

July 2022 SARCC Newsletter

In Memory of Helen Stephens, who died suddenly on 27th June 2022 rest in peace.

We will not forget Helen our fellow enthusiastic cyclist and walking affectionado who was a great friend to all of us.



Helen inspired all of us with her bravery and determination in the face of health adversity and demonstrated how not to waste a single hour. Helen's generosity, commitment, and support to SARCC has been tireless. We all appreciated her calming influence coupled with the wisdom of just living life with warmth and love. Many of us appreciated Helen's ability to "feed the multitudes" morning tea in the middle of nowhere and legendary Christmas feasts. Helen always led with compassion and kindness. Helen Stephens, your fellow cyclists will miss your fellowship, but we will not forget.

Consider other club members: If you have COVID or FLU symptoms or might be **infectious, please, don't attend** SARCC rides or events. Subscriptions for year to 30 June 2023 are **\$20** Pay to: SARCC Everyday Account, Westpac, BSB 035 048 Act 301670. advise sarccexec@gmail.com SARCC, recommend you **check the web prior** to attending any ride or event - rides, tours and events are correct at time of Print only SARCC encourage RideWithGPS on all Rides – When you lead a ride, please submit your GPX, TCX, FIT files to: sarccrwgps@gmail.com

Sunday Rides:

July 3rd 2022 Capital Capers in the **North West** Meet at [Bonython Park Kiosk, Bonython Park](#) for a 10am start. Cruising the sights and sites of the north west suburbs via roads, paths and tracks. BYO lunch. Approximately 40km. Kevin D 0411 203 893

July 17th 2022 **A Hills ride Belair – Blackwood** Meet at 10am [Belair railway station](#). Ride in National Park and surrounds. Hybrid / mountain bikes recommended. BYO lunch. 40km. Sue S 0402 880 655

July 31st 2022 **West Lakes** 10am at car park behind [Sailmaster Tavern](#). Cnr of Arcadia Court and Nerida Drive. Cruise thru North Haven, Port Adelaide, West Lakes, Grange and back to North Haven. BYO lunch beside the lake. Coffee optional at end of ride. 40km of various surfaces. Minor undulations with some narrow sections. Sven H 0410 271 717

Thursday Rural Rides Thursday rides are regularly 20+ riders; in hill topography that creates a challenge. To compensate each ride will have a 2nd leader so we can split into 2 comfortable groups if needed. - [Sharon Moyle](#) Thursday Ride [Organiser](#)

Jul 7 th	Damien	0422 004 544	10 a.m. Mt Torrens Oval	Some unsealed roads and tracks
Jul 14 th	Rosalind	0448 741 556	10 a.m. Woodside Pool car park	Some unsealed roads
Jul 21 st	Paul D	0427 537 836	10 a.m. Woodside Pool car park	all sealed roads
Jul 28 th	Clive	0409 492 621	10 a.m. Woodside Pool car park	Some unsealed roads

PERFECT Ride Sunday, July 17th 9am Meet at Cambrai Institute on Skinner Street Cambrai (Toilets available) 69 km dirt and gravel roads. No facilities on ride Peter H 0448 364 138

SPECIAL Events Adelaide to Angaston and return (waited for trains now school holidays) So, Thurs12 August up back Friday see **Web P.L.E.B.S.** Please link to web site to understand the concept or contact Peter Harrison 0448 364 138

TOURS:

Goldfields Bicycle Tour from the 16th of October to the 30th of October 2022 inclusive.

Ros, Allison and Robyn have resumed the arranging of this long-awaited trip which was deferred from last year due to Covid. We currently have 39 definite participants and 5 others interested so it is going to be BIG! Due to the numbers, we are planning to have three rides offered each day if possible and this relies on many volunteer leaders to step forward. We have been pleased by the offers so far but if you feel you would like to lead a ride please contact Ros, Robyn or Allison. All the basic routes will be on Ride With GPS (RWGPS) in the SARCC Club subscription of RWGPS so once you have that you should be able to download and follow it on your phone or device (Garmin) to navigate. If a leader wants to modify a route to be more challenging this could be accommodated for, so long as the ride expectations are explained. On Wednesday the 19th of October the only ride we have planned at this stage is an out and back to Maldon along the rail trail so that there is a chance to return on the historic Maldon Steam train with your bike. If you are intending to return on the train ring the [Victorian Goldfields Railway](#) on 03 54706658.

Inform them you are travelling one way and have a bike to transport. Mention that you are with SARCC and every attempt will be made to seat SARCC members in the same carriage. The train leaves Maldon at 2.45pm and only runs on Wednesdays.

Those who are not interested in the train may choose to do one of the other rides.




NEW ZEALAND TOUR 2023 The committee advise we have closed our books on accepting participants as 27 people have paid deposits.

1. A meeting will be held from 7:30-9:30pm on Thursday 4th August 2022 @ [Clarence Park Community Centre](#).
2. Participants that have arranged to hire bicycles should confirm with their hirer the new dates for hire which are February 14th to March 1st. One hirer Chill Explore advised that not all hirers had made this confirmation. Recent registered participants should ensure they have arranged their bookings and made deposit payments. **This is important as E-bike bicycle hire stocks are low.**
3. Thank you to everyone for completing the **Logistics questionnaires** but we are still awaiting responses to the **Expressions of interest in a Jersey** (8 responses so far) and the **Drivers licence information** from the volunteer drivers.
4. **Air New Zealand** - is offering specials to New Zealand.
There will be a meeting at 6pm on February 13th at the Christchurch Top 10 Holiday Park please ensure you arrive before this time. Accommodation is booked for everyone at the Christchurch Top 10 Holiday Park for February 13th.

Fleurieu Cycling Tour 19th September 2022 Retire Active Cycling invite to SARCC: Itinerary: Day ① Train to Seaford then cycle to Normanville. (53km, +670m) Day ② Normanville - Victor Harbor - Goolwa. (68km, +460m) Day ③ Goolwa - Milang - Strathalbyn. (50km, +271m) Day ④ Strathalbyn - Mylor - Crafrers. (49km, +1,000m). Freeway bike-path to Adelaide. The concept is to minimise the equipment to be carried on the bikes by staying in Caravan Park or Bed and Breakfast type accommodation in towns with suitable evening meal facilities, and with the ability to source lunch and required provisions. And to avoid major roads where possible. There are a few places left offered on 'first come' basis. If interested contact Roger 0407720357 rogerpolkinghorne@gmail.com

CLUB MEETINGS 2022 at [Clarence Park Community Centre](#) Clarence room

Train station at the front door, corner East Avenue and Canterbury Terrace.



Safety First Aid Training

On-site parking, 72 East Avenue, Black Forest.

7.30pm. 25th August 2022.

More Details Soon – Keep the evening free Please



Cycling Mapping & Route Planning Apps

SARCC is proud to have reviewed and chosen to acquire a club version of **RideWithGPS** as a platform to share with members to assist you to plan routes and guide you when cycling entertaining recreational rides. Whether that be with SARCC as a group on a day ride or away Touring or for you to enjoy on your own or with family and/or friends.

✓You have signed up for a free RideWithGPS account you saved your password and have logged in to your account.

Herewith a brief how-to create your route on RWGPS: it really is simple 😊

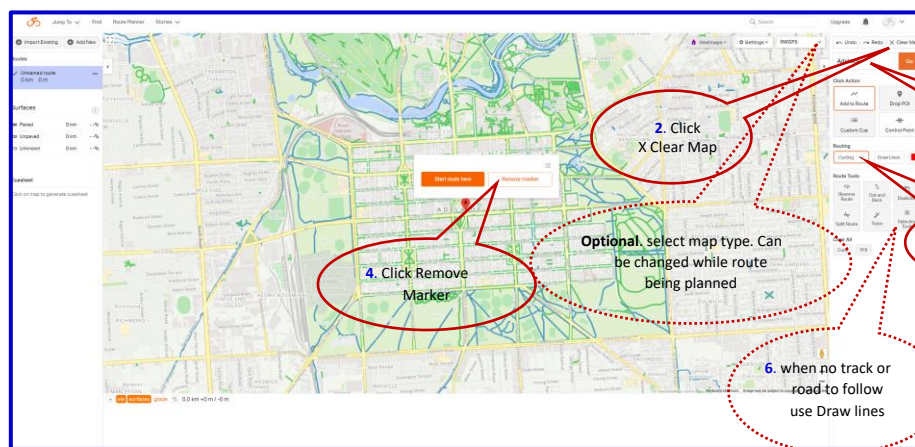
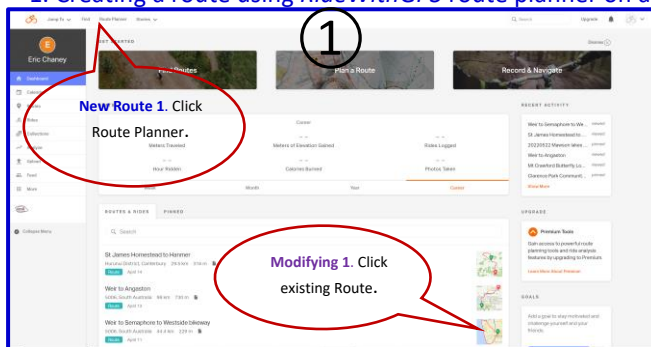
How to create a Route and then share it with a SARCC RideWithGPS route manager. There are five methods for creating a Route with RideWithGPS

1. Create your route via the RideWithGPS "Route Planner" button on your PC
2. Modify an existing RideWithGPS route.

Other methods:

3. Ride your route and record it with RideWithGPS, Strava, any other ride recording phone app or with a GPS device (e.g., Garmin).
4. Create your route using another software package (e.g. Strava) and export it as a GPX file.
5. Create your route using the route creation tools in the RideWithGPS app on your phone. This requires the "Premium" (paid) version of RideWithGPS.

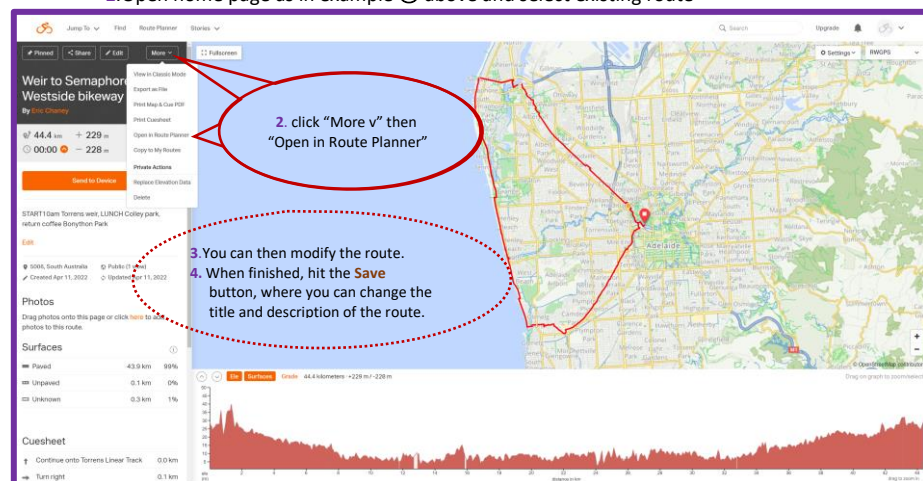
1. Creating a route using RideWithGPS route planner on a PC



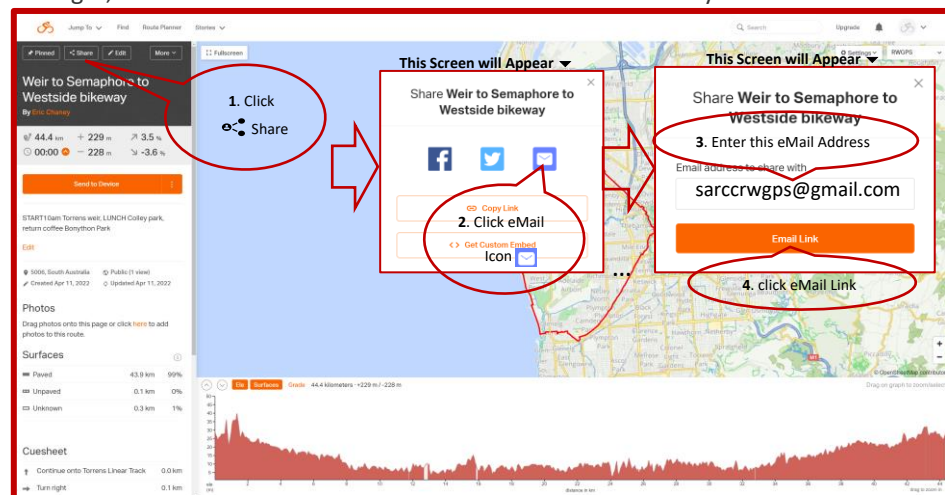
Notes:
7. left button click on map starts or marks route
8. Right button click on map
Choices of: Undo, Redo, Add POI
Start New Route, Show Street view, Show Lat/Lng

2. Modify an existing RideWithGPS route

1. Open home page as in example ① above and select existing route



Once you are happy with the route you created or modified, you will need to share a link to the route via e-mail to a SARCC Route Manager, who will add it to the SARCC *RideWithGPS* route library and add the route to the appropriate event, and calendar



DONE 😊

A SARCC route manager will review, advise recommend changes, or post your route, create an event and add to calendar.

PLEASE NOTE

Future communication with SARCC Route Managers please use: **sarccrwgps@gmail.com**

3. Creating a route from a ride

1. On your PC, log into *RideWithGPS* and select "Calendar" or "Jump To" "Calendar".
2. Click on the ride that you have ridden and select "Open in Route Planner" from the "More v" button.
3. You can then click on "View route" and check that all is OK. Please note that this route does not have a clue sheet, which makes it difficult to modify in *RideWithGPS*. Changes to the route need to be made by using the instruction below.

4. Creating a route using one created in *Strava* or *Garmin*

Here we assume that you have already created your route on *Strava*. You then need to do the following on your PC.

1. In *Strava*, go to "My Routes" via the "Dashboard".
2. Select your route, by clicking on the required route.
3. Export a GPX file, by clicking on the "Export GPX" button and then selecting "Save File"
4. In *RideWithGPS*, select "Upload" and then "Select files". You then select your exported GPX file from the "Downloads" directory and click on the "Open" button.
5. You can then click on "View route" and check that all is OK. Please note that this route does not have a clue sheet, which makes it difficult to modify in *RideWithGPS*. Changes to the route need to be made by using the instruction below.
6. Garmin... [Uploading Rides & Routes - Ride With GPS Help](#)

5. Creating your route using the route creation tools in the *RideWithGPS* app on your phone.

Not recommended, can only be done with premium paid version of *RideWithGPS* and is very finicky on small screens.

For methods 3 and 4, the route can be changed by placing a "Control Point" either side of the section to be changed and then dragging the route to where you want it to go. If you make a mistake, you can use the "Undo" button and try again. When finished, hit the save button, where you can change the title and description of the route. Otherwise, you can share a link to the route via e-mail to a SARCC route manager, who can "Trace" and save the route and send a link back to you for further editing.

Ride With GPS  try it you will not be disappointed!

The following are some of the Apps that are available to assist planning a route or navigating a ride.

If you want to find somewhere to ride, plot a route through unknown terrain, a cycling route-planning app will be of service. With most users doing the detailed work of researching and designing their tracks on a full-size computer, each route has a phone app that can help you navigate. However, given the constraints of the average smartphone battery, a more common approach is to send any route you're interested in onwards to your GPS bike computer. Also allowing you to record and store details of your ride..

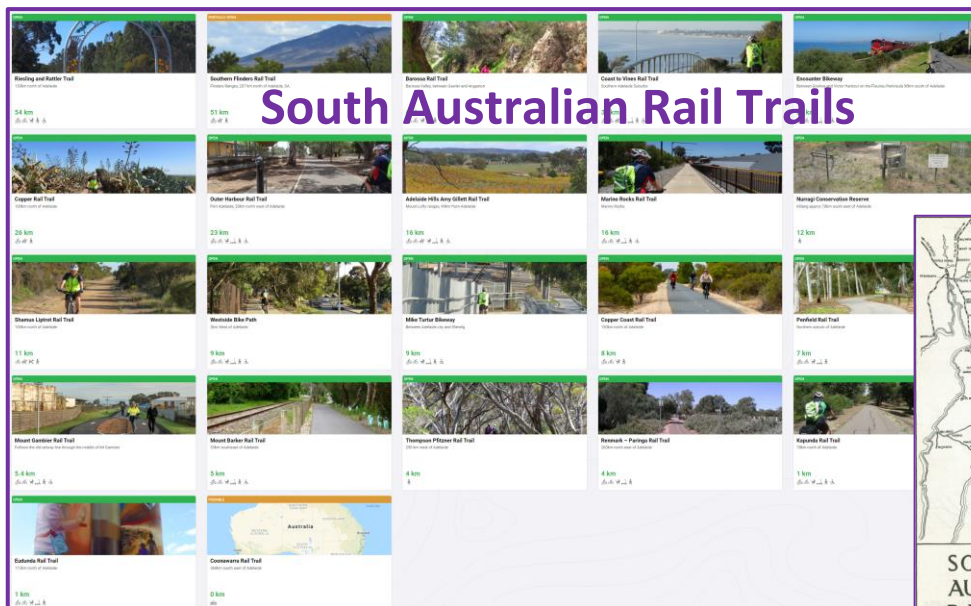
- [Rail Trails Australia](#) are as their name suggests a list of 174 disused railway trails
- [All Trails](#) is a worldwide repository of tracks and trails that requires filtering for Bicycling because most trails are walking trails.

Site Name	Link	Register	Model	Route Planning	Elevation Profile	Surface Indication	GPX	Share Link	Track Suggestion	Mobile App	Map Type
RideWithGPS	http://ridewithgps.com	Yes	Free+	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Many
Strava	https://www.strava.com	Yes	Free+	Yes	Yes	Yes	Yes	Yes	No	Yes	Google/Apple
AllTrails	https://www.alltrails.com	Yes	Free+	Yes	Yes		Yes	Yes	Yes	Yes	Many
Rail Trails	https://www.railtrails.org.au	Yes	Free+	Yes	Yes			Yes			Many
Google Maps	https://www.google.com.au/maps	no	Free	Yes	Yes			Yes	No	Yes	Gogle
Apple Maps	Maps - Apple (AU)	No	Free	Yes	Yes		Yes	Yes	No	Yes	Apple
Mapmyride	http://www.mapmyride.com	Yes	Free+	Yes	Yes		Yes	Yes	Yes	Yes	Many
BikeMap	https://bikemap.net	Option	Free+	Yes	Yes		Yes	Yes	Yes	Yes	Many
komoot	https://www.komoot.com	No	Free+	Yes	Yes	Yes	Yes	Yes	Yes	Yes	OpenStreet

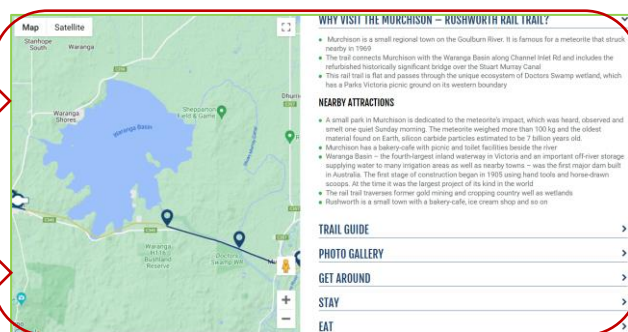
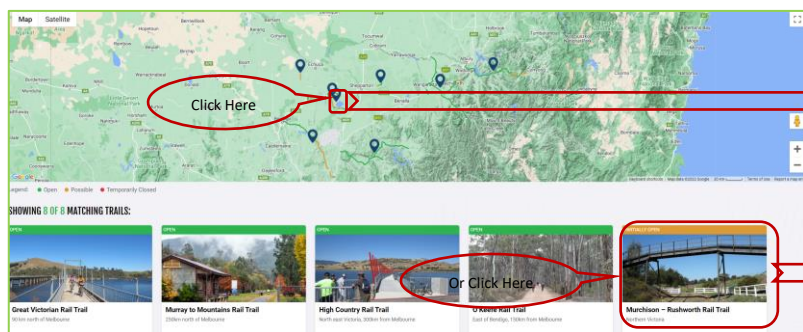
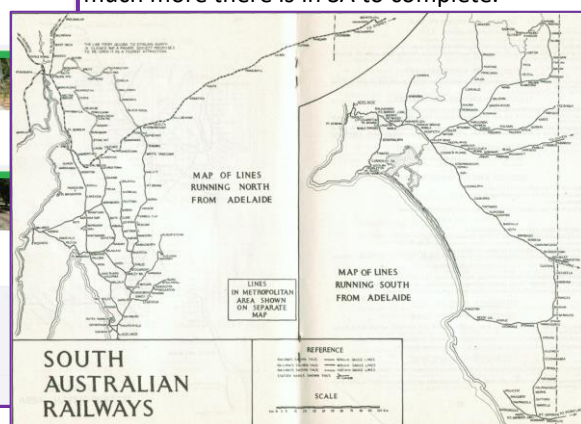
Note: Free+ is a business model that offers a free basic service then a paid premium service to use all features.



Hopefully this is all old news to most of my SARCC colleagues but if you don't know this fantastic web site, I encourage you to [Link](#) and view. Do consider [registering](#) it costs nothing and all they ask is your name, email, and create a password. The organisation will not pester you unduly post registration. Registration enables viewing the maps of each rail trail. Membership is separate from registration and is \$18 per member per year which entitles you to 10% discount on all merchandise or for a total of \$36PA you get emailed 3 editions per year of the Rail Trail Connections magazine. Your paid membership go to a great cause already listed are 174 Rail Trails.



There are 22 South Australian rail trails. The list does not include our many other trails along the SA waterways and creeks or endurance trails e.g., Mawson & Lavender. Below are [old maps of Railways](#) showing how much more there is in SA to complete.



The underpinned Map and is Google Maps Satellite image you may desire to hit the + to zoom-in for details, read the Trail guide and look at the Photo Gallery. While there is not as much navigating detail as will be available on Ride-With-GPS route guides there is enough to enjoy your ride and the Rail Trails are well sign posted. These trails are always a comfortable ride the gradients being those that a previous railway was able to sustain, you are mostly remote from motor vehicles and trucks, on a sealed or fine gravel surface. These will not be the only trails in the district you are visiting they are quite specifically RAIL TRAILS.

Best Trails in Australia (maybe but that's for you to judge)

Ready to check out the trails in Australia for hiking, mountain biking, climbing or other outdoor activities? AllTrails has many hiking trails, mountain biking routes, backpacking trips and more. Discover hand-curated trail maps, along with reviews and photos from nature lovers. Whatever you're looking for, you can find a diverse range of the hiking and cycling trails in Australia to suit your needs. Hopefully, this is all old news to my SARCC colleagues but if you don't know this web site, [Trails and Hikes in Australia | AllTrails](#) I encourage you to [Link](#) and view. Do **consider registering it costs nothing** and all they ask is your name, email, and create a password. The organisation will not pester you unduly, post registration. Registration enables viewing the maps of each rail trail. Because a large portion of the Trails are for Walking you do need to apply filters to find cycling trails

Explore

Community

Saved

Enter a city, park or trail name

Q

Activity

Difficulty

Length

Suitability

More filters

Hiking

Mountain biking

Running

Road biking

Backpacking

Walking

Easy

Moderate

Hard

0 km

80+ km

Dog friendly

Kid friendly

Wheelchair friendly

Stroller friendly

Paved

Partially paved

Attractions

Waterfall

Lake

Forest

Show more

Views

River

Hot springs

Elevation gain

0 m

1500+ m

Route type

Loop

Point to point

Out & back

Rating

0

3.5

4

4.5

Any

Trail traffic

Light

Moderate

Heavy

Click **Explore** then enter a City, park or trail name, then fill in the **filters** as required.

A list of trails with a photo and brief description will appear on the left of a map of the wider area chosen.

Hover over the photo and the route in red will appear of the listed item on the map alongside.

EXAMPLE:

Adelaide City to Henley via Linear Park

Photos (127)

Directions

More

Enjoy this 25.3 km out-and-back trail near Adelaide, South Australia. Generally considered a moderately challenging route, it takes an average of 1h 15m to complete.

Length

25.3 km

Elevation gain

313 m

Route type

Out & back

Hiking

Road biking

Walking

Trail running

Mountain biking

Stroller friendly

Paved

River

Description

An enjoyable trail exploring the western suburbs of Adelaide, South Australia. This out and back route begins and ends right in the heart of the city near the Adelaide River. Show more to get more details.

Weather

UV Index

Daylight

Reviews (55)

Photos (127)

Ac

4.8

Write review

Map

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Photos (127)

Ac

4.8

Write review

Click on "Photos (127)" all the photos recorded will form a list 3 wide on the left of the screen. Click on the web Photo for full screen.

You can click on **+** to zoom in on the map and click on **⊙** to change the map to:    etc.

Great Australian Wine Trail

The Great Australian Wine Trail (the Wine Trail) will be globally recognised as Australia's signature gastronomic cycling experience based around South Australia's world class wines, culinary excellence, heritage towns and villages and iconic landscapes. Wine, food and cycling are natural allies in South Australia; they both leverage the natural assets of the state with strong growth prospects through to 2030 and beyond. In recognition of this potential, The Great Australian Wine Trail will be Australia's first international gastronomic cycling experience inviting visitors to "be consumed" by the best of Australia's food and wine, whilst uniquely connecting to the coast. The 280 km trail will connect South Australia's most famous wineries and cellar doors in Clare Valley, Barossa, Eden Valley, Adelaide Hills and McLaren Vale. By connecting existing trails and developing new sections of trail across the wine regions, visitors will be able to explore beautiful vineyard and coastal landscapes, visit historic towns and villages, enjoy world renowned wines and experience fresh food and produce, thereby extending their stay and expenditure. Visitors will be supported by quality accommodation, attractions, experiences, and other services provided by local communities. It will be Australia's only iconic multi-day food/wine cycle trail with significant domestic and international appeal.

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NEXT? Unified support from all Councils and SA Government, the Business Case is proven positive✓ just do it! Then tell the world

Enthusiastic trail supporters
Conditional support pg7&8



Adelaide Hills
COUNCIL

✓ **Existing Trails**
Lead Council
jthomas@barossa.sa.gov.au



The Barossa Council

✓ **Existing Trails & Support**




CLARE & GILBERT
VALLEYS COUNCIL

✓ **enthusiastic support**




Light
Regional
Council

✓ **map of route on Council Agenda**

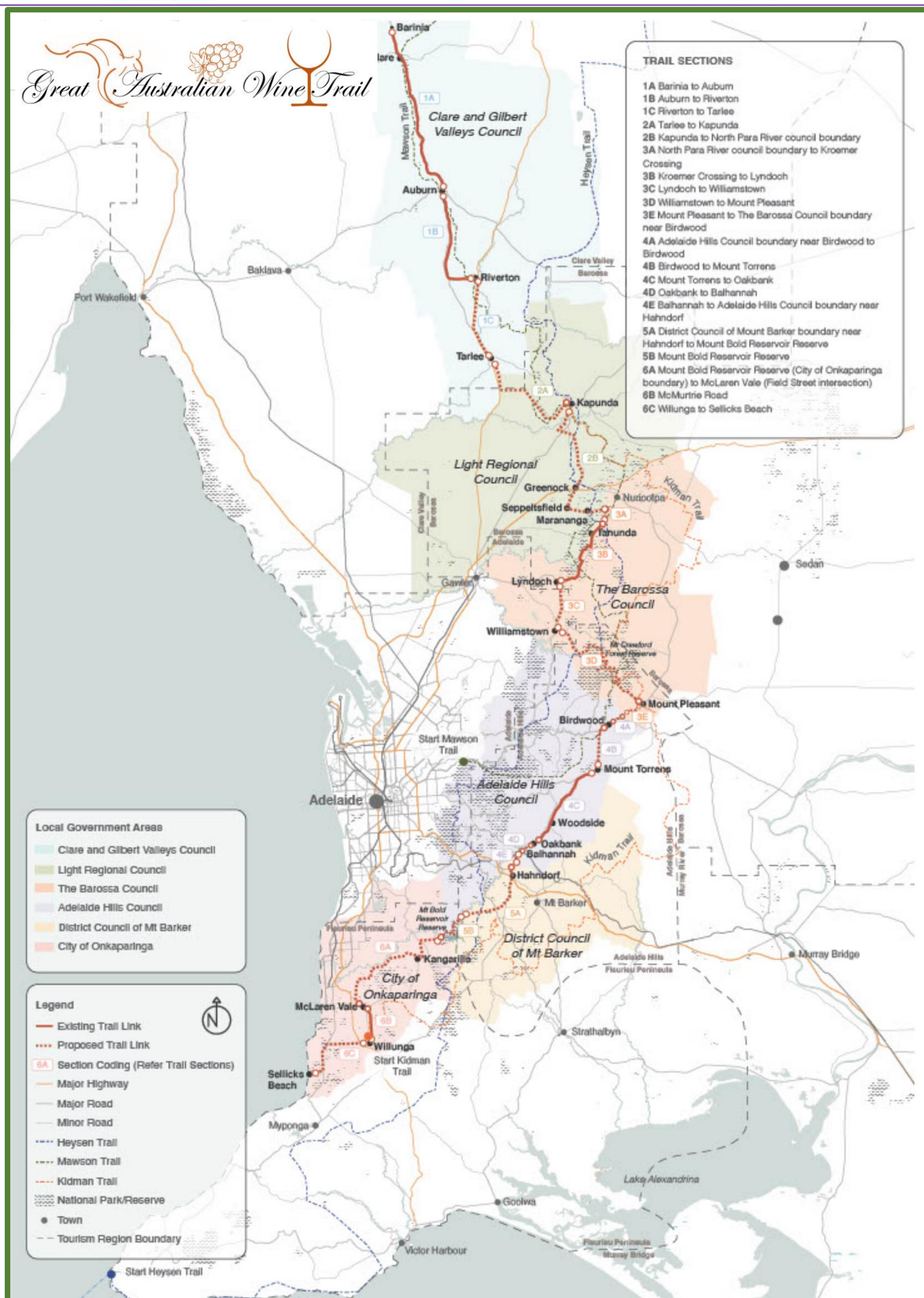


MOUNT BARKER
DISTRICT COUNCIL

✓ **Existing trails supports concept**



ONKAPARINGA



"You Tube" Entertainment.

[A bivvy, a phone and a drone: cycling home from China.](#) *Cycling Shanghai to Newcastle UK 15,000km a Giant **inspiring overland journey***
[Where To Spend & Where to Save: What To Upgrade First | Cycling Weekly](#) *for road bikes how to get more speed efficiently & economically*
[Bib shorts: What Changes As You Spend More Money? | Cycling Weekly](#) *features of comfortable bib shorts*
[How to wash a GORE-TEX jacket \(or any other waterproof jacket\)](#) *because it was raining I was reminded my jacket need reproofing.*
[RAINCOMBI Sporty - for city biking](#) *Combination overalls designed to keep you dry on a bike, (zips inside legs uncomfortable, why not pull on).*
[Elon Musk REVEALED Tesla Phone Model Pi INSANE Features & Pricing!](#) *Tesla breaks new ground with a **new concept on mobile phones***
[Affordable 'Flow' bridge to replace level crossings](#) *How to make safe, efficient, economical, shared path bridges (Ok wider, with ramps ~~stairs~~)*
[10 Hacks for Mountain Biking and Beyond](#) *A hack is a nontechnical solution in this case with humour.*

MEMBER Contributions or Questions:

Two members Questioned about Eric's June China background Article "You appear to present gross earnings, what about income tax?" The answer is much too complex to put on a few pages with comprehensive lists of exemptions and deductions in both countries. China Income tax outlined [China Individual Income Tax: Everything to Know in 2022](#), Australian Tax is detailed in several pages [ATO web](#) and I wish you good luck weaving through the intricacies of one of the world's most complex tax legislation. (Exchange 100 AUD = 474.62 CNY)

It is impossible to truly compare Tax but herewith an approximate scenario. Take John as an example for the calculation of the China individual income tax. John's annual taxable income after deduction & exemption is 300,000 CNY, well above the average China income. (300,000 CNY = 63,209 AUD). In China the gap between skilled and unskilled labour is substantial, not marginal like Australia. The tax payable is as follows:

Income Tax in China

Level 1 – (36,000*3%) – 0 = 1,080
Level 2 – (108,000*10%) – 2,520 = 8,280
Level 3 – (156,000*20%) – 16,920 = 14,280
Total – 1,080+8,280+14,280 = **23,640 CNY (4,980 AUD)**

Tax in Australia at same income

Level 1 – (18,200 AUD) = Nil
Level 2 – (26800*19c) = 5092
Level 3 – (18209*32.5c) = 5918
Total – Nil+5092+5918 = **11,010 AUD**

One member Questioned about Education in China? The Chinese government made a law for a free 9-year compulsory education (6 years of primary education and 3 years of secondary education) in 1986. refer to: [Education in China | Key Facts & Statistics](#).

Two members Questioned about Eric's May Hydrogen Article "Why don't we just burn hydrogen in an internal combustion engine"? Yes, that can be done but why it isn't likely is a long explanation. I have resorted to videos to provide an answer

[Difference Between Gasoline & Hydrogen Engines](#) & [Toyota's Hydrogen Car is the Future](#). Questions related to the contentious subject of complexity of manufacturing Hydrogen. Do we have enough Green Electricity to create hydrogen by electrolysis, or enough water? How do we resolve Hydrogen leaking from existing pipes? How do we improve the loss of energy in electrolysis to create, compress, distribute, and reverse electrolysis to convert back to electrical energy? Why does Hydrogen have a high cost? Questions, all yet to be resolved.



Question what about White Hydrogen? White Hydrogen is [Natural hydrogen is generated continuously](#) from a variety of natural sources it has potential albeit usually in Earth's crust at depths similar to Fossil fuels. **Questions** of how do we replace fuel tax needed to maintain our roads with vehicles on a mix of Batteries, Hydrogen Fuel Cells, and fossil fuels? We need to implement **road user charges** based on kms travelled and weight of vehicle and abolish fuel tax. The Political Conundrum of how to instal all registerable vehicles with physical distance monitors that creates a fair equitable solution across all power sources. The road we travel on isn't deteriorated by the economical or environment friendly power source it is your vehicles footprint. Encouraging purchase of EVs or Fuel Cell vehicles needs to be by Asset purchase price incentives and recharging or refuelling resource availability and cost. **Question** what fuel levy do we now pay? [44.2cents per litre](#). If you use 8litres per 100km then $44.2 \times 8 / 100 = 3.536$ cents per kilometre. Lighter vehicles 6litres per 100km is $44.2 \times 6 / 100 = 2.652$ cents per kilometre. Heavier vehicles use 12litres per 100km then $44.2 \times 12 / 100 = 5.304$ cents per kilometre At the [average 15,530km](#) per annum a heavy vehicle currently pays \$823 a light vehicle \$412 an average vehicle \$549 per annum. **Question** How could we pay that road user charges? One solution is when registering annually. All these questions of road user charges need to be addressed Australia wide, not State by State. Perhaps we are overdue to have Australia Wide vehicle registration?