

COVID-19

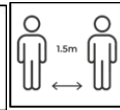
MAY 2021 SARCC Newsletter

SARCC RIDES ARE ACTIVE

All SARCC activities are operating within **Covid constraints** of Social distancing and hygiene!

QR scanning for SARCC.

- Each SARCC ride group has a QR code.
- You must QR scan and register your attendance at each ride/event. SARCC only use ride card system for exemptions.
- **RIDE LEADERS:** Please go to [SARCC website](#), select your ride group, select your Covid Safe plan and print QR code for scanning. If you forget to print QR code, with smart phone get the QR image from web - participants can scan from your smart phone image.
- If you are unable to QR scan, notify the Ride Leader – the Leader will email sarccexec@gmail.com with the exceptions.
- Only QR Exceptions are: **1. electricity or internet connection prevents its proper use 2. the person does not have a smartphone.**
- IF YOU ARE OVER 70 you are eligible for Covid -19 vaccination go to [COVID-19 Vaccine | SA Health](#) select a clinic near you, book your Roll up moment and get vaccinated PLEASE.



the total number of persons present at a place must not exceed **3 persons per 4 square metres**

was 1 per 2M²

SARCC RECOMMEND YOU CHECK THE WEB PRIOR TO ATTENDING ANY RIDE

The Following is correct at time of Print there are many reasons why changes may be necessary.

Sunday Rides:

May 9th **North Eastern ride** Meet at [Drage Reserve, Felixstowe](#) at 10am. Some undulations, hybrid/ mountain bikes recommended. BYO lunch. Don McD 0428 566745

May 23rd **Stockade Ride.** Meet 10am at [Victoria Square](#). Ride up the Torrens Linear Park to Lagonda Drive and then up to the Oakden Wetlands, across to Dry Creek and on to the Stockade Botanical Gardens at Pooraka for lunch. (BYO). Return via The Levels Bikeway to Walkerville for coffee and return to Victoria Square. Carolyn W 0427 797 476

Thursday Rides:

May 6 th	Damien	0422 004 544	10am from Baymor Reserve, Modbury, 804 North East Rd	All sealed roads
May 13 th	TBA		10am Woodside Pool car park	Some unsealed roads
May 20 th	TBA		10 a.m. Woodside Pool car park	Some unsealed roads
May 27 th	TBA		10 a.m. Woodside Pool car park	Some unsealed roads

PERFECT Rides: Sunday May 16th: 9:30am start at Clare Meet at the [junction of Farrell Flat Rd and Horrocks Highway](#) ride with Jilden northwards to the locality of Andrews and back to Clare via mostly dirt roads, BYO morning tea and lunch, there will be no facilities on this ride.

South Coast Ride: Saturday May 29th ride down south. Meet at [the Strand Port Elliot](#) opposite the YHA at 10am. Ride the back roads to Goolwa some gravel roads and a steep hill. Lunch in the Goolwa wharf area, return to Port Elliot via the bikeway. No road bikes - Hybrid or MTB's. 44 kms. BYO lunch. Peter R 0418844963

TOURS 2021: Read Pages 2, 3

2022 NZ tour update

We have had a great response to our request for expressions of interest in the 16-day tour planned for the South Island of New Zealand from Monday 14th February to Tuesday 1st March 2022. All of the 26 tour spots have been filled and there are currently only two of four standby positions (in case someone pulls out) available so if you want to grab one of these positions please email us at...sarccclub@gmail.com A short outline of the NZ tour was published in the SARCC March newsletter available for download [here](#). Plans are progressing well for the tour and we will soon be sending out more information to those who have expressed interest along with details for the payment of a deposit. This deposit will cement your place on the tour and allow us to finalise the accommodation. Please let us know as soon as possible if you have expressed interest but find that you are not able to take up your position so that we can offer your spot to those on the standby list. If you have any questions regarding the tour talk to Denise, Ron or Kevin on a ride or email sarccclub@gmail.com.

🌀 Hono mai ki a matou mo te ngahau ai me te pahikara! 🌀 (EN) Join us for fun and biking

NEXT CLUB MEETING Wednesday 26th May 2021, 7.30pm; at [The Minor Works Building](#), 22 Stamford Court, Adelaide (at the southern end of Stamford Court off Wright Street or behind *The Donburi House* restaurant on Sturt Street). During Covid conditions we will be restricted to 30 attendees, and we can boil the water and provide tea and coffee only, bring your own mug. Please bring your mobile phone for QR scanning. Bikes must be left outside the building, where there is a bike rack.

Barossa Bike Bonanza

Wednesday 12th May to Friday 14th May 2021



We have organised a 3-day cycling escape to the Barossa Valley, one of the most beautiful regions in Australia. Bike your way through the region's picturesque towns, past rolling vineyards, world-famous wineries, traditional farmhouses, and historic buildings. Experience the incredible cultural heritage as you bike along a network of quiet back roads and rail trails. Autumn in the Barossa on a bike – it does not get any better! For those who intend to stay overnight you will need to book your own accommodation in the Barossa area. Some of us are staying at the [Big 4 Barossa Tourist Park Nuriootpa](#). There is certainly a huge variety of other accommodations in the Barossa Valley that you may choose. Hybrid or mountain bikes are recommended for all rides. **We will be having a happy hour each night at 5pm at the camp kitchen in the [Big 4 Barossa Caravan Park in Nuriootpa](#)**, where we will be discussing the next day's programme and signing up for the rides. The camp kitchen may be in use by others so pop a folding chair into your car just in case you need it.

If you intend to come along to the Barossa holiday let us know by emailing Sarccexec@gmail.com by Friday 30th April. Also inform us if you wish to have an evening meal at the Vine Inn on Thursday 13th May. If you are coming to the Barossa only for a day you will also need to inform us of your ride preference by Friday 30th April so that we know ahead of time to assist with ride numbers.

Hope to see you in the Barossa! Cheers Allison, Ros and Don

TUESDAY 11TH MAY 5pm Happy hour and ride information at the Big 4 Barossa Caravan Park camp kitchen

WEDNESDAY 12TH MAY Allison's ride. Starting at **10am** at the [Big 4 Barossa Caravan Park](#) front entrance. Riding south along the Barossa Trail, through Tanunda and arriving at Bethany for morning tea. Then North to the Barossa Trail climbing gradually to reach Angaston for lunch. Returning via country roads to Nuriootpa. Bring your own lunch or buy. 36 kms 238m elevation gain.



Peter's ride. Starting at **10am** at the [Tanunda Caravan Park](#) front entrance (9km cycle trail 30min south from Nuriootpa). Riding south through Rowland Flat, into Lyndoch for morning tea, onto Sandy Creek, then visit the Whispering Wall at Barossa Reservoir and into Williamstown for lunch. Return along the Lyndoch Valley Road to Lyndoch and ride along the Barossa Trail to return to Tanunda. Bring your own lunch or buy. 54 kms 474m elevation gain

6pm BBQ. Bring your own meat, salad, dessert, and drinks. Due to Covid 19 regulations we will not be sharing food.

THURSDAY 13TH MAY Kevin's ride. Starting at **9.30am** at the [Big 4 Barossa Caravan Park](#) front entrance. Ride to Stockwell and lunching at Kapunda before returning to Nuriootpa. Bring your own lunch or buy. Distance is approximately 60-65 km on mostly gravel and dirt roads. Total climbing will be about 500 -600 m.




Allison and Ros' ride. Starting at **10am** at the [Big 4 Barossa Caravan Park](#) front entrance. Riding through Coulthard Reserve to head north then west along country back roads to Greenock for morning tea at El Estanco Cafe. Cycling along the avenue of palms in Seppeltsfield and arriving at Angaston for lunch. Returning to Nuriootpa via the Barossa trail. Bring your own lunch or buy. 44 kms 338 m elevation gain

6:30 pm for 7:00pm Evening meal in the Vine Garden Bistro at the Vine Inn Barossa Hotel 14 -22 Murray Street Nuriootpa <https://vineinn.com.au/wp-content/uploads/2021/02/Vine-Inn-Vine-Garden-Bistro-Menu-February-2021.pdf>

FRIDAY 14TH MAY Ros' ride. Starting at **10am** at the [Big 4 Barossa Caravan Park](#) front entrance. Ride towards Seppeltsfield along country back roads, then south, crossing the North Para River and arriving in Lyndoch for coffee and lunch. Return along the Barossa Trail, past Rowland Flat and Tanunda before returning to Nuriootpa. Bring your own lunch or buy. 48 kms 398 m elevation gain



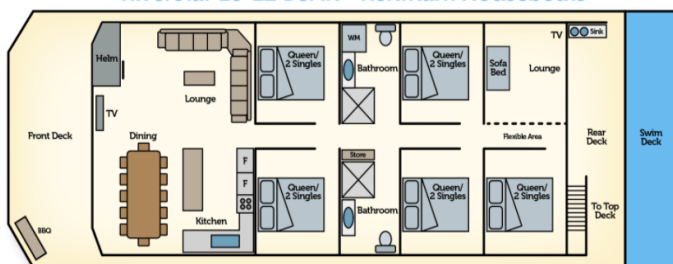
Don's ride. Starting at **10am** at the [Big 4 Barossa Caravan Park](#) front entrance Ride along the Barossa Trail to Angaston for morning coffee, south to the top of Mengler's Hill and view the sculptures at the lookout. West through Bethany and Tanunda for coffee and lunch. Return via the Barossa Trail to Nuriootpa. 39kms 380m elevation gain

A CRAZY FUN-FILLED IDEA: We have, enough interest expressed to proceed further, below is the expanded concept .

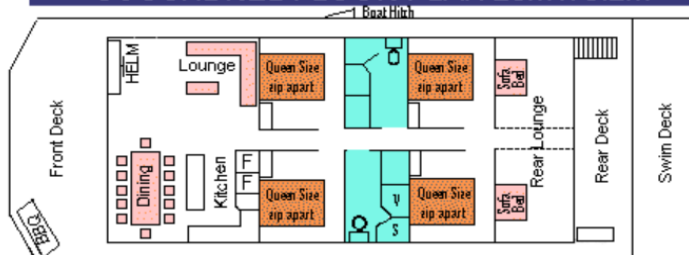
SARCC need a team to put this all together – volunteers please otherwise it will be deferred?

Core Concept: SARCC hire two 12 berth Houseboats take 24 members and bikes, kayaks, G&Ts and a book then enjoy a relaxing fun filled **7 midwinter nights on the river**. Cost \$3750 + \$2150 + \$450 ÷ 24 is approx. AU\$265 each. There are 9 enclosed Bedrooms for your solitude hours. Three sofa bed curtained areas, and because that is not equal, I suggest \$290ea person for your own secluded bedroom and \$190ea person for sofa/airbed dwellers.

Riverstar 10-12 Berth - Renmark Houseboats



SCOUNDREL FLOOR PLAN 20m x 8.2m



When do we go?

- Definitely Off Peak
- June, July, August.
- Dates to be chosen.

Where do we go?

- Renmark!
- We cruise upstream for 4 days.
- Then we cruise downstream for 3 days.
- Reaching up to Chowilla
- We cruise slower than we bicycle.
- Relaxing is the objective, BUT so is having fun.

How do we fit 24 bikes and 24 kayaks on two big houseboats?

- We don't!
- We fit only 12 bikes and share.
- We fit 8 single kayaks and two doubles and share.
- We fit our walking gear in our bedrooms.

Where do we go Kayaking every day?

- Everywhere!
- A maximum of 12 are kayaking at a time.
- Assuming two double kayaks are occupied
- We need only 5 kayaks on each Swim deck
- Strapping in place that should be feasible.

Where do we go cycling?

- There are only 3 different rides planned the other 4 days you are kayaking or walking or just Luxuriating.
- Assuming Couples or singles are prepared to share bikes.
- That leaves only 12 MTBs required that's only 6 bikes on each front deck.
- Ride 1a [Lyrup Cycle | Bikemap - Your bike routes](#) day one
- Ride 1b [Lyrup Cycle | Bikemap - Your bike routes](#) from first stop
- Ride 2a [Paringa Murtho Cycle | Bikemap - Your bike routes](#) from stop 3
- Ride 2b [Paringa Murtho Cycle | Bikemap - Your bike routes](#) from stop 4
- Ride 3a [Chowilla](#)
- Ride 3b [Chowilla](#)

How many boots are required for the bush walkers or Books or G&T ?

- Don't care!
- bring your own as many as fits your cabin.

How do we get there?

- We share transport – try not to have 12 cars for 24 participants.

What is the total cost?

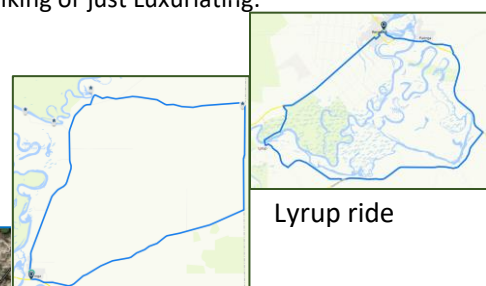
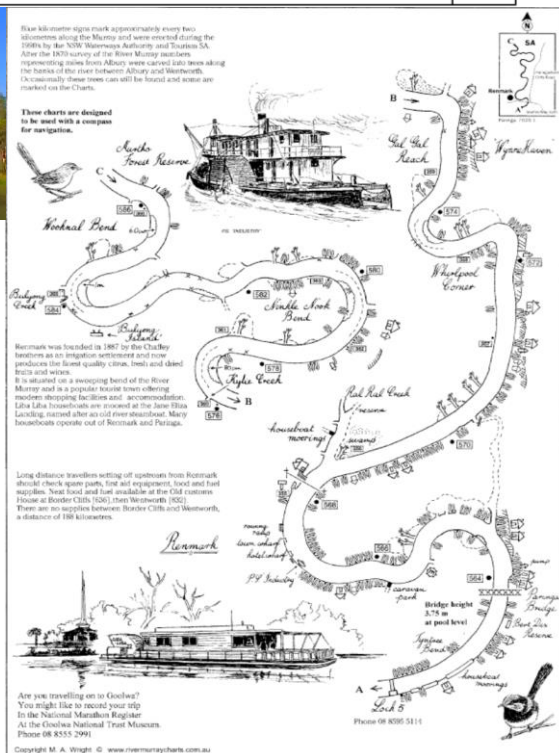
- The above rental plus boat fuel all shared fairly.

What do we Eat and Drink?

This Adventure will take considerably more coordinating than our DIY accommodation short cycling tours where the primary focus is the rides. Many of the questions above are answered only with suggestions/recommendations/and laconic answers. We need many things resolved; Timing and Landings are critical, Meals, Boat security, Non-riders, Non-Canoeists. Are we allowed 6 bikes and 6 Kayaks per boat, who is prepared and competent to drive the boats? If we get this right, it could become a biennial event.



Watch the Video 



Lyrup ride

Paringa Murtho Ride



Chowilla Ride

BOOK REVIEW: You may have gathered that I am an avid armchair cycle tourist and here is another book I have thoroughly enjoyed reading and thought you may too.

Esprit De Battuta Alone Across Africa On A Bicycle by Pamela Watson

Pamela is an expat Australian aged in her mid thirties living in England in 1993 when she decides to cycle from west to east across central Africa. Although well travelled Pamela is not a cyclist but sets about getting fit and doing a bicycle maintenance course followed by a short trip in Provence.

Pamela did get sponsorship from Shell Oil because she is raising awareness of a women's charity WOMANKIND so this meant she was welcomed into the homes of Shell representatives in the major cities which provided respite as she rode 14,500kms through 17 countries mainly staying in villages.

Pamela is such a courageous, gracious, open minded woman who manages to form relationships with many of the local people, mainly men in the northern desert regions where woman were seemingly absent, and with women in the southern countries. Her descriptions of the people's lives, hospitality, and joy even in hardship are really what makes this book so satisfying.

She is a super strong cyclist coping with mud, heat, rain and being under attack by tsetse flies for days at a time. She passed briefly through Rwanda and Burundi only 6 weeks before the 1994 mass genocide there and she could feel the danger mounting.

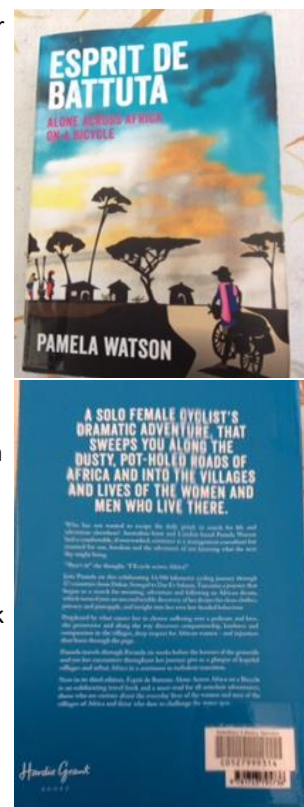
The journey also includes a 20 day boat trip up the River Zaire passing remote villages in the jungle covering over 1000 kms. That in itself was a worthy adventure.

If you enjoy reading about cycle adventures and wish to learn something about complex African life I think you will love this book. The book was first published in 1999 and has been republished in 2020 and has updates added to explain more recent political events.

Available in the SA library service.

Happy Reading

Robyn Davill

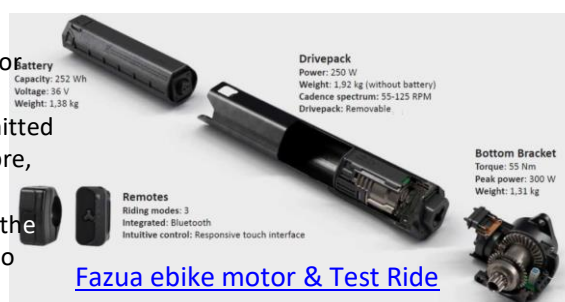


ARTICLE EBIKE MOTOR:

The eMTB industry is attaching larger Batteries 400Wh → 1000Wh and more motor power for the endurance riders & the full suspension go everywhere eMTB.

Fortunately, a large portion of the industry is now working more vigorously committed to lowering the weight of the MTBs, Commuter and Gravel eBikes with Carbon Fibre, even using the rear hub Motor driven their quest. This spawned innovation in the form of the Fazua eBike motor which weighs less and is more discretely seated in the down tube – it only has 250W but on a 10kg lighter bicycle that is enough power to boost you up that slope or into the gale or simply get your tired legs home.

[Specialized Creo](#), [Vardo Como](#) if the suffix is SL its carbon and they weight 13/15kg, but the Aluminium models that you might afford weigh 22/24kg, these all use the bottom bracket motors with Batteries packed into the enlarged down tubes. [Orbea Gain](#) packs the batteries inside the down tube capped at the base to carefully extract for replacement (charging is plug-in bike) **WOW THOSE PRICES!** Hopefully, 3D printed carbon fibre will cut those prices in half. To halve the weight, it seems we double the price.



[Fazua ebike motor & Test Ride](#)

ARTICLE:



The Penny Farthing Bicycle is back made in 'plastic' with a motor!



A link between past and future: The e-velocipede shows what the historical pedal cycle of the 19th century would have looked like using today's advanced materials. Under the slogan "Rethinking Materials" together with DING3000 design studio BASF have developed a ready-to-ride prototype that is made of 24 innovative materials. The e-bike is made almost entirely of plastics. Only its brakes, axles, and motor are still made of metal. To see the bicycle being ridden go to [Concept 1865 - RSW — Product Design & Innovation Consultancy \(rudolphschellingwebermann.com\)](#). If this is combined with 3D printing, we have a regurgitated Penny Farthing with a removable Lipo battery and all of today's electronic micro controls, built-in lighting. It does not look dynamically stable, nor very practical for carrying things like water bottles or lunch, accessories yet to be created and maybe gyroscopic stability.

But do we go back to Edwardian cycling costumes of tailor-made tweed or plain cloth. It seems that the favourite costume for Ladies riding will be knickerbockers and gaiters, while the skirt will of course prevail for town wear. A brown wool jacket with soutache braid, and a boater hat. And the ladies with a flannel chemise and corset. Perfect freedom combined with long brown leather boots. Gentlemen to wear tweed jackets, riding jodhpurs, leather boots, cloth or leather caps. PROBABLY NOT but you could hide a helmet under a top hat or a wide brimmed bonnet.