

## A CAUTIOUS RETURN OF SARCC RIDES

### Plan for immediate resumption of some SARCC Group rides:

The resumption of SARCC rides can contribute physical and mental health benefits, to you our members as we carefully emerge from the COVID-19 environment.

The resumption of rides must not compromise the health of members or the community and will be based on objective health information to ensure rides are conducted safely and do not risk increased COVID-19 local transmission rates.

During Step 1 (11 May) requirements, SARCC activities will be restricted to groups of 10 or fewer. Moving to the next stage of restrictions (Step 2) will be dependent upon State Public Health Authority guidance.

There are no Guarantees that Step 2 will be implemented 5<sup>th</sup> June 2020. Increasing restrictions may be required in response to fluctuating numbers of COVID-19 cases. SARCC must be flexible to accommodate and respond to changes in community transmission rates and the associated changes in advice from Public Health Authorities.

SARCC recommend members download and activate [COVIDSafe App](#).

### SARCC WILL RESTART GROUP RIDES - COVID-19 RIDE REQUIREMENTS and GUIDELINES:

SARCC Group riders **must**:

- 1 Abide by the **1.5metre distance** requirements (and in confined spaces **1 per 4sqm space**)
- 2 Abide by the no more than **10 persons in a group** requirement

**NEW!** SARCC require you to **TEXT or PHONE the ride leader if you are intending to ride - by 5pm the day before the ride.**

- ✓ Your **TEXT** will be acknowledged by the ride leader that you have a place in the group
- ✓ Arriving unannounced (maybe it wasn't raining after all) on the day risks not being able to join the group/s.
- ✓ If we have more than 10 riders, we will appoint a second ride leader
- ✓ The second group will not at any stage merge with the first group, albeit they may do the same ride.

SARCC Group Leaders **must**:

- 3 Record the names of all participants (plus guest Phone Nos.)- **NEW! Leaders email list of riders to [sarccexec@gmail.com](mailto:sarccexec@gmail.com).**
  - ✓ This will be compiled by the leader and is assisted by your **TEXT or PHONE** advising that you intend to ride
  - ✓ On the Day, any non-starter is removed from the list and unannounced arrivals are added to the list by the leader.

SARCC Group Leaders **must not**:

- 4 Recommend Café and Lunch stops.
  - ✗ Your leader cannot recommend a café or food stop because SARCC must not assert the Covid-19 compliance of a Café
  - ✓ You may partake of coffee at a Café on a mid-ride stop or lunch but that will be at your choice and discretion.
  - ✓ While eating lunch we must comply with 1.5 metre distancing— preferably BYO in an open space.

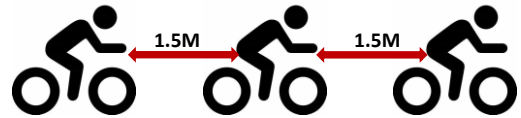
Hygiene and Health recommendations:

- 5 Without permission do not touch other bikes, helmets, gloves, phones, locks. Please park your bikes separately never stacked.
- 6 Wash hands or use hand sanitisers regularly - Consider bringing on the ride a small bottle of hand sanitiser for personal use.
- 7 Riders please carry disinfectant wipes in case you may need to use uncleaned public facilities.
- 8 Cover your mouth with a tissue or elbow when sneezing or coughing, and do not spit. Coronavirus is carried by mucus droplets.
- 9 Members must not join any ride if they have any Flu-like symptoms as described in [Covid-19 official documents](#) or if you have been in physical contact with anybody now in 14 day self-isolation or recently from interstate or international.

SARCC Committee have resolved to defer starting Sunday Rides until Sunday 7<sup>th</sup> June – If step 2 has been approved 5<sup>th</sup> June we will probably not need a second leader (if not approved we will appoint a second leader). Please note all the above nine requests will still apply albeit a group may be up to 20 participants after Friday 5<sup>th</sup> June 2020

Sunday June 7th 2020 **Mawson Lakes River Loop** Meet at Mawson lakes railway station 10am. Dry Creek Trails to Golden Grove and return via Little Para River Trails. BYO lunch, 40km [Jilden 0408 823 781](tel:0408823781)

ALL OTHER RIDES PLEASE REFER TO: <https://sarcc.wordpress.com/day-rides-2/>



#### STEP 1 (CURRENT): FROM 11 MAY

1 per 4sqm

10 max

1.5 metres

**UPDATE**

From Friday 22 May:  
Indoor and outdoor dining for restaurants and cafes (10 indoor / 10 outdoor)

- Keep working from home (if possible)
- Retail not restricted
- Social gatherings
- Schools open
- Aged care visits limited
- Outdoor playgrounds
- Regional travel
- Uni and TAFE face-to-face tutorials
- Community, youth and RSL halls
- Auctions and inspections
- Local government libraries
- Sport training and exercise (outdoor only)
- Worship, weddings and ceremonies
- Pools (limits apply)
- Campgrounds and caravan parks
- Funerals (20 indoor / 30 outdoor max)

#### STEP 2: FROM 5 JUNE\*

1 per 4sqm

20 max

1.5 metres

- Cinemas and theatres
- Seated dining in licensed venues
- Galleries and museums
- Beauty, nails, tattoo, massage (non-therapeutic)
- Driving instruction lessons
- Gyms and indoor fitness
- Funerals (50 max)
- Sport transition to competition without spectators, including indoor

If you have cold or flu symptoms, seek testing and stay home until you are well

Wash your hands often, wipe frequently touched surfaces, and cover coughs and sneezes

Keep 1.5 metres distance from others

Vulnerable people like the elderly and people with chronic health conditions should talk to their doctor about what is appropriate for them

**CLUB SOCIAL MEETINGS and CLUB TOURS are cancelled due to Covid-19** 😞

**Kangaroo Island** Cancelled due to Covid-19 constraints.

**Mildura/Halls Gap** Cancelled due to Covid-19 constraints – in particular interstate travel.

**Planning Late October early November 2020** Sarcc Committee are reviewing two tours within our State – advice soon 🤔

**Hold this thought for 2021.** Roger thank you for forwarding a photo montage of riding the [Tasmanian trail](#) by five riders our age group. Interesting and challenging, perhaps it might generate a positive thought towards the Tasmanian Trail

**• Home Entertainment Segment (Last 4 are interesting MTB extremes)**

<https://www.bing.com/videos/search?q=ladies+cycling+fashion&view=detail&mid=2BF84710ED7FF269B90A2BF84710ED7FF269B90A&FORM=VRDGR&ru=%2Fvideos%2Fsearch%3Fq%3Dladies%2Bcycling%2Bfashion%26FORM%3DHDRSC3>

① Women's Cycling Clothing and go to [Light in the box](#) to see the fancy designs.

<https://www.bing.com/videos/search?q=interesting+cycling+facts&ru=%2Fvideos%2Fsearch%3Fq%3Dinteresting%2Bcycling%2Bfacts%26FORM%3dVDVXX&view=detail&mid=926100FA999C8C2787CB926100FA999C8C2787CB&rvsmid=B7254A72FE98F2D2E8D0B7254A72FE98F2D2E8D0&FORM=VDQVAP>

② Bicycle Improvement Facts over the years

[https://www.youtube.com/watch?v=XPUuF\\_dECVI&feature=emb\\_rel\\_end](https://www.youtube.com/watch?v=XPUuF_dECVI&feature=emb_rel_end)

③ Something different for the Mathematicians, Scientists and Engineers

[Top Ten eBike Questions](#)

④ Top 10 E-Bike Questions- The Answers from a **New York E-Bike Dealer** i.e. No Helmet, 20mph=32kph

<https://www.youtube.com/watch?v=AEEGLt6FC34>

⑤ I Just want to Ride – Inspiring the Ultra distance endurance ride – the Divide Ride Canada to Mexico

<https://www.youtube.com/watch?v=e6zbENQcwkk>

⑥ Mountain Biking The untold British story HD – interesting MTB cycling evolving

[https://www.youtube.com/watch?v=dTJir\\_v4NNE](https://www.youtube.com/watch?v=dTJir_v4NNE)

⑦ Mountainbiking around the world - Signatures MTB Film – extreme and not for the faint hearted

<https://www.youtube.com/watch?v=cRFxH0tzGk8>

⑧ EXTREME MTB Mt. Kilimanjaro & Mt. Kenya on MTB with Hans Rey, Danny MacAskill – and donation of bicycles

**ARTICLE from our beginnings in 1976:****Adelaide Recreational Cycling in the 1980s**

Alan Marriage April 2020

Cycling for Pleasure group Incorporated started in November 1976 in response to a suggestion from the Adelaide Bicycle Traders Association. The first committee consisted of Dick Withers, Jean Withers (President and Secretary) and Bill Hickling as Publicity Officer. In 1981 Dick and Jean Withers moved to Perth and handed the reins to their daughter and son in law Carol and Ian Way who held the position for a short time before the President and Secretary position were taken by David and Marion Cook who held these positions until about 1990 when they moved to Canberra. During the next decade the Secretary positions were held by Jill Marriage, Richard Rowland, and Gordon Lindqvist.



The CPG always maintained links with the Cyclist Protection association of SA Inc but the main intent was a fortnightly activity on every second Sunday. In the initial days the focus was on the Activity which could be swimming, putt putt golf, tennis, ice skating, bowling or a general sing along. The cycling part was to get to the venue, or by car was allowed.

As time went on these activities reduced and the cycling became dominant. Still the emphasis was on pleasure cycling with ride distances of 30 to 40 Km for each ride.

In the 1980s the other Recreational group formed in 1982 was SATCA South Australian Touring Cyclist's Association. This was a group formed by middle aged UK cyclists. Mostly from the CTC (cyclist touring club) and with ride distances of 100km for the Sunday rides. Also included were weekends away on National Holidays eg Easter Camp. The format was to stay at a local school, camp on the school oval and use the school facilities for toilet and cooking. Activities were small Time Trials, Freewheeling competitions and local tours. Also, a major feature were the Grand Slam events which required the completion of three 100km rides one 150km and one 200km ride on specific days. There was also a Mini-Slam of 50,75 and 100km.

This club was transformed in the 1990s into Bicycle SA (Now Bike SA) and became a more formal structure.

CPG retained a low-key cycle format until 2012 when then increasing insurance payments forced a merger with ATC Adelaide Touring Club to form SARCC, South Australian Recreational Cycling Club, which provided an increasing range of alternative rides.

The one big club with many additional rides has not completely overcome the conservative nature of people and there is still a "CPG" group on the usual Sunday rides.

**ARTICLE from WEB 2014:****Cycling Makes You Happier, Smarter, Sexier and Friendlier**

You already know cycling is great for your physical fitness. But did you know it also has profound effects on your brain?

**Staves Off Depression:**

"Clearly exercise is beneficial for mental health, and the area that we have the strongest evidence in is depression," explains Brandon Alderman, Ph.D., an assistant professor of exercise psychophysiology at Rutgers University. A recent study at the University of Bern suggests that physical activity leads to nearly the same neurophysiological changes as antidepressants. And last year, a review published in the *American Journal of Preventive Medicine* looked at 25 studies, all of which showed that exercise plays in maintaining good mental health and preventing the onset of depression later in life.

**Calms Your Mind:**

"Over the past two years, we've been conducting a large study looking at aerobic exercise and meditation," Alderman says. Test subjects in the study did a combo of meditation and exercise, in the form of spinning on a stationary bike followed by a short meditation session. Then Alderman and his team analysed the effects on their mental well-being. The outcome was exactly what he expected: Subjects moved from clinical to nonclinical levels of depression. "That's huge," Alderman says, "and it happened in just eight weeks."

**Boosts Brainpower:**

Think about a typical ride and everything that goes through your head, consciously or unconsciously: how to negotiate that gravelly corner, bunny hop that log, or navigate your way home on unfamiliar roads. It's like doing Sudoku, but at warp speed—which is great for keeping your brain healthy. "When you're on a road bike, you're more likely to try a new route so you have something novel in the environment. If you're mountain biking, you have to stay alert, and that's really wonderful," Alderman says. So how does that make you smarter? Simple. Using your brain in these different ways while riding, Alderman explains, "results in increased cognitive control, and stimulates the parts [of the brain] that regulate executive function, decision making, things like that." This isn't a new idea, by any stretch: work done by Charles Hillman at the University of Illinois in 2007 showed that exercise boosts brainpower and helps to stave off Alzheimer's in older people, while parallel work being done at the University of Georgia by Phil Tomporowski showed that kids are even more positively impacted—and that exercise can help control issues like ADD.

**Makes You Sexier:**

One study in the *Archives of Sexual Behaviour* found that when men performed regular, moderate exercise, they experienced more and better sex than men who did not exercise. Then in 2004, a study at the University of Arkansas found that men and women with self-proclaimed higher fitness levels believed that they had above-average sexual desirability. Most recently, in 2012, a University of Texas study reported that exercise—20 minutes of cycling, in this case—increases genital arousal in women, even when sensory nerves were suppressed by antidepressants.

**Makes You Friendlier:**

Whether you hit a spin class or head to the trails with a buddy or two, riding a bike can keep your social life active. A recent study at the University of Toronto showed that teams playing group sports had better overall mental health and less stress. "We suspect it might be due to school sport providing adolescents with opportunities to bond with other students, feel connected to their school, interact with their peers and coaches, thus, really providing a social and active environment," lead author Catherine M. Sabiston, Ph.D. explained. Sounds a lot like the benefits of joining a cycling club, doesn't it? "One key aspect for brain health is that you need to have a social life," Alderman says. "You need to socialize with other people. I think when people are depressed, they don't get out, they don't do anything. It impacts their confidence and self-esteem. And if you exercise, you get out, and you have an opportunity to interact with other people, especially if they exercise outside."

**ARTICLE:**

Its not SPEED that KILLS its stopping suddenly at an immovable object.

**CALIFORNIA'S E-BIKE LAW FOR THE ROAD**

- E-bikes are regulated like bicycles. The same rules of the road apply to both e-bikes and human-powered bicycles.
- E-bikes are not subject to the registration, licensing, or insurance requirements that apply to motor vehicles.

**USA Definition of CLASS of E-Bike** – *there is no USA restriction on the watts in the classes.*

- Class ①: Pedelec a **low-speed** pedal-assisted electric bicycles, is equipped with a motor that provides assistance only when the rider is pedalling and that stops providing assistance when the bicycle reaches 20 mph (**32kph**). These e-bikes are legal on any paved surface that a regular bike is allowed to operate.
- Class ②: Throttle. A low-speed throttle-assisted electric bicycle, is a bicycle equipped with a motor that may be used exclusively to propel the bicycle, and that is not capable of providing assistance when the bicycle reaches the speed of 20 mph (**32kph**).
- Class ③: Speed Pedelec. A speed pedal-assisted electric bicycle, is a bicycle equipped with a motor that provides assistance only when the rider is pedalling, and that ceases to provide assistance when the bicycle reaches the speed of 28 mph (**45kph**), and equipped with a speedometer.
- Local governments have the authority to restrict the use of e-bikes under motor power on bike paths. When in doubt, check with your town, city, or county for local rules and regulations.
- **Helmets are required for riders of Class 3 e-bikes in California.** Persons under 16 years of age may not ride a Class 3 e-bike (unless as a passenger). There are some access restrictions for Class 3 e-bike riders.

**There is no federal law in the U.S. requiring bicycle helmets.** Most are limited to children under 18, but there are 49 all-ages laws, [detailed here](#) these are just municipalities. An inexperienced Adult cyclist (>18) can jump on a bicycle without a helmet and be boosted to 45kph in many States of USA. Maybe it is a population control mechanism. Perhaps the citizens of USA are many more competent cyclists than all of Europe and Australasia or hypothetically are cyclists of Europe and Australasia being **nannied** too much by our Governments, is 7kph more speed really that dangerous (32kph is a normal pace for fit road cyclists)?

Australia/Europe nominate a watt restriction as well, albeit it very loosely defined as continuous power.

*Cheers Eric*

*P.S. More articles like Alan Marriage's above - Please*