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

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Deputy Premier of W.A.

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

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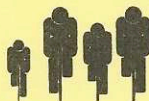
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CYCLE TOURING ASSOCIATION OF W.A.

NEWSLETTER NO. 41

MAY/JUNE 1981

FROM THE PRESIDENT.

Would you like an all-expenses paid holiday for two to Asia? Would you also like to be fitter, slimmer and richer? Sounds like one of those too-good-to-be-true advertisements out of a weekly magazine, but it's not! All you have to do is sell your second car if yours is a two car family and buy a bicycle. (Even if you're a one car family you can sell that!)

The most current RAC estimate of running costs are as follows:-

Holden Commodore 6 cyl 20.49c/km 20,000 km/yr = \$4098
Ford Cortina 4 cyl 16.26c/km 20,000 km/yr = \$3252

Okay, so you say that your second car isn't a Commodore and it's not travelling 20,000 km each year. Even if we reduce by half the RAC estimates (and they are eighteen months old) you would still be saving yourself somewhere between \$1626 and \$2049 per year, and that is surely enough for an Asian holiday for two.

Now for the icing on the cake. Having sold one car, and cycling to and from work regularly, not only will you be able to afford an Asian holiday you will be so fit you will enjoy yourself twice as much!

Happy cycling,
Dale Neill.

NUTRITION AND THE CYCLIST (PART II) by A.PETTIT.

The athlete's faith in underdone meat and other protein foods survived, and is still in vogue with unenlightened athletes and coaches. At the Berlin Olympics all except eight, of 4700 competitors studied, consumed large protein diets. Even relatively modern athletes believe in large quantities of meat for strength and stamina.

Generally however, since the beginning of the twentieth century, scientists have been able to add vast quantities of material to the body of knowledge concerning nutrition and athletic performance. This has followed the advent of the 'scientific method' and the large amount of research generated by World War II whereby the relationships between hard physical activity and diet were studied in depth.

P.T.O.

NUTRITION (Continued).

The trend of studying the effectiveness of various compounds has continued to the present day with a view to isolating substances which can maximise physical performance. However, much of the information we have on nutrition is not available to the general public. Why? There are several reasons:

- 1) Much of our information about food comes from advertising. Commercial interests wish us to buy and eat certain foods. Highly refined foods keep better than natural foods. They do not spoil because they do not support the health of bacteria, fungi, moulds or weevils; certainly they cannot build human health either.
- 2) There is much inaccurate information, pseudo information and misinformation. For example there is a belief that because the body converts sugar to energy, if we eat sugar we will have energy. That the opposite reaction actually occurs we will see later.
- 3) People are gullible. We live in a culture where a headache is 'cured' by aspirin, therefore any abnormality can be cured by a pill. Millions take pills 'containing everything' believing this to be a way of maintaining health.

To be continued.

PANNIERS.

Bob Stockman.

Most touring cyclists would prefer to buy the English Karrimor panniers whose quality and range are amongst the best in the world. However their Universal panniers at around \$65.00 and Iberians at over \$100.00 may put them out of the price range of some tourists.

Also available are the Australian made Hantrade and Wilderness panniers. Hantrade offer two styles and colours, both priced around \$40.00. Either can be had in a bright yellow or buff brown. One style is two separate bags with hook attachment to the carrier at the top and spring rubber at the bottom, they are nylon with a gather cord at the neck and a lace-over flap top. Style two is also nylon but in a 'throw over' style and zips for the tops with two smaller zip pockets at the sides of the main pannier. There is a third large zip pocket for a sleeping bag on the carrier top joining the two panniers together.

The Wilderness panniers are of 45 litres capacity and cost around \$64.00, they are separate but with a joining safety cord. They have nylon hooks at the top and a hook on a rubber cord at the base to hold them on to the carrier. There is a nylon draw cord at the throat of the bag with a flap-over cover secured by straps. They are usually made from red nylon but other colours are an option. See the advertisement on the inside cover of this newsletter.

ACHIEVEMENT RIDES

The following 24 riders completed the 50km Achievement Ride on Sunday 8th March, 1981.

MARK BETEL	ROBERT MC GOWAN
ALLAN BOOTH	DECLAN MC QUILLAN
ALAN BRAUN	PAUL MEASLEY
TERRY BRIDGEMAN	CHRIS MEREDITH
JOHN DONOGHY	DAVE MILLWARD
CLIFF GOBBY	MARK PEACOCK
JIM HOSKIN	SHAUN STANLEY
MURRAY HOSKIN	BOB STOCKMAN
DERRICK JACKSON	MAX TALBOT
STEVEN JACKSON	JEAN TINDALL
MATHEW KING	ROY TINDALL
CARMEL LOUGHNEY	JOHN TORKILDSON

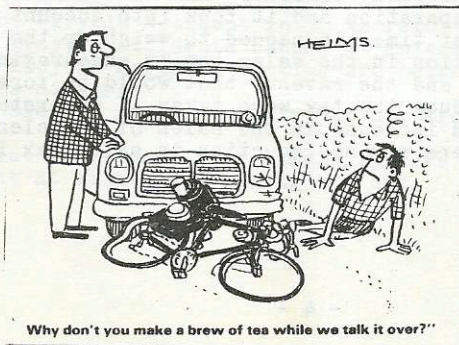
A new record of 1 hour 25 minutes was set .

Don't forget the 100km Achievement Ride to be held on Sunday 24th May 1981, followed by the 200km Achievement Ride on Sunday 26th July 1981.

Check the enclosed Winter Programme for further details regarding these rides and the many other interesting rides planned for the next few months.

FOR SALE

21½ inch Swiss made lightweight touring or racing cycle.
531 double butted tubing throughout. Equipped for touring with dynamo lights, carrier, bidon cage and alloy wheels, gears and brakes. Top quality saddle. Panniers optional. Contact Ian Staniland on 448 4638.



NEW SAFETY AND TOURING EQUIPMENT

Hillman cycles are developing their touring department. A large range of safety gear such as reflectorised sashes, ankle socks and helmets - all manufactured by Guardian - are now available. Also available soon is new lightweight VLUG touring clothing and shock absorbant handlebar grips. Hillman cycles is located at 111 Brighton Road, Scarborough.

TOURS 1981

If you are interested in the August tours, the 'Farmland' or 'Kalgoorlie' tours, please book early. The South West tour this year was booked out in advance and the demand for the August tours, particularly the Kalgoorlie tour, is likely to be high.

RIDE OF THE MONTH

MAY - 100 km Achievement Ride. May 24.
Can you ride 100 km in 5 hours?

JUNE- Breakfast at Haskins. June 7.
A great way to finish a ride.
Don't forget to book by May 30!

JULY- Piesse Brook Camp July 4/5.
A weekend away in the hills.

SALES TAX ON BICYCLES.

On 2 December 1980 the following question was asked in the Senate:

Senator Archer (Lib; Tasmania) - Will the Minister representing the Treasurer request the treasurer to consider a substantial reduction in the sales tax on bicycles as a means of improving the health of the general public by encouraging more exercise, as a means of reducing air pollution and as a means of reducing petrol consumption?

Senator Dame Margaret Guilfoyle - I will refer to the Treasurer the matter that has been raised by Senator Archer. The Government did carefully consider this matter at the time of the Budget preparation and it took into account a number of factors at that time. It needed to weigh up the potential value of a reduction in the sales tax in encouraging the sale of bicycles and the revenue that would be foregone if a decision to reduce the tax were taken. I understand that there has been an increase in the sales of bicycles despite the fact that there was no reduction in sales tax in the last budget.

CYCLIST'S ACTION GROUP NEWS.

BICYCLE RALLY.

On Saturday June 13 at 11 a.m, on the Perth Esplanade (Town Hall if it's raining), there will be a rally of Perth cyclist's to hear Don Hurnall, Chairman of the Geelong Bike Plan and Vice Chairman of the Victorian State Bicycle Committee, together with John Greves who is ex-president of the Newcastle cycleways movement.

They will talk about bicycle planning in Victoria and NSW and how major improvements can be made to Perth's road system relatively cheaply to make cycling much safer and more enjoyable. Convoys of cyclists will converge on the Esplanade and organisers hope that the 1000 attendance of the last Perth bike rally will be well and truly surpassed. Please come along, with your friends, and show that there are lots of cyclists who care.

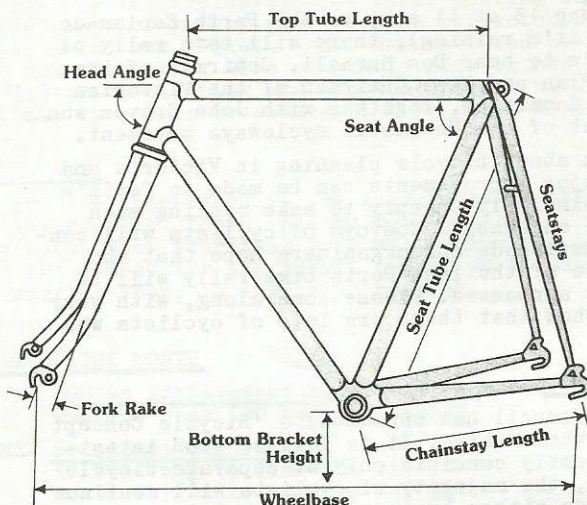
BICYCLE PLANNING.

Stirling City Council has announced a 'Bicycle Concept Plan' for the whole shire. It is full of good intentions but apparently consists only of separate bicycle paths. However, the majority of cyclists will continue to use the roads either by necessity, as trips cover numerous starting points and destinations which can't be covered by a few cycle paths, or by choice. Most CTA members, racing cyclists, commuters and confident schoolchildren will use the roads because they are faster, more direct and in many instances safer than cycle paths. Cycling on footpaths is only safe at low speeds where one can dodge pedestrians and reversing cars. Roads can only be crossed slowly and carefully, as many motorists will not become accustomed to expect cyclists to cross roads at footpath crossings. Stirling residents should look at the plan and send their comments either to the Stirling Council or to the Cyclist's Action Group. (Remember, it's your money.)

BICYCLE ACCIDENTS.

Here are some interesting facts from the Geelong Bike-plan accident survey:

1. Only one bicycle accident in 30 is reported.
2. 60% of bicycle accidents happen at intersections.
3. 72% of bicycle accident victims are between 7 and 17 years of age.
4. 24% of bicycle accidents were 'struck from behind' types.
5. A cyclist is 7 times more likely to have a fatal accident at night than during the day.



This article describes the main essentials of a good touring bicycle. I feel that this information will be particularly helpful to those members who are thinking of upgrading their present equipment. Above all, remember that your touring cycle must be able to carry heavy loads over a variety of road conditions. The requirements are:

FRAME. A good quality lugged steel or steel alloy lightweight frame with head and seat angles (see diagram) of approx. 70 to 72 degrees, a fork rake of 5 to 6.5 cm and a wheelbase of approx. 103 cm (for a seat tube length of 58.5 cm). The chainstay length should be approx. 44.5 cm. A touring frame must have sufficient clearance for heavy duty touring wheels, tyres and lightweight mudguards.

WHEELS. Strong alloy (27 x 1 $\frac{1}{4}$ inch) wheels which will take heavy duty tyres. They should have 14 gauge spokes and high or low flange alloy hubs.

CRANKSET. Cotterless alloy double chainwheel with alloy cranks and pedals equipped with toe clips.

P.T.O.

GEARS. A touring cycle needs gearing low enough to enable hills to be climbed when the bicycle is heavily laden (tent, sleeping bag, panniers, handlebar bag etc.).

The gearing chosen depends on many factors, such as: the rider's strength and physique; the terrain in which the cycle may be used (hilly, flat); the heaviest load the cycle might be expected to carry in the terrain; and the personal preference of the rider for wide or close gearing. There are many combinations and my recommendations could serve as a starting point.

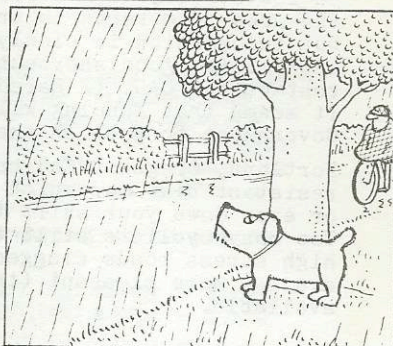
Recommended gearing for heavy loads: Front chainwheels 46-30 teeth with a rear cluster of 14.16.19.22.24 teeth. For wider gearing use a front chainwheel of 52-42 teeth with a rear cluster of 14.15.16.22.28 teeth.

BRAKES. Your life depends on them!! Choose good quality alloy brakes. They may be centre-pull or side-pull, preferably without 'safety levers'.

SADDLE. Depends on personal 'feeling' and preference. Many experienced cyclo-tourists prefer leather saddles but plastic saddles are becoming increasingly popular and are more weather resistant. That leather saddle has an advantage in that it eventually 'breaks in' to the contour of the riders bottom. Leather saddles also 'breathe' better than plastic saddles. Very good reports have been received about anatomically shaped plastic saddles.

-/-

One of our members, Bob Mortimer, is shortly to embark on a strenuous tour of Europe a-la-bicycle. Although he maintains that he will be taking it easy we all know that he's really training for next year's CTA rides. We wish him an enjoyable trip confident he will return trim and tanned.



PERTH BICYCLE ROUTE MAP.

The Cyclist's Action Group is continuing to collect data on low-stress, back-street cycle routes. At the moment only the area from Perth to Fremantle is covered in any detail, but information is slowly coming in from cyclists. If you know of any good shortcuts and low traffic routes please contact the CAG. (2 Barsden St., Cottesloe or 384 7409). It seems that funding will be available from the State Government to publish the map once it is collated.

Portland, Oregon (USA) has a multicolour, waterproof, tear-resistant bike map which can tuck into a pocket, pannier or even down your shirt to show the preferred routes. Too many cyclists still think like motorists and take the high stress roads clogged with cars and fumes when there are far more pleasant (though sometimes slower) routes available.

FRAMED BY MEXICAN GUARDS.

This story, from our international correspondent, could go under the heading of 'strange but true'. It seems that two Australian tourists had very expensive bicycles built up while holidaying in the United States. The frames were Reynold's 531 double butted - very nice. Resplendent on their new machines they headed for Mexico where a border guard, suspicious that they were carrying drugs, produced a brand new hacksaw. He proceeded to saw his way through both frames. Upon discovering nothing, he apologised and informed the Australians they were free to continue on their holiday.

TECHNICAL TIP.

If your chaindrive system has a creak or a squeak, try tightening every nut and bolt on your pedals, cranks and chainwheels. You will almost certainly find the noise has disappeared.



W.A. PTY. LTD.

Don Evill
Manager

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445 1466

σ6 σ6 σ6 YOUR CTA COMMITTEE σ6 σ6 σ6

Please contact any of the following for assistance or suggestions:

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

σ6 σ6 σ6 RIDE CLASSIFICATION σ6 σ6 σ6

- * **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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TRANGIA

Made in Sweden from high quality materials, the Trangia stove is a complete cooking system suitable for indoor or outdoor use. Its unique design makes it ideal for outdoor use even in the worst weather conditions: it goes *faster* outside: all other existing stoves go slower.

ALL-WEATHER COMPLETE COOKING SYSTEM

23 cm
(8 3/4")

Complete Unit
Packed For Travel

Handle

Upper Windshield

Large
Saucepan

Brass Burner

Kettle

Lower Windshield

Small
Saucepan

Frypan

- Being fueled by Methylated Spirits there is no need for priming — hence faster starting and minimal cleaning/maintenance. Meths on hands clean unlike other fuels which are often unpleasant.
- Assembly is fast and simple. Wilderness travel need to fear parts failures or the lack of space almost no moving parts.
- The Trangia cooking system is extremely stable. Because saucepans, or kettle, sit so low inside the stove, it is possible to cook in different positions with little risk of spillage. It is impossible (almost) to kick over — great for youth groups!
- Being both lightweight and compact, the Trangia stove is a most practical choice for all outdoor recreational uses.

Note: There are four Trangia models, reference numbers 25, 25K (with kettle), 27 and 27K (with kettle). Model 25K is illustrated.

Dimensions: Models 25 & 25K: 23 cm x 11 cm.
Models 27 & 27K: 19 cm x 11 cm.

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