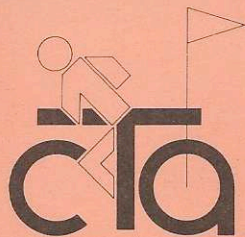


**20 cents**



# **cycle touring association of w.a.(inc.)**

**PATRON:**  
The Hon.R.J.O'Connor  
Deputy Premier of W.A.

the cyclists' association  
fostering cycle touring and  
protecting the interests of cyclists.

**CORRESPONDENCE:**  
Box 174,Wembley  
Western Australia 6014



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(Opposite Town Hall)

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*New and Used Bicycles*

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*Cyclists Clothing & Shoes - Racing Parts*

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## GORDONSON

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R. W. Torrington

334 CAMBRIDGE ST.,

Cnr. Jersey St.

Tel.: 387 3708

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A/h.: 384 7950



FROM THE PRESIDENT

A comprehensive ride programme appears in this issue of the Newsletter. With six years of cycle-tour planning experience we are now in the fortunate situation of having an established repertoire of popular rides and these have been blended with a few new experimental rides to produce what I feel is a well-balanced and challenging ride programme.

From rides conducted so far in 1981 it is noticeable that the 'core' of regular riders has almost doubled in number, with the bulk of the increase coming from female cyclists.

Rides so far this year have been ridden in an atmosphere of enthusiasm and dedication. I would urge all C.T.A. members to uphold and improve our standards of cycling skills and endurance as well as being ever-vigilant regarding safety. We have built a solid foundation for cycle touring in Western Australia. Let's build on it in 1981.

Dale Neill

INTERESTED IN CYCLE RACING ?

If C.T.A. rides are a little too slow for you, perhaps you would be interested in cycle racing. Contact:

Amateur Cyclists Union                      Tel 387 6424  
Floreat Cycle Club                              Tel 384 7987

FIRST AID KITS

Members are advised that they should carry their own small first aid kit, particularly on the longer rides and tours. However, if you do find yourself in need of assistance, ask one of the 8 committee people, each of whom has been issued with a small basic first aid kit.

Each kit contains cotton wool swabs, triangular bandage, Savlon antiseptic cream, band-aids, elastoplast and 'Leukoclips' (temporary stitches).

Hint: For ease & convenience try storing your kit in an old sock, but wash first!

NEWSLETTER PRICE

Commencing with the March-April issue, the cost of the Newsletter to non-members will be 20 cents per copy. Members will continue to have the Newsletter posted direct to their home free of charge.

SOUTH AFRICAN TOUR

"Bushveld Bike Safari" 1981                      12 September - 2 October  
21 days    1283 kms

Motel/Hotel Accommodation and meals included.

Cost \$622 plus air fare.

Organizer/Leader                      Cliff Harford                      (C.T.A. member resident in South Africa)



## NUTRITION AND THE CYCLIST

The first in a series of articles by A.Pettit

Throughout history, nutrition and athletics have existed side by side. Hippocrates, in the 5th century B.C. recommended a suitable diet for each of the four seasons, and as early as 580B.C. meat was used as a training diet.

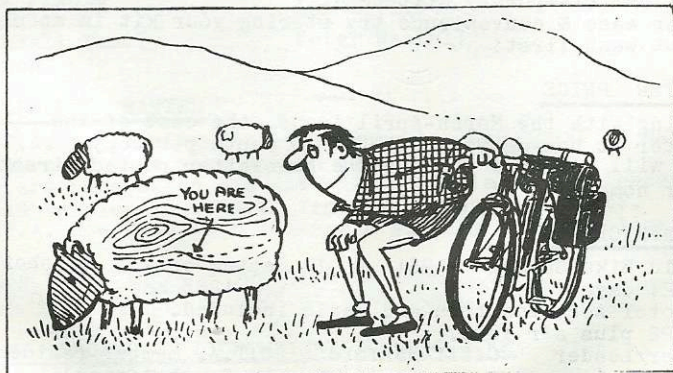
Following the suppression of physical activity in the dark ages, there was renewed interest in sport, and by the end of the 18th century, several dietary practices were noted. By 1818 specific recommendations were being made. For example athletes of this era succumbed to a drastic process of purification which involved a series of purges to clear away all the noxious matter in the stomach, followed by a special diet, consisting of large quantities of underdone red meat.

At this time, the development of 'professionalism' saw habits of gluttony, intemperance and extreme self-indulgence of every kind, as drastic changes in lifestyle was the 'professional' approach to athleticism.

It is easy, in the light of modern knowledge of nutrition, to see the basic misconceptions that underlay these programmes. It was supposed that to acquire strength for athletic achievements, as large a quantity of meat as possible was eaten. There is no scientific evidence to support this belief. Fluids were restricted on similar reasoning - solids represented strength and liquids weakness, hence it was important to reduce or limit liquids.

By the 1860's things had relaxed a little though the Oxford University rowing crew trained on underdone meat, bread tea and beer with no vegetables. Cambridge, however, ate potatoes, greens or fruit, and between 1861 and 1869 lost a string of boat races - because of diet it was inferred.

To be continued.





We flew our bikes across and each carried about 12 kgs of luggage in 2 panniers, handlebar bags, sleeping bags, a tent and 2 water bottles. The bikes were equipped with a 40/50 chainset and a 14 to 32 rear cluster. Although we managed to climb all those hills we tackled, a lower gear could have made things a little easier at times. (The country is extremely hilly, Greenmount is an ant hill in comparison).

The only food we carried each day was lunch, made the previous evening from the most beautiful fresh New Zealand bread. There were always plenty of Dairy's (Deli's) open en route and milk-shakes, being cheap and delicious, were always a great refresher. The evening meal on most occasions was cooked by us in our Motel.

Accommodation ranged from Motor Camps at \$4.50 per night (for the 2 of us) to Hotels \$16.00 and Motels \$30.00. We found that after a ride of 80-100 kms each morning and an afternoon of sight seeing, one really needed a good nights sleep, consequently we used fully serviced Motels where possible. They averaged out at \$25.00 a night and with their own kitchen proved quite economical.

Bicycle shops are reasonably well equipped in New Zealand, however parts seem to be double the price of their equivalent in W.A. The only parts we had to purchase were 2 doz spokes. (We did take  $\frac{1}{2}$  doz with us - that's a long story but we did learn a lot about rebuilding wheels.)

We covered about 1000 kms of the North Island in 10 days and then took a bus trip up to the Bay of Islands for the last few days of our stay.

We would recommend New Zealand as a great place for cycle touring. December - January: weather superb, very little wind (except of course around "Windy Wellington"), the scenery is magnificent, no prickles to puncture tyres and overall a most fantastic country.

### New Cycling Book.

The Bicycle and the Bush. by Jim Fitzpatrick.

"The Bicycle and the Bush" is an historical account of the use of the bicycle in outback Australia. It is extremely well written, reflects a wealth of historical research and contains reproductions of some of the most fascinating cycling photographs and advertisements in Australia's history. The CTA does not recommend many books but it considers this particular book would be a welcome gift to any cycling enthusiast. Special price to CTA members is only \$14.50. Contact B. Robinson on 384 7409.

### CYCLIST'S DEFENCE FUND

CTA members are reminded that if they are involved in a traffic mishap and need legal advice or assistance, then the CTA may be able to be of assistance. The Association has a fund set aside specifically for this purpose. You should contact the President as soon as possible after the occurrence of the incident if you need action on your behalf.



## CYCLIST'S ACTION GROUP NEWS.

The C.A.G. is now holding monthly meetings at its headquarters (2 Bardsen St., Cottesloe. 384 7409) at 8 pm on the third Thursday of each month. All cyclists are invited to come to meetings or to contact us at other times.

At the January meeting a start was made on setting up branches to concentrate on local area issues and so far Fremantle, Floreat Park and South Perth are covered. However, more assistance is needed with this, as well as other activities, so please help us.

Another project under way is the compilation of a map of recommended low - stress bicycle routes in Perth. Many would-be cyclists (and some planners) view the road system through car-driver's eyes and are unaware of the many pleasant low-traffic bicycle routes through back streets. We hope that in collaboration with the C.T.A. we will be able to collate the best bicycle routes including the shortcuts and streets known only to keen, observant cyclists. In due course we hope to get Government funding for publication of the map. The bicycle route map will encourage cycling and will focus attention on the bottle-necks and squeeze points which cannot now be avoided. It is these areas where road authorities should construct cycleways or take other action to help cyclists, especially the less confident.

### RIDE OF THE MONTH

March - 50 km Achievement Ride\* (members only)  
April - Easter Bunny Ride\* (members only)

### NEW MEMBERS SINCE THE LAST NEWSLETTER

Dennis Braddon  
Martin Hanley  
Kay Jackson  
Wendy Metcher  
Patrick Pigott  
Anne Sullivan  
The Tindall Family  
Ian Yates

Bryan & Laura Connell  
James & Murry Hosking  
John Meakin  
Judith Owen  
Jeff Potter  
Max Talbot  
Peter Westall

### TOUR LEADERS WANTED

The C.T.A. is looking for volunteers to lead tours in May and September this year and in January of 1982.

If you are interested and have had sufficient experience, we would be pleased to hear from you at an early date.

The C.T.A. now pays tour leaders a subsidy at the following rates:

Up to 8 riders - 50% of tour cost  
9 or more - 100% of tour cost

### FOR SALE: RACING OR LIGHTWEIGHT TOURING BIKE

21" Reynolds 531 double butted frame. Zeus 10 speed gears; Sugino Cranks + 3 chain wheels; supplied with singles (Zeus hubs) or alloy HP touring wheels. Details - Telephone D. Neill, 447 8168.



# Notice to Cyclists & Pedestrians.

## Cyclists may now ride on footpaths designated by this sign.

**Recent changes to the Road Traffic Code now permit cyclists to ride on footpaths designated for Dual-Use.**

### **RULE 1**

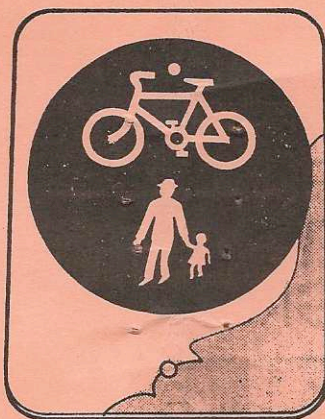
Use of Dual-Use Paths by cyclists is advisable, but not compulsory.

### **RULE 2**

Pedestrians have the right of way.

### **RULE 3**

Cyclists must ride in single-file.



### **RULE 4**

Motorists crossing Dual-Use Paths must give way to both pedestrians and cyclists.

### **RULE 5**

Cycling is only permitted on designated footpaths between Dual-Use signs.



For further information on Dual-Use Footpaths, contact the Department of Local Government, 22 St. George's Terrace, Perth W.A. 6000. Telephone 325 5799.



σδ σδ σδ YOUR CTA COMMITTEE σδ σδ σδ

Please contact any of the following for assistance or suggestions:

<b>PRESIDENT:</b> Dale Neill 29 Garland Way TRIGG 6020  (447-8168 - home) (328 6844 work)	<b>V/PRESIDENT:</b> Walter King 136 Victoria Ave DALKEITH 6009  (386-3463 - home/work)
<b>SECRETARY:</b> Bob Stockman Valencia Road CARMEL 6076  (293-5278 - home) (274-1164 - work)	<b>TREASURER:</b> John Cheyne 69 Irwin Street EAST FREMANTLE 6158  (326-6541 - work) (339-6897-home)
<b>COMMITTEE:</b> Matthew King 24 Coogee Street MT HAWTHORN 6016  (444-9013)	Jayne Milloy-Cheyne 69 Irwin Street EAST FREMANTLE 6158  (321-8361 - work)
<b>INSURANCE:</b> David Millward 7 Boscastle Ave CITY BEACH 6015  (385-8371)	Tony Pettit 25 Newry Street FLOREAT PARK 6014  (387 4324)

σδ σδ σδ RIDE CLASSIFICATION σδ σδ σδ

- \* **EASY.** For any healthy person. Distance less than 25 km. Speeds average 10 - 15 kph with frequent stops.
- \*\* **MEDIUM.** For riders who have some cycling experience and 5 or 10 speed bicycles. Distances from 25 to 60 km with as few difficult hills as possible. Speeds average 15 - 20 kph with stops as needed.
- \*\*\* **MEDIUM-HARD.** For cyclists with experience in group riding. Distances from 60 - 100 km. Speeds average 15 - 25 kph through moderately difficult terrain.
- H **HARD.** For experienced riders of above average ability. Distances are in excess of 100 km and/or speeds averaging 20 - 30 kph. Terrain may be very difficult.
- XH **DIFFICULT.** Denotes rides with speeds averaging 25 - 35 kph and/or considerable distances and/or extremely rough or mountainous roads.

PLEASE GAUGE YOUR OWN RIDING ABILITY AND CHOOSE RIDES WHICH ARE SUITED TO YOU.

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# WINTER PROGRAMME

DATE	EVENT	KM (approx)	GRADE	TIME	START POINT	LEADER	COMMENT
MARCH 8	50 km ACHIEVEMENT RIDE	50	**	9.00 am	BIBRA LAKE CAR PARK	Dale NEILL Jayne MILLOY-CHEYNE	ENTRY FEE: \$2 MEMBER, \$3 NON-MEMBER. Achievement badges awarded to riders who complete course in less than 2½ hours.
MARCH 15	PROGRESSIVE DINNER	40	**	5.00 pm	22 SAUNDERS STREET, NORTH BEACH	Tony PETTIT	LIMIT OF 20 RIDERS - \$5 PER PERSON. Book by 8 March.
MARCH 22	LAKE LESCHANALTYIA	90	XH	8.15 am	GUILDFORD POST OFFICE	Dave MILLWARD	Bring bathers, lunch, drink bottle.
MARCH 29	TECHNICAL & INFORMATION SESSION	-	-	10.30 am	PERRY LAKES	Mat KING Tony PETTIT Bob STOCKMAN	Demonstration of basic bicycle repairs & adjustments.
APRIL 4 & 5	YORK WEEKEND	200	H	7.30 am	MIDLAND TOWN HALL	John CHEYNE	BOOKINGS BY 25 MARCH: LIMIT 20. COST: \$5 MEMBERS, \$6 NON-MEMBERS. Sleeping sheet essential.
APRIL 12	MANDURAH AND RETURN	150 120	H	8.00 am 9.00 am	ASHTON ENTRANCE - SHOW GROUND CNR STOCK ROAD, LEACH HIGHWAY	Tony PETTIT	Bring or buy lunch.
APRIL 19	EASTER BUNNY	10	*	2.00 pm	KINGS' PARK - ROUND POND	M. KING	MEMBERS ONLY - Particularly suited to young members.
APRIL 26	KARRINYUP PICNIC	10	*	11.00 am	KALUMA PARK	Dave MILLWARD	View amateur racing.
MAY 3	MANDAGOLUP RIDE	80	***	9.00 am	GARDEN CITY	J. & J. CHEYNE	In conjunction with Mandagolup Open Race.
MAY 11 - 21	SOUTH WEST TOUR - (10 days)	800 - 1200	H	8.30 am	PERTH RAILWAY STATION	Dale NEILL	\$60-MEMBERS, \$80 NON-MEMBERS. HOSTEL ACCOMMODATION: Sleep- ing sheet essential. LIMIT 12, BOOKINGS CLOSE 13 APRIL. \$10 DEPOSIT WITH BOOKING.
MAY 11 - 15	BIBBULMUN TRAIL	4 days	XH	8.30 am		M. KING	4 days camping on Bibbulmun Trail. INTERESTED PEOPLE CONTACT Matt KING 444 9013.
MAY 10	INFORMAL RIDE			9.00 am	HAMBURGER HILL, RIVERVALE		Route and Leader decided on day.
MAY 17	DEVONSHIRE (MORNING) TEA RIDE	75	H	8.30 am	CNR MILLS RD & ALBANY HWY, GOSNELLS	R. STOCKMAN	Hilly
MAY 24	100 km ACHIEVEMENT RIDE	100	H	9.00 am	GUILDFORD POST OFFICE	D. MILLWARD	\$2 MEMBERS, \$3 NON-MEMBERS. Badges awarded.
MAY 30 - JUNE 1	HARVEY WEEKEND	300	XH	7.30 am	CAROUSEL SHOPPING CENTRE	N. PORTEOUS	\$35 COST FOR 2 NIGHTS ACCOMMO- DATION, PLUS FOOD.
JUNE 7	BREAKFAST AT HASKINS	40 20 10	**	7.30 am 8.30 am 9.00 am	PERTH STATION FREMANTLE STATION RAFFLES HOTEL	Jane MILLOY-CHEYNE	COST: APPROX \$6. BOOKINGS BY 30 MAY.



DATE	EVENT	KM (approx)	GRADE	TIME	START POINT	LEADER	COMMENT
JUNE 14	JARRAHDALE GRAVEL ROADS RIDE					Bruce ROBINSON	All gravel - Bikes to be transported by trailer from Perth. CONTACT LEADER FOR DETAILS - 384 7409.
JUNE 21	6-HOUR TIME TRIAL		* to XH	10.00 am	PERRY LAKES	Tony PETTIT	SET YOUR OWN PACE FOR 6 HRS: Ride 10 km or 200 km.
JUNE 28	LAKES RIDE	60	H	8.30 am	CNR SCARBOROUGH BEACH RD & OSWALD STREET	M. BETTELL	Feed the ducks.
JULY 4/5	PIESSE BROOK	80	***	2.30 pm	PLAIN STREET, TERRACE RD, PERTH OR PIESSE BROOK HOSTEL - 5 pm	M. KING	Sleeping sheet essential. BRING YOUR OWN FOOD & \$6 COST for Saturday night/Sunday morning.
JULY 12	RIDE TO WANNEROO	70	***	1.00 pm	MYERS, KARRINYUP, SOUTH ENTRANCE	D. MILLWARD	View cycle racing at Wanneroo Track.
JULY 19	MIDLAND TO KALAMUNDA via MUNDARING WEIR	60	H	8.30 am	HUNGRY JACKS, MIDLAND	C. JACKSON	Hilly
JULY 26	200 km ACHIEVEMENT RIDE	200	XH	7.00 am	CITY BEACH SURF CLUB	D. NEILL	\$2 MEMBERS, \$3 NON-MEMBERS. Badges awarded.
AUG. 2	FREMANTLE HISTORICAL RIDE	10	*	10.00 am	OLD FREMANTLE STATION	W. KING	
AUG. 9	40 km TRIAL RIDE		* to H	1.00 pm	SKYLINE DRIVE-IN, FLOREAT	W. KING	Not a race - measure of indiv. achievement. SITTING ON NOT PERMITTED.
AUG. 16	ROUND THE RIVER	45	**	9.30 am	CAUSEWAY CAR PARK	W. KING	
AUG. 23	10,000 FEET IN 8 HOURS HARDEST RIDE OF THE YEAR	80	XH	8.00 am	KELMSCOTT RAILWAY STATION	R. STOCKMAN	10,000' of CLIMBING. Certs. awarded to survivors.
AUG. 30	BON VOYAGE TO FARMLAND TOUR	60	***	9.00 am	MIDLAND TOWN HALL	D. NEILL - OUTWARD INFORMAL RETURN	Accompany Farmland Tour Members for agreeable distance.
AUG. 30 - SEPT. 4	FARMLAND TOUR	600	H	9.00 am	MIDLAND TOWN HALL	D. NEILL	\$30 MEMBERS, \$40 NON-MEMBERS. Stay at Hostels. Sleeping sheet essential.
SEPT. 6	BON VOYAGE RIDE FOR KALGOORLIE TOUR	60	***	9.00 am	MIDLAND TOWN HALL	I. STANILAND	Accompany Kalgoorlie Tour members to Gidgeannup and return.
SEPT. 6 - 13	KALGOORLIE TOUR	700	XH	9.00 am	MIDLAND TOWN HALL	T. PETTIT	\$90 MEMBERS, \$110 NON-MEMBERS. Hostel & Hotel Accommodation. Sleeping Sheet essential.
SEPT. 13	GARLOK DINNER	15	*	4.30 pm	GARLOK RESTAURANT	J. MILLOY CHEYNE	Cost \$8 - \$10. TO BE ADVISED.
SEPT. 19/20	MUMBLAKINE CAMPING WEEKEND	240	XH	9.00 am	MIDLAND TOWN HALL	I. STANILAND	BRING OWN TENT, SLEEPING BAG & FOOD.