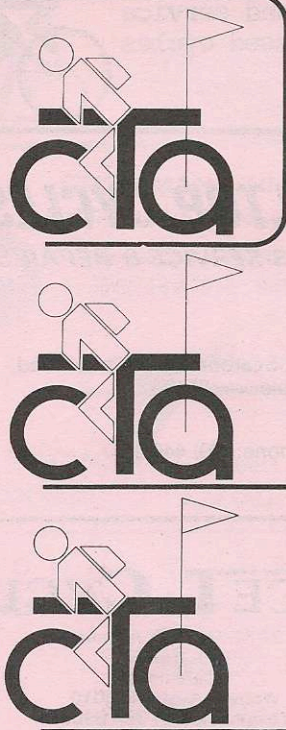


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free to members



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

**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

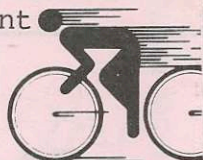


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FROM THE PRESIDENT

Our prime task in 1982 will be to continue to organise and conduct weekly rides and to cater for the needs of the touring cyclist.

Also in the next 12 months the C.T.A. will seek to expand the touring programme and offer both interstate and overseas tours as well as local tours.

In the field of improving conditions for cyclists, the C.T.A. will continue to negotiate with Westrail in the hope that they will take a realistic look at the advantages of dual-mode transport. In addition, a common-sense approach in providing bicycle lanes, will be pursued with the Main Roads Department.

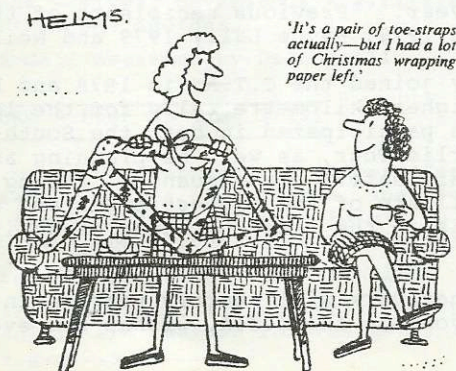
Finally, I would like to thank members for their support in re-electing me for a further year in office.

Safe cycling,

DALE NEILL

1982 FEES DUE NOW

Please fill in the enclosed forms when renewing membership. February 28th is the cut-off date for renewals. After that date, members will be deemed non-members and subject to the \$5.00 joining fee.





## 1981 ANNUAL DINNER

Hugo's Restaurant in Como was the scene for the C.T.A.'s Annual Dinner. More than fifty members and friends dispensed with riding jerseys and crash helmets and donning suits, ties and long dresses etc. surprised each other as to their respective identities.

Our guest of honour, Jim Harwood and his wife Gwen, had travelled down from York especially for the occasion. In his after-dinner speech, Jim related certain experiences in the formative days of the C.T.A. and his progression to the field of vintage cars and the York Motor Museum. His tale of that infamous descent down Greenmount, accompanied by a certain unidentified C.T.A. member, was greeted with relish by those attending.

At each table there were stories of past tours and memorable rides and as the night progressed, the gears became higher, the distances longer and the speeds achieved faster and faster.

The night was notable for its 'firsts'. There was Anne Sullivan, who in civilian clothes and a new hair style, wasn't recognised by anyone for two hours. Then there was Dave Millward who arrived sporting a dazzling new lucky charm on his arm. And, of course, there was Allan Booth who was observed for the first time (and probably the last time) to be wearing long trousers.

## 1981 CYCLE TOURIST OF THE YEAR - MARK BETTELL

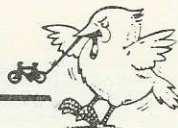
At 17 years of age, Mark Bettell became the youngest cyclist ever to receive this prestigious award.

Mark was presented with his unique trophy, a 28 tooth chain ring set in perspex, at the C.T.A.'s Annual Dinner on 25th November last year. Previous recipients of this award were Nicole Harrison 1978, Wayne Lally 1979 and Neil Porteous 1980.

Mark originally joined the C.T.A. in 1978 and has, in fact, recorded the highest kilometre tally for the last three years. During 1981, he participated in both the South-West Tour and the Kalgoorlie Tour, as well as planning and leading his first ride. His safety consciousness, riding skill and mechanical skill are of the highest order and his independence while on tour is in the true character of a first class cycle tourist.

It is likely that Mark will shortly venture into the racing scene and everyone in the C.T.A. wishes him every success.

# EARLYBIRD RIDES



## NEW YEAR "EARLY BIRDS" PROGRAMME

Make a New Year's resolution and start the year right by joining an "Earlybirds" programme. Roy Tindall originated the idea and devised the programme of 4 fortnightly rides which are open to all cyclists.

### RIDE No 1: - 3Km Individual Time Trial

Starts: 7.30a.m. Sunday January 3 at corner Helston St and West Coast Hwy City Beach

Categories: Juniors, Ladies, Veterans, Open.

Organiser: Roy Tindall assisted by Dave Millward

### RIDE No 2: - 13Km Individual Time Trial

Starts: 7.30a.m. Sunday January 17 at Car Park corner Reserve St & Scarborough Bch Rd Scarborough

Course runs along West Coast Hwy to Mullaloo. Seeded starting order at 1 minute intervals to allow each rider to see rider in front. Recovery station at the Mullaloo Coffee Shop and then a leisurely group ride to return to Scarborough. (Could be capped off by a swim for those interested)

Categories: Juniors, Ladies, Veterans, Open.

Organiser: Roy Tindall assisted by Tony Pettit

### RIDE No 3: - 10Km Mixed Pair Two-up Time Trial

Starts: 7.30a.m. Sunday January 31 Perry Lakes Dr Perry Lakes

Male and female partners to be drawn out of a hat. Husbands - wives, boyfriends - girlfriends not allowed to partner one another.

Organiser: Roy Tindall assisted by Dale Neill

### RIDE No 4: - 8Km - Four Up Time Trial

Starts: 7.30a.m. Sunday February 14 'Camera' Corner Subiaco  
Each team consists of 4 riders, one from each category, drawn from a hat on the day. Points to all riders who finish plus bonus points for the fastest complete teams.

Organiser: Roy Tindall assisted by Ian Staniland

Note: (1) All riders who finish receive 10 points plus bonus points are awarded for fastest in each category e.g. 10,9, 8.....1

(2) Categories:

Junior	-	17 years or under on January 1 1982			
Veteran	-	40 " " over " " " "			
Lady	-	Recognised a Lady on " " "			
Open	-	Men 18 - 39 years " " " "			



# DON'T LET DROUGHT CATCH YOU OUT

Summer, it can definitely be said, is with us once more. The season of shorts and singlets, of brown legs and flashing pedals has at last ousted what seemed to be an interminably long winter during which cycling invariably meant woolly vests and leg warmers, creaking knee joints and runny noses.

What bliss then now, to be able to set off for a bike ride wearing only the minimum of apparell and to rediscover the sensuous pleasure of warm breezes against unclothed skin. And after a pleasantly strenuous journey, to revive the overheated body mechanism, with a long cool glass of whatever takes your fancy.

And therein lies the secret of pleasurable summer cycling - drink - or to be more precise, the adequate intake of it.

Inherent in our sublime summer climate is the problem of body dehydration, a condition which affects all cyclists, athletes, mad dogs and Englishmen, who venture out in the mid-day sun. Yet a condition not easily recognisable at first and yet one which can make life very unpleasant if the necessary steps are not taken to prevent it. And, as in most cases, prevention is the key word.

The Americans, as one would expect, have studied the causes, effects and preventative measures relating to body dehydration very thoroughly and their published findings literally amount to volumes, usually requiring the reader to possess some sort of academic degree, before the message, hidden among the reams of figures, ratios and coefficients, can be understood.

Distilled into layman's language, however, the message does become clearer. It is this - to prevent body dehydration occurring whilst cycling on hot days, all one has to do is take a drink of water before setting out and to drink at frequent intervals during the ride.

Sounds simple? It is! It just needs a little thought. Remember the next time you are about to set off for a ride this summer, drink some water first. It doesn't have to be gallons of the stuff, a large glass will suffice. It doesn't have to be water at all, but most researchers agree that good old water takes a lot of beating, and its cheap.

Make sure your water bottle is topped up and that your proposed route takes you past watering places or places where drinks can be purchased. Don't forget to take some money! And don't wait until you feel thirsty before stopping for a drink, that may be too late.

A rule of thumb method for gauging when refreshment should be taken would be: a large glass of water, fruit juice or mug of tea, etc. every hour or 15-20 kilometres travelled. Coca-Cola and similar oversweetened drinks are out I'm afraid, research has shown that these types of beverages actually speed up dehydration instead of preventing it.

Remember to take a sip from your water bottle at frequent intervals and should there be someone cycling with you who hasn't got a water bottle or has forgotten to bring one, curse them for a fool by all means, but offer them a drink as well!

Happy Pedalling,

Ed.

#### A GOOD 'BONK' FOOD RECIPE

##### CHOCOLATE and GRANITA FINGERS

Uncooked

1 Pkt. Granita Biscuits  
4 ozs. Butter (or marg)  
4 ozs. Sugar  
1 Egg  
3/4 Cup Sultanas & Almonds  
(or Mixed Fruit)  
2 Dessertspoons Cocoa  
Vanilla Essence

Place butter, sugar and cocoa in saucepan, melt over low heat until it bubbles gently - add beaten egg and vanilla. Stir until thick. Remove from heat, and add roughly broken biscuits, nuts and sultanas. Spread in flat tin. Sprinkle with coconut. Place in 'fridge. Cut in fingers when cold.



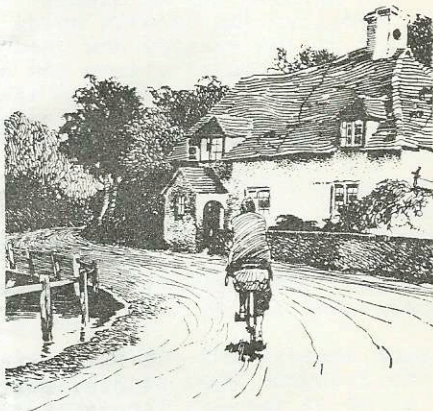
## CYCLE TOURING IN ENGLAND

Do you want to see the real England, not just the tourist spots? If you do, I suggest you do it on a bike. If you go in the period June to September you will probably enjoy reasonable weather; in the eight weeks I was there I only got really wet once in over 1,600 km.

If you have a good touring bike then take it with you. Wilderness Equipment made me an excellent bike bag for under \$50, this with the bike in it and one pannier weighed in at just under the free limit of 20 kg. The other pannier I took as cabin baggage. The airline (Qantas) treated the bike excellently, it was carried on and off the aircraft by hand and sustained no damage at all.

The first thing noticeable on English roads, is how courteous motorists are toward cyclists. The B.B.C. is running heavy and dramatic T.V. advertisements showing how easy it is for a cyclist to be knocked from his machine, the campaign appears to be bearing fruit.

I found the best way to find overnight accommodation in a strange town was either to use a Youth Hostel or go straight to the Police Station and ask directions to a good bed and breakfast house, they never let me down. I favoured B & B as hostels cost up to £3 with no food and for about £5.50 I got my own room with clean linen, towel etc. and an excellent breakfast (three courses).



To cover longer distances I used the excellent scheme operated by British Rail under which, with a few exceptions a bicycle accompanies its rider on a train at no extra charge, the scheme even operates on some of the High Speed trains (120 mph) but be prepared, train fares are rather expensive. I found that I was able to cross London from main rail termini more quickly by bike than the bus or underground, also when the Horseguards appeared under Admiralty Arch, I could stop on the side of the road and photograph them, something you can't do with a car.

Beware of the English custom of all provincial shops shutting for lunch, buy your provisions before mid-day as most small shops close for an hour between 12 and 2, during which time the hunger pains become extreme!

Finally, look out for Australian tourists - I stopped at a small Cotswold Post Office to be greeted by a lady from Maddington!

BOB STOCKMAN



# MOORE RIVER OVERNIGHT CAMP - December 12th/13th

At 8.45 a.m. on a warm sunny morning, ten eager cyclists gathered at City Beach and set off to Moore River with a fresh tail wind blowing. West Coast Highway provided a scenic route to Mullaloo and from there a busy Wanneroo Road provided the way.

Passing by the Wanneroo Lion Park, everyone's mind was on the recent newspaper reports of an escaped lioness. Luckily, it was not sighted. Upon reaching Yanchep the group of now hungry cyclists descended upon the Yanchep National Park, which provided a beautiful spot to enjoy our lunch. Instead of leaving the park via the same entrance, a well known C.T.A. member told us of the existence of a rear exit. After some wrong turns and several kilometres, we found our way blocked by a huge mound of blue metal. He quickly informed us that it was not here two weeks ago. Rather than turn around we somehow managed to push our heavily laden bikes around the obstacle and met up again with the main road.

After about ten kilometres of travel our journey was interrupted by the one and only incident with a motorist. A white mercedes came up behind us and treated our ears to a blast of his horn. After some nasty comments were passed amongst our group, we discovered the offender to be a well known C.T.A. member who we did not recognise immediately.

With only six kilometers to go, we turned off the main road and were greeted by a roaring headwind. This somewhat hindered our progress and at 2.30 p.m. a tired group of cyclists arrived at the Moore River (Guilderton) Caravan Park. Here we met up with the C.T.A. members who had travelled up in the car, towing several surf skis on a trailer.

After a rather eventful night, the group set off at 8.30 a.m. only to stop within a kilometre for a very early morning tea. Finally, we got underway again at 9 a.m. and found ourselves travelling into a quite noticeable headwind. After an uneventful but very scenic return trip we were travelling down Odin Road commenting on our good luck mechanically-wise when it was noticed that Merv G. had a broken spoke. Within minutes of this, Neil P. had a puncture. Luckily, these were the only problems the whole way. So at 2 p.m. on the warm and sunny Sunday, a very enjoyable camp drew to a close.

Total distances covered - 200 kilometres.

Leader:	Mark Peacock	Wendy Metcher
	Neil Porteous	Dennis Braddon
	Merv Girdlestone	Rodger De-Boer
	Mark Bettell	Romney Phillips
	Carmel & Ian Staniland	

By car: Matt King  
Anne & Gavin Sullivan

# Touring "Shorts"

## FORTHCOMING RIDES NOT TO BE MISSED

### KINGS PARK BREAKFAST RIDE - 24th January

Retained in the programme by popular demand, this ride has proved a favourite by those who like to breakfast with nature in the tranquil setting of early morning Kings Park.

### MOONLIGHT RIDE - 7th February

With a full moon due less than an hour after the start. This ride should be a nocturnal experience to be remembered. Attended by over 40 riders in previous years. Don't forget your lights!

### OLD TIMBER TRAIN RIDE - 21st March

Retracing the early steam train route through the Mundaring hills. A first class route meticulously planned by Bob Stockman, with all the ingredients that go to make a good ride. Looking forward to this one!

## A NEW CYCLIST ON THE HORIZON

Congratulations to Cathy Pettit, wife of Vice-President Tony Pettit, on the birth of their first boy, Bryn. Tony, who lectures at Nedlands College in Physical Education and is doing research at the W.A. University on the Physiology of Cyclists, reports that Bryn's thigh muscle proportions and cardio-vascular system at two weeks indicate that he should be a great cyclist.

If there are members among our readers who have items of equipment for sale and wish to make use of this publication to advertise the same, there will be a Private Sales and Wants section for this very purpose in the next issue of the Newsletter.

Tony Pettit's absorbing article on "Nutrition and the Cyclist" Part 5, will be continued in the next issue of the Newsletter.





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*Don Evill*  
Manager

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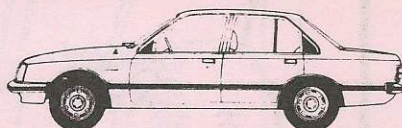


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Roy Tindall  
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**V/PRESIDENT:** Tony Pettit  
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## ALL-WEATHER COMPLETE COOKING SYSTEM

23 cm  
(8 5/8")

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 cleans them — unlike other fuels which are often unpleasant.

- Assembly is fast and simple. Wilderness travellers have no need to fear parts failures or the lack of spares. Trangia has almost no moving parts.

The Trangia cooking system is extremely stable. Because the main saucepans, or kettle, sit so low inside the stove, it is possible to move to 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 10 cm.

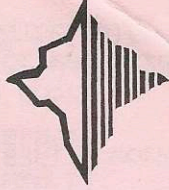
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For further details, contact Dept. T.





DATE	EVENT	KM (approx)	GRADE	TIME	START POINT	LEADER	COMMENT
JAN. 24	KINGS PARK BREAKFAST RIDE	10	*	7.00 am	CNR SAW AVENUE & MAY DRIVE, KINGS PARK	Allan BOOTH	Bring BBQ breakfast.
JAN. 31	MIXED PAIRS TIME TRIAL	10	***	7.30 am	PERRY LAKES DRIVE, PERRY LAKES	Roy TINDALL	See 'Earlybird' programme for details.
FEB. 7	MOONLIGHT RIDE	50	**	3.00 am	KARRINYUP SHOPPING CENTRE (MYERS SOUTH)	Dale NEILL	'Galactic' style ride, followed by enjoying swim at dawn. Breakfast at Neill's. COST: Members \$2; Non-members \$4 Please book by 2 FEBRUARY - Tele. 447 8168. <u>LIGHTS ARE ESSENTIAL</u>
FEB. 14	TWIN RIDES: (a) FOUR-UP TIME TRIAL (b) ROUND THE RIVER RIDE	8 40	*** **	7.30 am 9.00 am	'CAMERA CORNER' CNR SAW AVENUE & MAY DRIVE, KINGS PARK	Roy TINDALL Ian STANILAND	See 'Earlybird' programme for details. Finishes approx. 12 noon at the Narrows Bridge.
FEB. 21	FREMANTLE SCENIC RIDE	20	*	10.00 am	FREMANTLE TOWN HALL	John & Jane CHEYNE	Leisurely tour of fisherman harbour, yacht club, etc.
FEB. 27/ 28 MAR. 1	YUNDERUP LONG WEEKEND	3 x 100 TOTAL: 300	H	9.00 am FEB. 27 10.30 am	9 WHITTLE PLACE, OSBORNE PARK 11 HERMES STREET, RIVERTON	John MARTIN Neil PORTEOUS	Bookings & money must be with J. Martin by 17.2.82. COST: CTA Members \$8; under 12 \$4) Includes Non-members \$12; under 12 \$6) meals Bring sleeping bag, cutlery, bathers, etc. Enquiries: Tele. 349 2310
MAR. 7	PERRY LAKES BBQ BREAKFAST	20	*	7.30 am	BBQ AREA, PERRY LAKES	Tony PETTIT	Short ride followed by BBQ. Bring own food, etc.
MAR. 14	BIBRA LAKES PICNIC RIDE (DUAL START) (a) 'RAMBLERS' (b) 'SPEEDSTERS'	20 50	* H	11.00 am 9.30 am	BOORAGOON SHOP CENT. KINGS PARK LOG	Dennis BRADDON Mark BETTELL	Bring BBQ or PICNIC LUNCH, or BUY AT STALL. 'Speedsters' will join 'Ramblers' at 11.00am
MAR. 21	RIDE THE 'OLD TIMBER'	40	**	9.30 am 8.30 am	STEELE BISHOP SPORTS, KALAMUNDA (PERTH RLYWY STATION)	Bob STOCKMAN Nil	Very scenic & peaceful. Gravel track but suitable for touring bikes. (Note alternative start point at Perth Sta.
MAR. 28	CARRIAGE COFFEE SHOP RENDEZVOUS RIDE - START No. 1 START No. 2 START No. 3	20 20 20	** ** **	9.00 am 9.00 am 9.00 am	CITY BEACH SURF CLUB CAUSEWAY CAR PARK RIVERTON BRIDGE	Dale NEILL Mat KING Neil PORTEOUS	All riders rendezvous at Carriage Coffee Shop for morning tea at approximately 10.15 am.
APR. 4	50 km ACHIEVEMENT RIDE	50	***	9.00 am	BIBRA LAKE BBQ AREA	Dennis BRADDON Neil PORTEOUS	Official CTA Achievement Ride. Awards to all who finish in 2½ hour time limit. COST: \$2 members; \$3 non-members.
APR. 11	EASTER BUNNY RIDE	10	*	2.30 pm	KINGS PARK - NEAR LAKE	Mat KING Anne SULLIVAN	CTA MEMBERS ONLY

CONTINUED OVER ....



DATE	EVENT	KM (approx)	GRADE	TIME	START POINT	LEADER	COMMENT
APR. 18	ARALUEN RIDE	100	H	9.00 am 10.00 am	CNR SAW AVENUE & MAY DRIVE, KINGS PARK (KELMSCOTT RAILWAY STATION)	Ian STANILAND	Morning tea at cafe near Araluen. (Note alternative start point)
APR. 24/ 25/26	YORK LONG WEEKEND (YHA, YORK)	300 TOTAL	H	10.30 am APR. 24	PERTH RAILWAY STATION	John & Jayne CHEYNE	Approx. 100 km Days 1 & 3; Day 2 ride optional. COST: CTA members: Senior \$7; Junior \$5 Non-members: Senior \$10; Junior \$7 BOOKINGS (inc. money) CLOSE 14 APRIL with J Cheyne.
MAY 2	WUNGONG DAM	100	H	9.00 am 10.00 am	CNR SAW AVENUE & MAY DRIVE, KINGS PARK (KELMSCOTT RAILWAY STATION)	Mark PEACOCK	BBQ & PICNIC AREA. BRING YOUR OWN FOOD  (Note alternative start point)
MAY 9	SAFETY & RELIABILITY TRIAL	15	*	2.00 pm	HACKETT DRIVE, CRAWLEY (Nr Kiosk)	Dale NEILL Romney PHILLIPS Roy TINDALL	Beginner & young cyclists (down to 11 years) will pair off with experienced cyclists. Advice & practical demonstration of safe cycling techniques. Special 'test' course. Good fun & worthwhile cause. FREE ENTRY.
MAY 11	RIDE PLANNING MEETING			7.30 pm	FLOREAT PARK SCHOOL	Dale NEILL	Bring along your ideas for new rides or alterations to existing ride to plan JULY - DECEMBER programme.
MAY 16	GIDGEGANNUP 'ELEVENSES' RIDE	110 70	H H	8.30 am 9.30 am	PERTH RLWY STATION MIDLAND TOWN HALL	Mat KING " "	Repeat of popular, well-established ride. Tea and cake at 'Gidgie'.
MAY 23	LINLEY VALLEY RIDE	80	H	8.30 7.30	MIDLAND TOWN HALL (PERTH RLWY STATION)	Bob STOCKMAN	Morning Tea approx. 10.30 am, Linley Valley. (Note alternative start point)
MAY 30	BIKE WORKSHOP			10.00 am	TO BE ADVISED	Neil PORTEOUS	Experienced bike mechanics - Bob Stockman, Tony Pettit, Ian Staniland, Neil Porteous & Mat King, will show how to carry out repairs etc.

# KEY TO GRADES:

- \* 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 - 30 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.