spoke key

All these items (except the pump and the spokes, of course) can easily be fitted into a small pouch, case, or even wrapped in a sturdy rag, and strapped with a toe-strap under your saddle. You may even want to add basic first aid items to your list: band-aids and antiseptic ointment.

The C.T.A. strongly recommends that its members put together a basic emergency kit for their cycles. It can mean a great saving of time and trouble if you are cycling alone. In a group, it will reduce your dependency on better-equipped riders who should not be relied upon to produce tubes, patches or tools for those who do not carry them themselves.

----- TRAINING RIDE -----

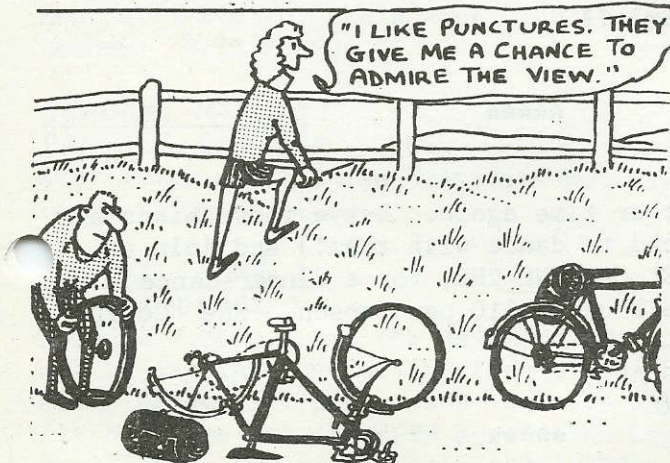
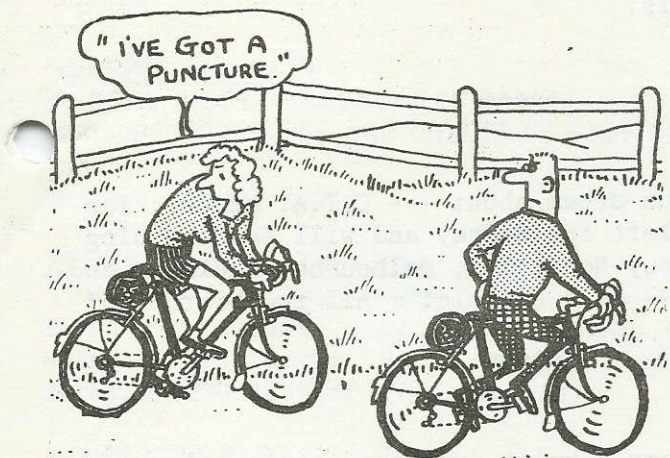
Our first ride for May is a ride with a bit of a difference. C.T.A. committee members will combine their efforts to conduct an afternoon training session for riders who feel that their cycling skills could be improved. Emphasis will

be placed on road-side maintenance and on safe group riding.

Among the skills that will be practised will be: HOW TO change a tube, repair a punctured tyre, replace a broken spoke; HOW TO ride safely in traffic alone or in a group; HOW TO minimize weariness when riding in a group.

This session will be helpful to riders of all ages who feel that they lack confidence in any of these activities.

We request, however, that each participating rider carry a basic tool and puncture kit, as outlined in the previous article.



Don't forget, it'll soon be time to think about the August South-West Tour again. Dates this year will be sometime between August 28th and September 8th. Watch the next Newsletter for details.

The ride so many of us dream about --- C.T.A. member, Ian Staniland, has just left for Sydney and will be returning via Canberra, the Snowy Mountains, Melbourne, Adelaide and the Nullabor Plain --- on a bicycle! All the best, Ian!

The orange T-shirts are a great success: cars can't help noticing them. Ask committee members about lettering too. Where's that club spirit??

It's social get-together time again. Leave those bikes at home (unless you intend to dance with them!) and join us at the KALAMUNDA HOTEL on JUNE 2ND, for a dinner-dance. It should cost you well under \$10 per person. See "Coming Events" for details.

FOR SALE: Lightweight touring frame, 21", double-buttet Malvern Star Double X. \$80, or best offer. Bruce Robinson (384 7409).

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COMING EVENTS

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SUNDAY, MAY 7

Easy ride

PERRY LAKES TRAINING RIDE

Course on emergency maintenance and group riding techniques (see separate article for details). Meet in Perry Drive at 2 p.m.

SUNDAY, MAY 14

Easy/Mod. ride - 40km

MUSSEL POOL MIDDAY RIDE

Meet at 10 a.m. by the Guildford Post Office. Bring a picnic lunch.

Leader: Wayne Lally

WEDNESDAY 17-THURSDAY MAY 25

Hard ride - 1200 km

TOUR OF THE SOUTH-WEST

Seven nights away, staying in Bunbury, Augusta, Balingup, Walpole, Mt. Barker, Wagin and York. Ring Wayne Lally for details (274 1164 or 274 4632 a/h)

SUNDAY, MAY 21

Easy ride - 25km

CANNING FORESHORE HALF DAY RIDE

Meet at 9 a.m. by the Rowing Club at the Canning Bridge.

Leader: Neil Porteous

SUNDAY, MAY 28

Hard ride - 60 km

CANNING DAM DAY RIDE

Meet at 10 a.m. by the Kelmscott Railway Station.

Leader: Geoff Dwyer

SUNDAY, JUNE 2

DINNER-DANCE

Meet at 7.30 p.m. at the Kalamunda Hotel. Reserve your place now by sending the booking form at the back of this Newsletter and a \$5 deposit per person (balance payable at the Hotel). All bookings and deposits must reach organiser by May 25.

Organiser: Nicole Harrison (349 3589).

SUNDAY, JUNE 4

Easy ride - 20km

KING'S PARK SHORT RIDE

Meet at the Adventure Playground at 2 p.m.

Leader: Ian Ingle

SATURDAY, JUNE 10

Hard ride - 80km

YANCHEP DAY RIDE

Meet at 9 a.m. in the Velodrome car park (Brittania Street, Leederville). Bring or buy lunch.

Leader: Nicole Harrison.

SUNDAY, JUNE 18

Easy ride - 25km

PEPPY GROVE/MOSMAN PK HALF-DAY RIDE

Meet at 10.30 a.m. by the Grove Shopping Centre car park. Bring food for bar-b-cue if you wish.

Leader: Matthew King

SUNDAY, JUNE 25

Hard ride - 100km

100KM ACHIEVEMENT RIDE

Certificates will be awarded to members who successfully complete the course in a 5-hour limit. Meet at 8 a.m. by the City Beach roundabout.

Organiser: Walter King

SATURDAY 1 - SUNDAY, JULY 2

Hard ride - 80km

PIESSE BROOK OVERNIGHT

Meet at 2 p.m. Saturday at the Perth Railway Station (Wellington Street). Return Sunday afternoon. Fees: adults \$2.50, under 18 \$1.50. Supply own food; sleeping sheets are compulsory. (They can be hired from Walter King - 386 3463 - for 60 cents). All bookings and fees MUST reach the organiser by June 20 (use booking form at the back of this Newsletter).

Organiser: Dale Neill (447 8168)

BOOKING FORM
DINNER DANCE - JUNE 2, 1978

NAME.....

ADDRESS

.....PHONE.....

OTHER CYCLISTS INCLUDED IN THIS FORM :

.....

.....

AMOUNT REMITTED

Cut out and send, with the appropriate payment, to Nicole Harrison, 31 Bruton Street, Balcatta, 6021. Cheques should be crossed and payable to the C.T.A.

BOOKING FORM
PIESSE BROOK OVERNIGHT 1 - 2 JULY, 1978

NAME.....

ADDRESS

.....PHONE.....

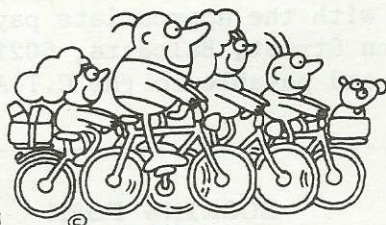
OTHER CYCLISTS INCLUDED IN THIS FORM

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AMOUNT REMITTED.....

Cut out and send, with the appropriate payment, to Dale Neill 29 Garland Way, Trigg, 6020. Cheques should be crossed and payable to the C.T.A.



Life.Be in it.