

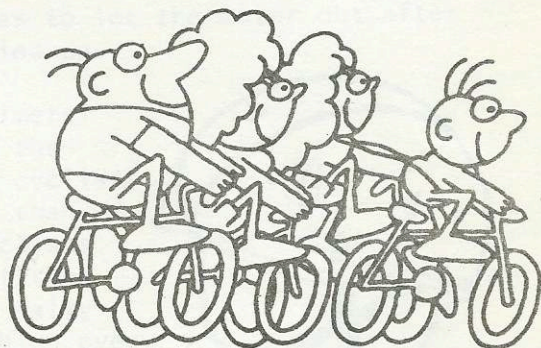
CYCLE TOURING ASSOCIATION
OF WESTERN AUSTRALIA (INC)

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. 25
SEPT/OCT., 1978

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OF WESTERN AUSTRALIA (INC)

PRESIDENT

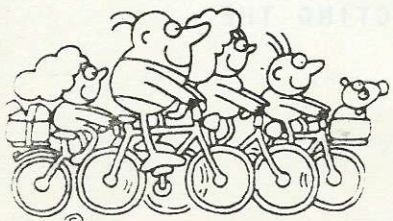
WOMAN LARRY
177 4432

SECRETARY

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CORRESPONDENCE

31 BAKER STREET
PERTH 6001



Life.Beinit.

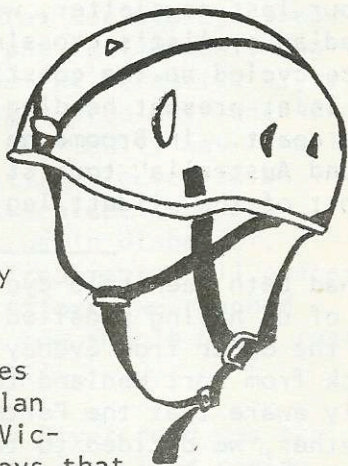
NEWSLETTER NO. 45
SEPTEMBER 1978

WHY I WEAR A HELMET

Essentially all C.T.A. members ride without any adequate form of head protection. However this will change as more cyclists realize that safety is preferable to the "she'll be-right, mate" lottery.

Why do I always wear a helmet when no one else does? Well, long before I took up cycling I used to go caving, and everyone wore helmets. Then I had a go at car-rallying and we wore helmets. Now I go canoeing and canoeists wear helmets too. The helmets differed of course. Cavers use cut-down industrial helmets with lights on the front. Rally crews wear motorcycle helmets with intercom if they're serious (I wasn't), while canoeists wear helmets with holes to let the water out after they have capsized and rolled up.

Why don't cyclists wear helmets? Well, like the "Fiddler on the Roof" says, TRADITION. Do cyclists have less vulnerable heads than cavers or kayakers? Do cyclists practise a less risky sport than speleos, canoeists or even rally drivers? I doubt it. I think every cyclist should wear a helmet. Even kids on motorised mini-bike wear helmets, yet the average cyclist goes faster and further than they do. Alan Barker in the Bicycle Institute of Victoria publication "Safe Cycling", says that about 75% of cyclists killed die from head injuries and about 75% of permanent disabilities are from head injuries.



Bike helmets have to protect your head against three types of injury: abrasion, penetration and impact. The leather strap racing "hairnets" may be partially effective against abrasion, but do little or nothing to stop sharp objects making holes in your head or to stop you getting concussion (or worse). There are ice-hockey helmets, canoeing helmets and so on, which are better than nothing, but

they are not designed to absorb the shock which occurs when a cyclist's head hits the road, or something else hard.

Is \$50 more than you are prepared to pay to protect your head? Many C.T.A. members have paid more than that for one wheel!! If you are keen on safety, but broke, it is possible to get an old motorcylce helmet, and adapt it for bike riding. This type of helmet is heavier and hotter than a Bell Helmet, but probably significantly more effective in a crash.

Bruce Robinson

"TWO WHEELS ACROSS THE TOP"

In our last newsletter, we published an account of a young Canadian cyclist's crossing of the Nullarbor. Denis has since cycled up the coast, across the Kimberleys to Darwin, and is at present heading back to Sydney along the Queensland coast. In Broome he joined forces with another 'round Australia' tourist, and together they send this report of the wildest leg of their journey.

————— oo0oo —————

We had both been solo cyclists until our link-up at Broome one of us having pedalled from Noosa Heads, Queensland, and the other from Sydney. After experiencing the dirt track from Port Hedland to Broome, we had both become fully aware that the Perth-Darwin leg was a tough one. Together, we decided to take the Gibb River Road, a rugged track which winds its way through the heart of the Kimberleys from Derby to Kununurra.

In Derby, we were warned by officials of the Royal Doctor Flying Service and of the Main Roads Department that this route was "not conducive to cycle touring", and that after the Gibb River station, it became a four wheel drive track exclusively. Preparing for the worst, we packed our bikes with 1½ weeks' supply of food - flour, sugar, dried meat, cheese, rice, powdered milk, dried fruit, etc. and set off for Kununurra.

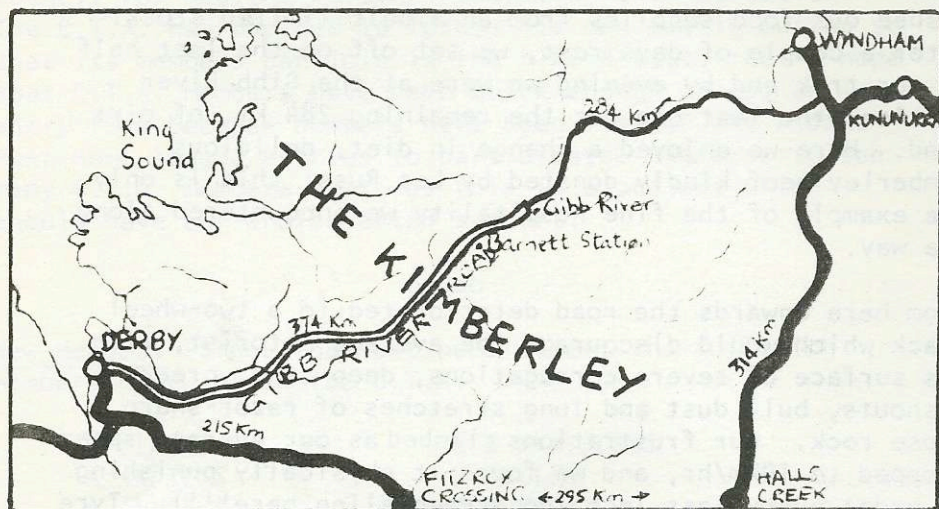
The first week on this road proved to be enjoyable, as we saw a few gorges and uncountable wildlife; moreover, the road conditions were fairly good up to Barnett Station. Here we saw beautiful Manning Gorge and replenished our food supplies from an albeit limited stock. After a couple of days rest, we set off on the last half of our trek and by evening we were at the Gibb River Station, the last one for the remaining 284 km. of dirt road. Here we enjoyed a change in diet, delicious Kimberley beef kindly donated by Les Russ; this is only one example of the fine hospitality we encountered along the way.

From here onwards the road deteriorated to a two-wheel track which would discourage the average motorist, with its surface of severe corrugations, deep sand, creek washouts, bull dust and long stretches of razor-sharp loose rock. Our frustrations climbed as our average speed dropped to 10km/hr, and we found it physically punishing to pedal every last inch (no freewheeling here!!!). Tyre wear and punctures proved to be a major problem: one 40km stretch produced 6 punctures. This difficulty was finally overcome by lining tyres with other tyre-sleeves to be in fact riding on 4 tyres. Traffic was scarce; the few motorists that did come by stared at us in disbelief. Some were kind enough to offer us refreshments, all gratefully accepted. After a determined effort, we reached the bitumen again. We had forgotten how smooth "real roads" were: this one felt like glass to us!!

The 13-day, 600km trip along the Gibb River road was the experience of a lifetime. This rarely travelled region supplies the tourist with splendid views of rolling countryside, unspoilt gorges and jagged peaks. The diversity of flora and fauna is astounding and very obvious to the slowly moving cycle tourist. Furthermore, we are undoubtedly the first cyclists to attempt touring along this wild and beautiful road.

Once on the bitumen, we pedalled the remaining 50km to the Kununurra pub on our somewhat worn machines, and looking like war refugees. Never had beer tasted so refreshing!!

From Kununurra, we continued on to Darwin, thus completing the longest and toughest leg of our journey around Australia.



Denis Montalbetti
Paul Denny

ODDS AND ENDS

Library The secretary has recently put some order to the various articles, newsletters, books etc. acquired by the C.T.A. over the years, and it is now possible to say that the C.T.A. has an embryonic browsing library. It is made up of a few books, newsletters from Australian and overseas groups, and various articles and pamphlets about cycle planning or cycle safety. This material is housed at 31 Bruton St., Balcatta; contact the secretary (349 3589) if you would like to come and browse.

Freewheeling And speaking of publications here is one you just mustn't miss. Freewheeling is a new magazine (there are two issues out so far), published in Sydney, and dealing exclusively with cycle touring - Australian cycle touring!! It is a brilliant magazine, according to all C.T.A. committee members, and a limited number of copies of issue no.2 are available (for \$1.00) from the Secretary. Future issues (it will be published quarterly) will be available as well.

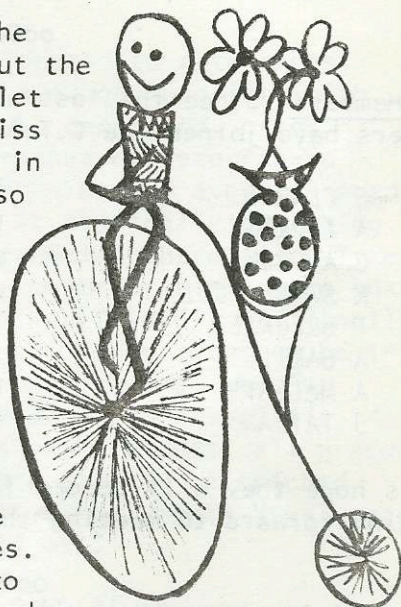
oo0oo

Annual General Meeting Watch the next newsletter for details about the A.G.M. This is your chance to let your voice be heard, so don't miss it. This year's A.G.M. will be in late November. Don't forget also that your 1979 membership fees will be due by then.

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1978 Financial Members Where are you all?? There are so many names on our mailing list to which we can't match faces!! We'd love to see you all - there are rides suited to all abilities. If you think you won't be able to keep up, check this issue's calendar of events: it starts with the Perry Lakes Personal Time Trial (easy as pie!!), later you'll see the bar-b-cue ride (how can you pass up this one?) and the Maylands tour (those who know Walter King know that this will be a "beaut" ride - leisurely and easy). There are many reasons for joining a bike club, but surely we all share one common goal: to enjoy cycling in company. So come out and enjoy yourselves with us!!

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Busselton Bike-A-Bout A cycle tour from Capel through to Dunsborough will be held on the 16th and 17th September. It is organised by LIFE. Be IN IT and the Australian Council for Health, Physical Education and Recreation. The C.T.A. has decided to forego its own weekly outing so that its members can join in the Bike-A-Bout. Let's hope that C.T.A. members have been quick enough to get an entry form because numbers have been limited and riders must have lodged entries to participate. We hope to see many C.T.A. members there as this is a project which should have our wholehearted support.

oo0oo

New Members Since the last newsletter, the following members have joined the C.T.A.

C CLARKE
A ANDREWS
C ANDREWS
R SWANE-POEL
P BRECKLER
A BARTLETT
A McLEAVY
J TATIAN

B & W K JONES
V CULLEN
A DURACK
A BOOTH
L RE DELLE GANDINE
M WITHNELL
W MOON
M LODER

Let's hope they will become faithful C.T.A members; we are looking forward to meeting them all!!

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Notes for Riding (W Lally)

5. Ride no more than TWO abreast at any time.
6. Follow other riders at a safe distance.
7. Ride a straight line.
8. Ride an even pace when in a bunch.

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C.T.A. Badges C.T.A. Achievers!! Don't forget to order your 50 or 100 badges. They are a symbol of your achievement, and look very elegant on your cycle clothing. The badges can be ordered for \$2.00 from committee member Neil Porteous, 11 Hermes Street, Riverton 6155.

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COMING EVENTS

SUNDAY 24 SEPTEMBER - *Easy ride/15km*

PERRY LAKES PERSONAL TIME TRIAL. Meet at 2.30 pm between the lakes. Test your ability to keep as steady pace. Note: this is NOT a race; speed is unimportant.

LEADER: *Matthew King*

SUNDAY 1 OCTOBER - *Very hard ride/200km*

YORK DAY RIDE. Meet at 7.30 am at Midland Town Hall. Lunch at York. Bring lights to cycle home after ride. Support vehicle will accompany group.

LEADER: *Neil Porteous*

SATURDAY 7-MONDAY 9 OCTOBER - *Moder-Hard ride/225km*

MOORE RIVER CAMP. Meet at 31 Bruton St., Balcatta at 10.00 am Saturday. Overnights at Guilderton and Reagan's Ford. Return to Midland Monday afternoon. No booking necessary. Requirements: sleeping bag, tent, own food.

ORGANISER: *Nicole Harrison (349 3589)*

SUNDAY 15 OCTOBER - *Very easy (10km) - Easy ride/20km*

BAR-B-CUE RIDE. Meet at 2.00 pm at 29 Garland Way, Trigg. Bar-b-cue will follow ride. B.Y.O meat; salad and drinks will be provided (a hat will be passed around).

LEADER: *Dale Neill*

SATURDAY 21 OCTOBER

TOURS FILM AND SLIDE NIGHT. A chance to see films and slides of C.T.A. tours in '77 and '78. 8.00 pm at Walter and Diana King's, 136 Victoria Ave, Dalkeith. Bring a plate and drinks.

SUNDAY 22 OCTOBER - *Easy ride/25km*

TOUR OF MAYLANDS. Meet at 10.00 am at the East Perth Rail Terminal.

LEADER: *Walter King*

SATURDAY 28 OCTOBER - *Very easy ride*

NATIONAL VETERANS' TITLES. Meet at the bar-b-cue area at 11.00 am for a picnic lunch. Watch the title races and ride as much or as little as you wish.

CONTACT: *Nicole Harrison*

SUNDAY 5 NOVEMBER - *Mod. ride/60km*

CHIDLOWS DAY RIDE. Meet at Midland Town Hall at 9.30 am. Ride up along the bridle path for lunch at Chidlows.

LEADER: *Wayne Lally*

oo0oo



CYCLE TOURIST OF THE YEAR

in its 4th year of operation, the C.T.A. has decided to inaugurate an annual award for the Cycle Tourist of the Year. This person could be chosen for general contributions to cycling; regular participation in C.T.A. events; efforts in promoting cycling and the causes of cyclists; encouragement of other cyclists; good example in enthusiasm, dress, good road sense. Any one of these, or a combination of them, could make a person eligible for this award. We urge all C.T.A. members to send in their nomination for this award, which will be presented at the November A.G.M. Please use the nomination form below, and send in your nomination to the President by November 1st.

-----cut here



N O M I N A T I O N F O R M

CUT OUT AND SEND TO WAYNE LALLY, 69 TOODYAY ROAD, MIDDLE SWAN, 6056.

I wish to nominate

for the 1978 CYCLIST TOURIST FOR THE YEAR AWARD.

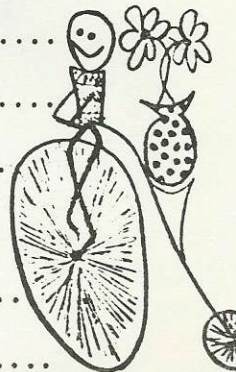
My reasons for this nomination are

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Signature of nominator

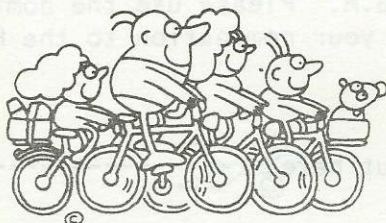
Address of nominator

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Life. Be in it.

CUT OUT AND SEND TO: NORTON ROAD, KIDLE, SWAN, GOSW.

I wish to nominate
for the 1978 CYCLIST TOURIST OF THE YEAR AWARD.

My reasons for this nomination are

Signature of nominator

Address of nominator