

*Wishing you a Merry Christmas
and a Happy New Year*

December 2023 Newsletter:

It's that time of year - we need **you to lead rides in 2024**, please volunteer.

RIDE LEADER IN 2024

We need your leadership on interesting innovative creative entertaining rides on Sunday or Thursday or Perfect rides. You can lead the same ride you did a year ago it's the recreation, exercise and camaraderie that is important. Challenge, entertainment a new route are a very welcome bonus. Please contact SARCC ride organisers:

- Sunday Pleasure (Fortnightly rides start 7 Jan): [Helen Tetley](#), 0466 870 177
- Thursday Rural Rides (weekly rides start 4 Jan): [Sharon Moyle](#), 0401 717 031
- Perfect Country (1 Sunday monthly start 14 Jan): [Peter Harrison](#), 0439 385 744

[Link to email](#)

You can be a leader



😊 But only the King is exempt wearing a helmet or crown.

AGM attended by 25 members: The constitution was changed to enable the Executive Committee to set the Membership Fees with 4 members voting against the motion. The Executive Committee was amended to add a Vice President and reduce non-role specific committee members to two thus preserving a committee of 7. SARCC's Executive Committee 2024: President Marienne Hibbert (last term), Vice President Paul Davill (new role), Secretary Rosalind Miles, Treasurer Sven Holm, Ride Coordinator Kevin Dronfield, committee members Ron Battista and Peter Harrison. All elected unopposed, as Eric withdrew his nomination after 2 decades of Committee roles "it is time to retire". The inbound Committee will look at how to encourage new younger members to join with new ideas: Friday or Monday Ride, Evening Ride, introducing social media, and more direct communication via email lists.

We are all reminded of our web Home page: *"The club is, first & foremost, a recreational cycling club. We aim to cater for all riders, from those who would like a relaxing ride on local bike paths, often with a coffee break, to those who would like to Tour Australia and Overseas, either supported or unsupported. We are not a competitive club and we welcome all riders."*

Sunday Pleasure Rides: Organiser – Helen Tetley

December 10th 2023 SARCC Christmas Ride Meet 10am at Felixstow Reserve, Corner of Riverview Drive and Langman Grove Felixstow 30km ride with 330m ascent. The aim is to be back at Felixstow Reserve around 12:30pm for lunch. BBQs are available. BYO food and drink and chair! [RWGPS link to event](#). *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

Dec 7 th	Sven	0410 271 717	10 a.m. Birdwood Oval	56km 76% Gravel, Climb 700m	Link
Dec 14 th	Robyn	0401 364 019	10 a.m. Church St Hahndorf	Christmas BYO Lunch	Link
Dec 21 st	John G	0435 602 392	10 a.m. Woodside Pool car park	Some unsealed roads	
Dec 28 th	Meet and decide leader		10 a.m. Woodside Pool car park	Some unsealed roads	

PERFECT ride December 3rd. at 9am from Truro re SARCC programme. 70 km Gravel Ride from Truro around "The Watch Box" and return.

Mt Buller and Mt Hotham – Victorian mountain biking in summer [Link for details](#)

January 14 to 23, 2024, accommodation for 15 people max. Interest by 8 Dec.

Mt Buller The mountain has a wide range of technical bike trails and that take you further afield. We will take some of the longer trails with a shuttle service to take us back. There are a number of walks available as well as a winery and other tourism.

Mt Hotham This mountain also has great riding as well as walking trails. We will take a trail to Dinner Plain plus to the Victoria River. Contact MarienneHibbert@gmail.com and places will be confirmed by payment. The lodge must be left clean, and duties will be allocated based on the room. **BYO:** Sheets, food and alcohol. A food store is located at both Mt Buller and Mt Hotham.

mariennehibbert@gmail.com. And whether single room, twin or double is preferred.

Two Mountains
Twice the Fun 😊



Mt Buller

&



Western Australia 2024

We are planning two tours in Western Australia in April and May next year.

- A leisurely [Exploration of Perth and Surrounds, Mainly on Bike Paths](#). This tour is proceeding and is now full. We will wait-list additional participants.
- Bikepacking for [11 days of the Munda Biddi MTB trail in WA](#). Expressions of interest are still being sought.

2023 Canberra Tour Report October 30th to November 6th.



Canberra is a brilliant venue for any cycling based activity with a comprehensive network of paved tracks connecting the city to the suburbs, lots of fire track/single track options outside of the residential areas and dedicated MTB parks either in the suburbs or on the outskirts of the city.

22 club members joined us on our Canberra adventure, some straight from a multi day tour based in Myrtleford! The tour was open to all members with the participants being responsible for their own transport and accommodation. What follows is the tour leaders (biased?) report of the tour highlights and lowlights. There has been little negative feedback to date and some indication that people enjoyed at least a few of the rides on offer.

Accommodation: The rides were designed to start mostly from the Alivio Tourist Park where the majority of participants stayed. This is the perfect place to stay if you are on a cycling holiday in Canberra as not only does it offer a pool, restaurant, BBQs and a bike clean/tool station but it is located only 5 kilometres from Canberra Centre right next door to the Bruce Ridge MTB park!

Weather: Canberra's weather for our stay was perfect. Temperatures in the low to mid 20s with a very slight drizzle on one day and a couple of cloudy days with no strong winds to battle into. Great conditions for enjoyable cycling.

Rides: We had a diverse group of riders along for the tour with differing equipment, capabilities and tastes so we decided to offer a choice of two rides each day. There would be a longer, hilly, challenging ride for those (masochists?) who enjoy the pain and a shorter, flatter more leisurely ride with plenty of opportunity to stop and smell the roses. It was hoped that numbers on each of the rides would be somewhat balanced which worked for the most part except the first day when we all did the same Arboretum and Stromlo ride! All rides were available from the club's RWGPS page. We had a few issues with voice guidance being slow or incorrect coupled with glare on handlebar mounted phone screens that occasionally made navigation difficult.

Two rides that stood out for me are...

Best ride – Cotter Dam. This was the shortest ride. A lot of steep climbing straight from the start but after that more gentle altitude gains. After deliberating at length over a "Road Closed" sign we determined that the intention was to keep vehicles off the track to discourage camping and the associated risk to the drinking water catchment and as such we should continue. Subsequent signage vindicated that decision! We were rewarded with stunning views over the Cotter River from high up and then a fast winding downhill to the river itself. The water was over knee deep so, minus shoes and socks, we wheeled through and carried the ebikes across. Met a couple of local fishermen at the crossing who seemed to have made the same decision about the road closure sign as we had. Lunch with the kangaroos and then enjoyed views from above the dam before another fast, winding gravel downhill to join the bitumen of Brindabella Road. The final descent on bitumen back to the start was a brake burning blast.



Cotter River view

Most challenging ride – CCT North. One of my aims was to complete the Canberra Centenary Trail. I broke this into two 70+ km rides, one for the North section and one for the South. Fortunately, a few brave souls accompanied me in my folly. The North ride was much harder than the South! A larger altitude gain with challenging single track surfaces made for a tiring ride but we were privileged to see some spectacular views over the Canberra suburbs, looked down on a large mob of kangaroos on the move and had lunch at a shelter only accessible by bike or on foot.

Overall a successful tour that only just scratched the surface of the rides available in Canberra. It would be well worth another visit.

What worked well: Two rides per day one longer and more challenging, one shorter and more relaxed. Participants flexibility when rides were rescheduled, changed or rerun! What did not work well: Away rides. People seem to prefer riding from their accommodation if possible. RWGPS issues unresolved as yet.



Lunch on the CCT North.

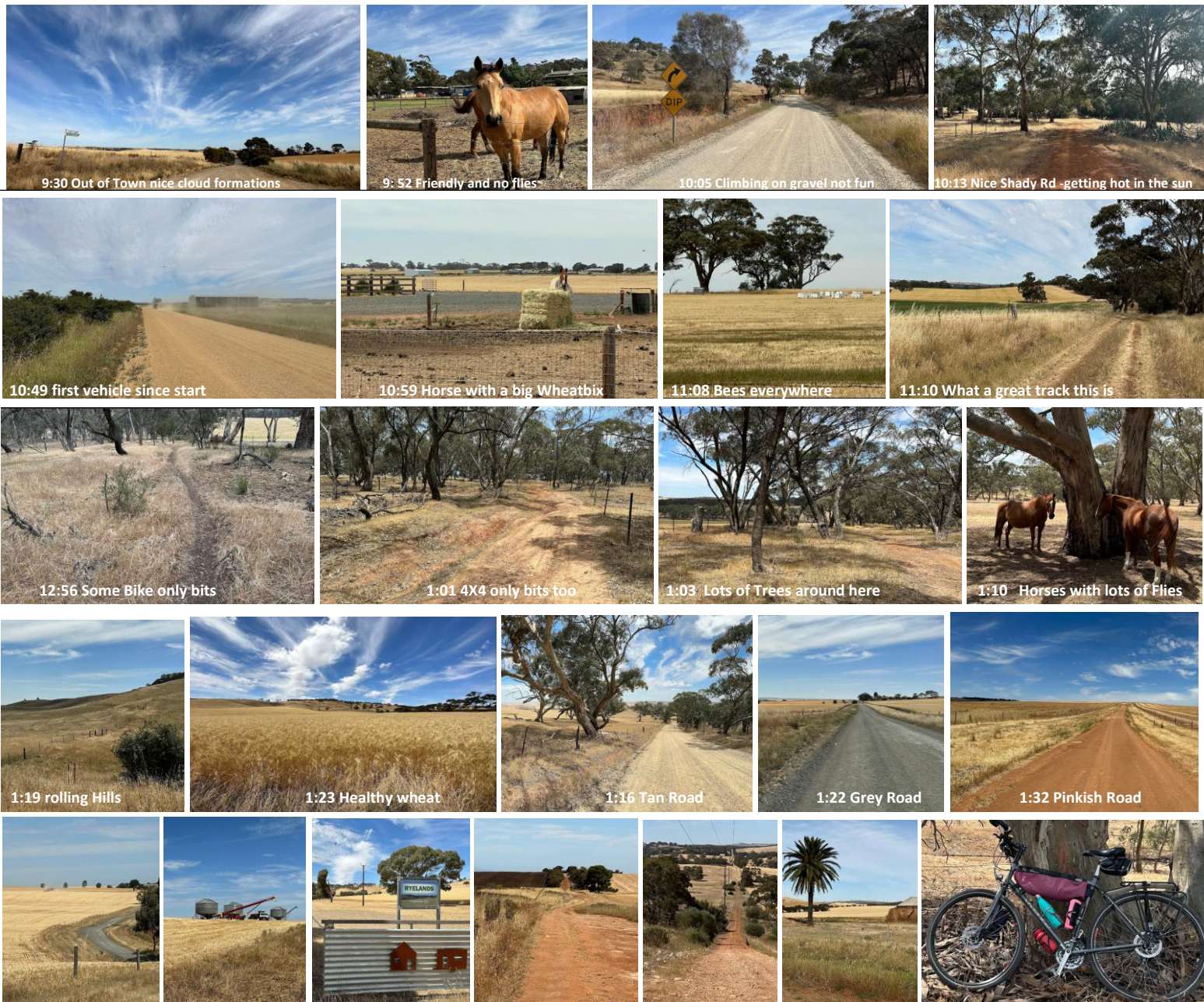
Final tour meal: By the time we worked out that the park restaurant was not open on the last day of the tour (Sunday) it was too late to book anything else. We ended up having a BBQ in the camp kitchen which meant that no-one had to drive but a restaurant/hotel meal would have been better! Thanks to all who came along to be part of the Canberra tour and especially those who led rides, suggested changes and helped out with navigation when needed.

Kevin Dronfield

P.S.

SARCC photos of **Canberra Tour** and **Myrtleford Tour** link on SARCC website <https://sarcc.org.au/photo-galleries/>
View all these photos on your big screen they are sensational.

Below we have a collection of photos by Peter Boulton on a SARCC ride – we published the wrong date 3 Nov for a 5 Nov Perfect ride from Kapunda. Peter B rode solo with camera. I cannot do justice to any of these photographs on a small A4 page GO TO [2023/11/03 SARCC Kapunda Loop - A bike ride in Kapunda, South Australia \(ridewithgps.com\)](https://www.ridewithgps.com). Put all Peter's photos on the big screen they too are sensational.



Mary and Denis Safe Congratulations on the Foundation created to honour your daughter being recognised by [We Ride Australia](https://www.werideaustralia.com). The Amy Gillett Foundation Team's program for Safe roads for Safe Cycling was nominated for an Award at the We Ride Australia National Cycling Awards in Canberra in November 2023. AGF did not win the category, it is an honour and acknowledgement to be nominated for AGFs many years of working for safer roads and promoting safer cycling, that we all appreciate. Mary and team AGF are here pictured in front of Parliament House. Your Editor recommends members to visit, read, adopt, and promote the Cycling Safety programs that are embedded in the web site: [Amy Gillett Foundation](https://www.amygillettfoundation.com).^{<Link>} Mary and Denis referred us all to link and participate in: [BikeSpot 2023 \(crowdspot.com.au\)](https://www.bikespot2023.com.au)

BikeSpot 2023 Let's make cycling safe. Make your mark.



Apple find my bike, trackers!



An Apple Airtag can be hidden on your bike almost anywhere. Customised after-market solutions that are worth reviewing on the web [The best GPS Bike Trackers 2023](https://www.thebestgpsbike trackers2023.com): some have Find-me and Alarm



[Every Day Carry \(EDC\)](https://www.everydaycarry.com)
50 maybe Xmas presents in on one video.



If you have an Anxiety Condition DON'T watch this MTB Video



Mt Remarkable, Melrose, South Australia

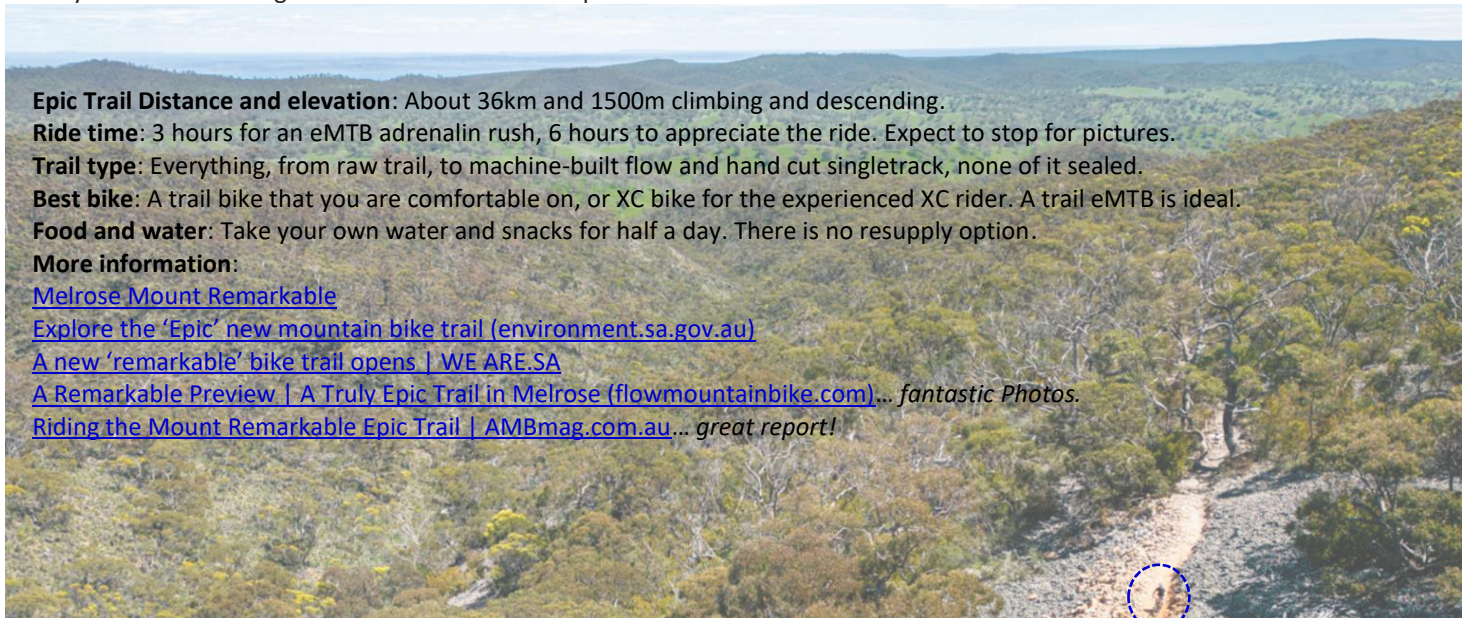


Thrill seekers can enjoy a challenging new adventure in the Mount Remarkable National Park as the state's newest mountain bike trail opened in October 2023. Cyclists who undertake the new Epic Mountain Bike Trail are spoilt with views. But wait there is more... a Rail [trail 20km to Wilmington](#), if that's not enough the rail trail heads south 60km through [Booleroo, Wirrabara, Stone Hut and Laura](#), and also there is 24km of less demanding trails hand carved in the foot of Mt Remarkable.

The 38km closed-loop Epic Mountain Bike Trail, which opened in late October, meanders through the rugged beauty of Mount Remarkable National Park and neighbouring private land. The \$1.8 million trail is not for the faint hearted, with a total of 1500m climbing elevation and a near continuous 6km descent, but the spectacular views of Black Range make the hard work worthwhile.



Two decades ago, Melrose had ~20km of trails cut by hand. The Melrose Fat Tyre Festival still floods the town each year with mountain bikers and their families who book the place out. Albeit there hasn't been quite enough great mountain bike trails. That changed in October 2023 when the Mount Remarkable Epic Trail was opened, adding 38km of singletrack and 2 totally new trail riding experiences. Melrose, in South Australia is about 274km, 2.5 hours drive from Adelaide, at the start of the Flinders Ranges (they have a charging Station for your EV). Melrose is far enough away to feel like you are outback, but close enough for comfort so most people who go to visit will likely spend a few nights, or more. Melrose is the oldest town in the Flinders Ranges, and still serves the large pastoral holdings in the area, it is right at the foot of the Mt Remarkable, with the summit towering at 961m. Melrose is a two-pub town, along with a brewery, a cafe, service station, campground and a number of privately listed places to stay. The Epic Trail has its trailhead right in town, with maps and toilets right out the front of The North Star pub. The Epic trail leads off from the campground, and quickly winds steadily into The North Face climb after a trip past the war memorial with its view across Melrose. The trail will make you earn the views. The average gradient around 4%, so more often than not you're traversing between switchbacks. At the higher levels you will be in rock gardens and across scree slopes.



Epic Trail Distance and elevation: About 36km and 1500m climbing and descending.

Ride time: 3 hours for an eMTB adrenalin rush, 6 hours to appreciate the ride. Expect to stop for pictures.

Trail type: Everything, from raw trail, to machine-built flow and hand cut singletrack, none of it sealed.

Best bike: A trail bike that you are comfortable on, or XC bike for the experienced XC rider. A trail eMTB is ideal.

Food and water: Take your own water and snacks for half a day. There is no resupply option.

More information:

[Melrose Mount Remarkable](#)

[Explore the 'Epic' new mountain bike trail \(environment.sa.gov.au\)](#)

[A new 'remarkable' bike trail opens | WE ARE SA](#)

[A Remarkable Preview | A Truly Epic Trail in Melrose \(flowmountainbike.com\)](#) ... *fantastic Photos.*

[Riding the Mount Remarkable Epic Trail | AMBmag.com.au](#) ... *great report!*

It is truly **Remarkable** how focused **enthusiasm and cooperation** can create a fully functioning facility for exuberant MTB and recreational cyclists in such a short time and at a very economical \$1.8 million. The Trails are a most welcome asset boosting the area's economy while providing a healthy outdoor and tourism activity.

My hope is we can replicate that cooperative enthusiasm and complete the Coast Park Path along Adelaide's Beaches which has languished incomplete 4km out of 70km at Tennyson Dunes for 20 years. I dare to mention the brilliant Amy Gillett Cycleway extension of 6 kms to Birdwood a political football passed around for far too long. Thank you to Melrose Town for showing the way - let us hope our Politicians see the light and get A-ROUND-TUIT soon with the incomplete local projects; or we may never see the 600km round trip concept of The Great Australian Wine Trail eventuate.

Often the question is asked: "What do I do with that bike I no longer ride, or those bike bits, or a tyre the wrong size for my current bike?"

There are many solutions go to the World Wide Web: [Bicycle Recyclers Australia](#)^{<Link}

Here is one local solution... Bicycle Donations and Recycling:

[Adelaide Community Bicycle Workshop](#) (ACBW) is a self-funded incorporated charity that appreciates donations of bicycles or bicycle parts. Many bikes donated haven't been ridden for a while and need a bit of work to get them ready to hand on to someone. Their skilled volunteers know what to do. On average they have 1-2 hours to spend on a bike, to clean it, check it, do repairs & test it. So, if a bike can be safely operational in 2 hours – they can accept it. [Also, they are on Facebook.](#)

Some bikes are **not much use** to a recycling scheme, and they can't accept them. These could be bikes covered in heavy rust, heavily used and **worn out that need major repairs**. Some bikes are assembled from parts of very low quality; ACBW have tried those bikes in the past, but they take too long to fix up and get looking nice and cost too much in parts. Even if they get them mechanically OK and safe to ride – no one wants to ride a rusty looking bike.

Exceptions – BMX, dragsters & historic bikes (pre 1960s), they accept in almost any condition, to sell as fund-raisers.

Sorry, they don't usually pick bikes up; you'll need to bring them. The charities that do pick-ups – Salvos, Vinnies – are large organisations, with their own vehicles, warehouses, and paid staff. ACBW are just a few volunteers, working out of shipping containers, in our spare time, on a small budget.

For more information on what they do/don't take and where to take bikes... read on ...

What they can accept

A little wear and tear; a little surface rust; flat tyres; are okay. Most bikes they're offered have these; they can fix them easily. However, if the bike has large areas covered in rust, for example, was stored outdoors, it's not really much use to ACBW, but they do have keen collectors who will make us a donation if it's a BMX or a dragster.

- ✓ If a bike's been stored indoors or under cover, it'll usually be okay.
- ✓ Most models, makes and styles are okay.
- ✓ They accept bikes for toddlers, children, teenagers, and adults.
- ✓ 'Budget brand bikes' – e.g., Huffy, Cyclops, Dunlop, Kent, Southern Star, Northern Star, – they only accept if unriden, or as-new.
- ✓ They take bikes of any age. Our clients prefer modern bikes. But older bikes are also useful – they can sell them to raise funds.
- ✓ BMX bikes and dragsters – they accept in *any* condition. Enthusiasts enjoy restoring them, and they can sell them to raise funds.

What they don't accept

- ✗ Bikes with heavy rusting, in some parts or all parts, usually when kept outside in the weather.
- ✗ Worn-out bikes and badly damaged bikes
- ✗ Bikes with many parts missing or unserviceable.

How Adelaide Community Bicycle Workshop started:

Currently operated by "Bikes for Refugees SA Incorporated", a registered charity ABN 20 663 461 735.

The scheme had its origins in 2002, in people who were members of the Bicycle Institute of South Australia (BISA) now [Bike Adelaide](#) a community group that advocates for use of bicycles for every day transport, and aims to improve facilities for cyclists in South Australia. In 2002, the sister of a BISA member met some African people speaking French, which she also spoke. They were from Congo, and expressed interest in cycling here, as they didn't have cars. Bicycle Institute members responded with 18 bikes: 4 for the Congolese people; 14 to the [Australian Refugee Association](#) (ARA) to help others. The scheme continued for a number of years, supplying bikes to other welfare organisations to give out.

2003-2010: The scheme ran from the back yard of a suburban home, informally, small scale, but expanding over time.

2011-2014: In 2011, Ianto Ware, Jeremy Miller, and others of the BISA set up the Adelaide Community Bicycle Workshop, with a grant from State Government Dept. of Premier & Cabinet. West Torrens Council offered use of a room at Hayhurst Community Centre, Long Street, Plympton. The Workshop was a shared community resource, where many Adelaide cyclists and bike clubs could use to work on bikes. Bikes for Refugees used it to work on its own bikes and manage day to day running of the workshop. The workshop was mainly open Saturday mornings.

2013-4 – incorporation and formalisation of arrangements – The scheme had grown to the size where it was no longer appropriate to run informally, and where its scale justified the effort and time involved in formalising arrangements. The scheme adopted a constitution and registered as an incorporated association, not for profit, and with strictly charitable aims in line with legislation. It registered business names and acquired an ABN. It formally took on responsibility for running of the Adelaide Community Bicycle Workshop. It also registered with State and Federal governments as a charity and obtained a licence to obtain funds for charitable purposes.

2015 to present. In Feb 2015 the workshop moved to become part of the Conservation Council of SA's "Joinery" precinct, in the old bus depot at **111 Franklin Street, Adelaide**. The "Joinery" is shared space used by several community organisations and small businesses, with a common focus on sustainability. The Workshop consists of three shipping containers plus workspace, sited in an attractive community garden run by Common Ground. Opening hours are Tuesday through to Saturday. The scheme currently handles around 24 bikes a week, or 1,200 bikes a year, most of which are put back into use.

From 24 October 2023, change to Services:

Bike sales, parts sales, etc... Saturday Bike Market 10.00 am to 3pm, most Saturdays - Second-hand bikes, parts, accessories.

Workshop is staffed Tuesday to Friday, but volunteers are busy getting bikes ready for Saturday. Sorry, no sales, bike servicing or repairs on these days (except for emergencies).

If your bike needs servicing or repairing, if you need to buy a bike today... they suggest:

[BikeKitchen](#), Bowden (community organisation) [99 bikes](#), [Bicycle Express](#), [Super Elliots](#), [eBike Superstore](#), or [Bicycle Shops Adelaide](#).

PLEASE PHONE 0406 918 787 BEFORE BRINGING THE BICYCLE DONATION.

SARCC members if you would like to donate Bicycles, money, or volunteer time - please contact:

Mike Brisco, Co-ordinator, Adelaide Community Bicycle Workshop, Email: acbwsa@gmail.com Mobile Ph: 0406 918 787