

The Guide to Mad March in Adelaide <link

DAY RIDES

Sunday Pleasure Rides: Organiser – Helen Tetley. We are looking for leaders to cover the following dates: 7th & 21st July, 4th & 18th August. If you have a ride of approximately 40kms and would like to share it with the Sunday Pleasure Ride group or would like to plan a ride, please contact *Helen on 0466 870 177*

March 3rd 2024 Southern Vales The ride starts at [McLaren Vale Visitors Centre](#). BYO lunch coffee at the finish. 40 kms.

Peter R. 0418 844 963

March 17th 2024 Old Reynella Meet at [Sandison Reserve](#), corner Third Ave & Augusta St, Glenelg. Travel south on Linear Path until it meets Veloway. Ride to Reynella and return via Coast to Vines Path. Coffee at Glenelg. Suitable for all bikes. Some hills. *Ann I. 0438 558 941*

March 31st 2024 Exploring the Adelaide Hills: Woodside, Fox Creek, Balhannah Meet at 10.00am at [Woodside Swimming Pool Car Park Woodside](#). Bring your own lunch. Coffee at the end of the ride. 36.5kms 498m elevation gain. Mountain or hybrid bikes are recommended. 22% unpaved. *Allison C. 0424 725 674*

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

Mar 7 th	Kev B	8388 1852	10 a.m. Mt Pleasant, Lovell's Bakery	All unsealed roads. Lunch Palmer Oval.	
Mar 14 th	Peter B	0491 705 816	10 a.m. Woodside Pool car park	Some unsealed roads	
Mar 21 st	Sven H	0410 271 717	10 a.m. Woodside Pool car park	Some unsealed roads	
Mar 28 th	Peter B	0491 705 816	10 a.m. Woodside Pool car park	Some unsealed roads	
Apr 4 th	Sven H	0410 271 717	10 a.m. TBA	Some unsealed roads	

PERFECT ride Sunday March 24th with Peter H. Check SARCC website for details.

SPECIAL EVENTS

Laura to Melrose Bikepacking Weekend March 2024

Friday 22nd to Sunday 24th March 2024

Leader: Brianna Dall

The plan is to arrive at the Laura Caravan Park Friday evening and camp overnight. We can then leave our cars at the Laura Caravan Park for the Weekend. On Saturday, we ride to Melrose via the Mawson Trail. There are no facilities on the Mawson Trail, so **all riders must be self-sufficient**. We camp Saturday night at the Melrose caravan park and then ride back to Laura via the new Southern Flinders Rail trail, which goes via Booleroo Central and Wirrabara. Approx 108kms in length and 770m of elevation gain over the two days.

Please call Brianna on 0403 815 261 by **Wednesday 20 March 2024**, if you are interested in participating in this tour. She will book the campsites. The cost for unpowered camp sites is approximately \$10 for Laura and \$16 for Melrose.

TOURS

Western Australia 2024

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

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

Flinders/Melrose/Burra September 2024

Starting in the Flinders Ranges Saturday 7th September 2024 before moving to Melrose on 12th September then on to Burra on 17th September. Finishing in Burra on 21st September.

12 days of riding .4 rides in each area. Rides will be in the PERFECT ride style with distances of 50-70km and ascents of 600-900m.

More details will be published soon.

Come along for the whole two weeks or join at any point throughout the tour.

Participants to organise their own transport and accommodation.

Tour organisers: [Sven H.](#) and [Kevin D.](#)

Please email the organisers by March 14th to express your interest in this tour noting which sections (Flinders, Melrose and Burra) you would likely attend.

CLUB MEETINGS

SARCC club meeting: a social get-together with food and drinks available:

You are welcome to eat at the Cumby first and bring a beverage into the meeting.

- **Date : Tuesday 19th March 2024** at 6:30pm for pre-meeting meal
- The meeting will start at 7.30pm
- **Venue : [The Cumberland Arms Hotel](#)**, 205 Waymouth Street, Adelaide
- Ron to give a presentation on the highlights of Mt Buller and Mt Hotham
- A club member to give a presentation on the 2024 NZ tour
- Paul and Robyn to provide discussion on upcoming Perth tour

We meet in boardroom 1 (next door to boardroom 2) upstairs and we're able to buy drinks/order meals on the ground floor in what is called the 'Beer Garden'.

We look forward to seeing our SARCC members, friends and family enjoy the evening together.

(We are always open to members suggestions for a guest speaker or topic to discuss at future meetings, this is your club.)

REPORTS

SARCC Thursday Rural Away Ride Report 1 Feb 2024 Ride Leader: Sven

10.00am Sky is clear. Temp around 20C, Very little wind. 16 intrepid riders assemble to commence the ride at the Rotunda at Lyndoch.

Bernie (usually on time) arrives late and in record time readies his bike. Rob also late rushes his bike preparation and this has consequences.



Our route takes us initially through the familiar Barossa bikeway which is a lovely undulating pathway bordering the vineyards, which are looking very lush and almost ready for the annual harvest. Following the pathway we pass through Altona and Rowland Flat before passing Jacobs Creek. Upon reaching the Barossa Highway junction with the bike path we leave the path and take the back roads climbing towards Angaston (strategically avoiding Menglers Hill) but do encounter a hilly climb along Crennis Mines Road. We coast down into Angaston township and take morning tea at the very nice Sunrise Bakery where we could all sit under shelter and in view of the bikes.

Departing morning tea we head to the start of the Barossa Bikeway near to the beautifully restored Angaston Railway station and recreation area. Coasting down through the pine tree laden railway cutting and then past the Penrice works we are treated to very nice views of the Barossa Valley. We then continue to coast down through the vineyards towards Nuriootpa, turning left on the bikeway to Tanunda where we take lunch in a small park. A show of hands dictates we stay on the bikeway as we leave Tanunda and make our way again on the Barossa bikeway to Lyndoch



Angaston Railway Station, on the bikeway out of Angaston and the pine laden cutting near Angaston

After lunch Rob advises in a panic he has left his car keys at lunch whilst John Agnew reports he has lost his gloves. Returning to where our cars are parked we find Rob's keys on his car roof and John's gloves lie on the ground at the rear of his car!! The ride was about 54km and elevation around 500m with less gravel and climbing than is usual for a Thursday ride.

Contributed by Sven H.

SARCC PERFECT Ride Kanmantoo Report 25 Feb 2024 Ride Leader: Sven

9.00am Sky is clear. Temp 18C Very little wind. 8 Intrepid riders assemble to commence the ride at the Hutton Reserve Kanmantoo.

E Bikers – Peter, Briana, Guest Andy

Non E Bikers – Kay, Kevin B, Sven (Ride Leader), and Guests Anthony and Chris.



We ride heading southerly leaving the township of Kanmantoo and leave the bitumen onto Plantation Road and head towards Disher Hill where a series of climbs leads us to the top and afford lovely distant views of the surrounding country side. Area is very dry and fields look sparse as it is the last week of summer after all. Once the ascent is completed we then ride in several long lovely downhill runs as we head towards the Murray River and Caloote. We encounter at close quarters Mum and Baby Kangaroo who get a bit confused and separate from one another and then dart backwards and forwards before Mum jumps a high fence. Baby then sees mum and follows at full pelt to then dive through the fence. The gravel roads are reasonable and allow us to average around 17kmh. Off course we love the corrugation sections!!! We reach Caloote and ½ lunch on the cliff top and 1/2 lunch at Zadows Landing.



Section of Murray backwater near Caloote



Lunch spot complete with attendant plastic bottles

After lunch we regroup and head up along Mungala Road with both temperature and wind rising. At the 41km mark we join Rathjen Road which on a Sunday carries plenty of traffic including cars with boats and caravans. We pass the aerodrome and decide to change course to leave the busy road and ride on Gravel again on Anders road. The temperature has risen a lot by now and the wind is strong and its tough riding. But we continue on. We again ascent Dishers Hill and then enjoy a lovely fast asphalt descent before a last gravel hill and a final descent into Kanmantoo. We cross several fords and bridges and surprisingly there is water about in several creeks.

A hot group complete the ride but who were still smiling at the end. We debriefed on the rear balcony of the District Hotel in Nairne in the company of live music to celebrate our ride completion.

Ride was approximately 72km with about 750m elevation. We didn't get lost either!!

Contributed by Sven H.

MEMBER ARTICLES

Two Members who read the article about hot Waxing your chain – described as a Fad asked to review the wax emulsion system.

Their non-hassle Chain Lubricating Solution is called "Squirt" from bike stores including 99 Bikes. It's a wax chain-lube that comes in a 120mL bottle for \$20. Some stores have it in bulk and refills for a little less. First time clean your chain absolutely completely. Then dribble Squirt on your chain on the lower loop according to printed instructions. Lubricate fortnightly (on riding distances 100 to 150 km). The chain and gears run smoothly and are rarely dirty and never oily. [Squirt Dry Lube](#) and competitors claim performance and increased durability. This is all thanks to Dry Lube's unique manufacturing process where several waxes are blended for the ultimate dry lube that prevents dirt accumulation. The result is a smooth textured wax emulsion offering short-lasting lubrication, enhanced cleaning properties and performance to extend the lifetime of your drivetrain. It is also 100% biodegradable to ensure you leave no trace of your riding! Squirt Dry Lube is a solution that is suited to South Australia's predominantly dry climate. [Watch the review](#) and [this review](#). What is clear is Wax emulsion is 2 to 3 times more expensive than synthetic oils, doesn't like heavy rain, not tested as better for wear reduction, but excellent for the environment. You will have a clean chain often with less effort, there are efficiency and maintenance benefits to have a clean chain.

Contributed by Eric C.