





It is the generous efforts of all the ride leaders, coordinators and executives who make SARCC rides and tours so enjoyable.

Sunday Pleasure Rides: Organiser – Helen Tetley. 0466 870 177

May 12th 2024 Seaside & Western Suburbs 10am Meet at [Glanville Railway Station](#). Ride south stop at a park off Burbridge Rd, may ride on the track behind airport and then make our way West back to Glanville. all bikes suitable. Approx 40 km. *Magda* 0417 802 723

May 26th 2024 North Eastern Suburbs 10am Meet at [Drage Reserve](#). Few inclines and some off-road tracks, so gravel or mountain bikes are recommended. *Don Mc.* 0428 566 745

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. A big thank you to Sharon Moyle who has been the Thursday ride coordinator for two years. Sharon has done a sterling job encouraging leaders and keeping the group on track. SARCC now welcomes *Di Beltrame* 0424 957 532 to be the new Thursday ride co-ordinator.

May 2 nd	Andrew	0423 131 965	10 a.m. Away Ride Echunga memorial hall	Some unsealed roads	
May 9 th	Sven	0410 271 717	10 a.m. Woodside Pool car park	Some unsealed roads	
May 16 th	Ros	0448 741 556	10 a.m. Woodside Pool car park.	Some unsealed roads	
May 23 rd	Di	0424 957 532	10 a.m. Woodside Pool car park	Some unsealed roads	
May 30 th	Ros	0448 741 556	10 a.m. Woodside Pool car park	Some unsealed roads	

PERFECT ride May 19th 2024 Meet at 9 AM [Railway Reserve corner Edward and Wakefield streets Port Wakefield](#). 70 km and 400m ascent on mostly dirt/gravel roads to Port Clinton following the "Walk the Yorke" trail. Back via South Hummocks Railway station and Federation corner. Repeat of April. No facilities - bring lunch, water and spares etc. Please advise if coming. *Kevin Dronfield* 0411 203 893

Flinders/Melrose/Burra September 2024

Starting in the Flinders Ranges on Saturday 7th September 2024 before moving to Melrose on 12th September and then to Burra on 17th September. Finishes 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. Come along for the whole two weeks or join at any point throughout the tour.

Participants to organise their own transport and accommodation.

Proposed routes are available in the SARCC RWGPS [Events](#) and [Collections](#). Tour organisers: [Sven H.](#) and [Kevin D.](#)

Tuesday 23rd July 2024 SARCC Annual General Meeting

This is a **preliminary notice** to remind all members that the AGM has been brought forward to July (previous years were November) An agenda and notice of meeting will be emailed by SARCC's Secretary giving time date and place of the meeting. We will be calling for nominations for all members of the Executive Committee. SARCC seven executive roles:

President	Secretary	Ride Coordinator
Vice President	Treasurer	And two Members

There will be a talk after the AGM on cycling in Italy (Ron Battista) and possible European rides in 2025 (Marienne) and an outline of the next two years Projects – we want your contribution.

Retire Active SA (RASA) [sadly will likely be closing its doors due to financial difficulties.](#) [Please link and read.](#)

Retire Active SA has for 40 years inspired older South Australians to lead active, connected, and healthy lives through participation in activities that enhance their wellbeing. Through: Bushwalking, [Cycling](#), golf, Pleasure Fishing, Tennis, Table Tennis, Exercise. Through: creative activities Music, Dance, Social, Mind games, Cards, and 4WD and Caravanning plus many more.

Special General Meeting (SGM) date was scheduled for the 8 May 2024 and [communicated in the recent RASA Connect magazine](#), has now been cancelled due to complications arising from legal advice. RASA is committed to ensuring compliance with all legal requirements and conducting our affairs with the utmost transparency and integrity. Considering recent legal advice received, it became necessary to reassess certain aspects of the SGM to ensure full compliance with applicable laws and regulations.

Notification of new Special General Meeting date. After careful consideration and consultation with RASA legal team, RASA have determined that it is in the best interest of RASA to reschedule the SGM to a date to be advised, but no later than the end of June 2024. This decision has been made to ensure that all necessary legal requirements are met and that the meeting proceeds smoothly and effectively. We understand that this change may cause inconvenience to some of you, and RASA sincerely apologise for any disruption it may cause to your schedules. However, please rest assured that RASA are committed to holding the SGM at the earliest possible opportunity while ensuring compliance and transparency. RASA members will receive notification of the new SGM date via email or direct mail in due course.

SARCC Executive Committee has invited the members of RASA cycling group to join SARCC and continue their operations in the same way as they have throughout their existence under a SARCC umbrella. Thirty of the members are already SARCC members or have been recently. We will welcome the [new members](#) and the establishment of a Wednesday Ride Group when the RASA Members finalise their demise. WEDNESDAY (RASA Rides) May 2024 the rides are for RASA members until further notice: [refer to the Retire Active SA Cycling web site](#) (If the away ride leader's names are familiar, they should be they are frequently members of both SARCC and RASA.)



If enough interest is shown SARCC will rerun the SARCC new jersey.

ARE you interested we need to know soon please?

Maybe your old kangaroo jersey has had its day.

Maybe you like the new design.

Contact SARCC Treasurer Sven

holm0160@gmail.com

[Fill out the order form](#)



Cost? (\$78.90 for long sleeve & \$72.90 for short sleeve)

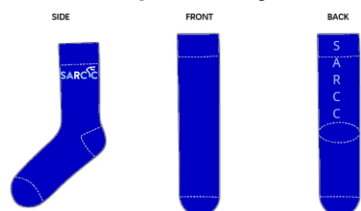
Lightweight mesh knit fabric is designed for optimal moisture transfer and fast drying. The special weave keeps you extra cool and provides a textured finish, 155gsm, 100% polyester cool/dry, Honeycomb weave)

Will it Fit, what is my Size?

Blackchrome have a fitting service: [Unit 2 / 171 Grange Road, BEVERLEY SA 5009](#)

[\(08\) 8244 5500](#) Mon – Fri: 9:00am – 5:00pm.

It is the **sportive style** and say you are from **SARCC**.



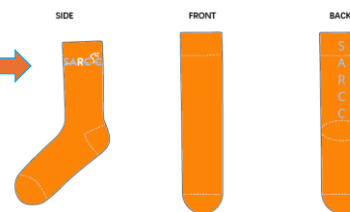
SARCC CLUB SOCKS cost \$11 TO \$20

Blue looks great and Orange matches the jersey.

If Orange, the logo & SARCC will need stronger contrast.

Members, please email Kevin kev.d@live.com.au

We need your expression of interest and opinion or contribution on the sock design and colours.



Hi Cyclists Tom is currently setting up an Adelaide chapter of the not for profit organisation [\[Cycling Without Age\]](#) <a public facebook

From mid-May, elderly citizens will be able to get out of retirement homes and enjoy free trishaw rides through the Adelaide parklands. Right now, we are seeking volunteers to fill the concierge and trishaw pilot positions. If you are interested, please complete this online form and we will be in touch. It can be for just one morning a month of your time. In the form there is also a link to a 2-minute video

that explains the idea much better than I can do in words. Feel free to PM me if you have any questions. We have had our first 2 trishaws delivered to Adelaide 2 weeks ago - I will add a link to the model in the comments for those interested - belt drive 😊 from Tom Twelftree



[New Zealand 2024 Review](#) <link> by Peter Boulton... [Bonus more photos on Ride With GPS](#) <link>

The brilliant 31 page review with exceptional photography is available to view here [nz2024_report.pdf \(wordpress.com\)](#) <link>

16 travelled to New Zealand we experimented by staying 2 nights at each location an improvement but maybe 4 nights stay would be better.

We tried two optional road-rides Haast to Wanaka, Divide to Te Anau - phenomenal scenery - only for experienced road cyclists because of tourist traffic and limited shoulder! We even had a great walk on Routeburn Track to Key Summit; glow worm caves Te Anau and one squeezed in a Milford Sound cruise. Accommodation, meals, camaraderie, team work, all great; vehicles were OK but could improve.

Accommodation well done, (thanks Esther and Dean) Driving shared well (thanks John), Group meals successful (thanks Chris Di & Lee);

Thanks to all who participated your daily contributions are what enhances a great tour. Pre and Post Tour private adventure travel participation was high as usual.



On Saturday morning, March 23, five, female, hearty cyclists set off from Laura Caravan Park on the Mawson Trail, headed for Melrose. Fairly laden down with tents, sleeping bags, clothes, lunch & brekkie supplies, the bikepackers, on four e-bikes and one gravel bike, relished the clear sky morning and some relished the relatively late start (9.30am)!

Brianna, our leader, had the route mapped out on the Komoot app and we had really no issues following the trail. There was one section before lunch where the app showed a slightly different alternative than the posted signs, but we agreed to do the slightly longer, sign-posted way. We may have felt differently about this agreement when arriving late afternoon in a hot Melrose after 60km in the saddle!

This section of the Mawson Trail was mostly dirt roads (little traffic) with one 2 – 3 km section of rough, rutted 4WD track. After lunch, the uphill and downhill seemed to increase. Four of us were in awe of the gravel bike rider! We had no spills nor incidents that day.

Lunch was at Wirrabara Forest Picnic Ground. This picnic ground & the nearby Ippinitchie campground already has four mountain bike trails, ranging from 2.7km to 20km in length. Bulletin boards announced the coming of a multi-million-dollar trail expansion, as part of the \$10 million Remarkable Southern Flinders Building Better Regions Fund (BBRF) agreement, funded by the South Australian and Australian governments and supported by Foundation for National Parks & Wildlife.

No surprise - Adelaide / South Australia being what it is, on arriving in Melrose, we met up with riders from the Uncool Cycling Club (which included at least one SARCC rider) and had our evening meal together at the North Star pub.

We put up our tents at the Melrose Caravan Park. A word about tenting at Melrose: several of us agreed that these premises look tired and uninviting with “portaloo” type facilities for toilets and showers. The enclosed Camp Kitchen was pleasant enough, however there were no mugs or cups to use. Separate eBike charging outlets are available on the outside wall of the Camp Kitchen. Thanks go to a RV’er who warned us about patches of Calthrop (three-cornered jacks) at various flat tent sites. The Caravan Park Office was told the next day that they have a responsibility to let campers + cyclists know of this hazard!

The following morning (Sunday), we headed out on the Southern Flinders Rail Trail back to Laura. Just a few kilometres down the track, our Leader, Brianna, had a flat tyre, which refused to bounce back after being pumped up. So it was swiftly changed (new tube) under the shelter of the Pavilion at Booleroo Centre while others took advantage of the stop to have morning tea.

The Trail heading south is well sign-posted; the scenery was a bit dry and flat till we got closer to Wirrabara, where we stopped for a coffee and met up with a single SARCC / Uncool rider. After coffee, we detoured slightly to view the beautiful painted Silos in Wirrabara. Then we continued back to Laura and our cars on the Rail Trail, arriving around 3.30pm – pleased with our efforts and the weekend outing.

Thanks to Brianna for organising this pleasant two-day tour. And we all wish her Fun and a Great Journey when she sets off to cycle independently from Geelong to Sydney on April 11th.

Click on <https://www.cycleblaze.com/journals/geelong2sydney/> to follow Brianna’s adventures!

Article Esther Caprez

SARCC Thursday Rural Away Ride Report 4 Apr 2024 Ride Leader : Sven

10.00am It’s a beautiful autumn morning with a hint of chill in the air at our meeting point at Harvest The Fleurieu just out from Mt Compass. Sky is clear. Temp around 16C, A little wind. 10 keen riders have assembled to commence the ride and leave on time. Thank you to Paul and Robyn Davill who are the creators of this route which has been ridden previously. Their presence reduces the likelihood of this group getting lost which is great.

Our route takes us initially through gentle farmland grazing with minor climbs before we hit Peel Road which is a lovely hard gravel surface framed either side by trees and also partially above by the tree canopy. We turn onto Range Road West, a gravel surface also but of looser makeup, and care is taken by riders. Much of this section is on a ridge and the wind is quite strong. Distant views to farmlands, waters of Gulf St Vincent and also to suburbia are really nice. We reach the weather station at Mt Terrible which is not terrible at all, have a short break and then navigate the nice gravel declines for several km before we hit Pages Flat Road and ride into Myponga for a coffee stop.



Laura caravan Park 😊✓



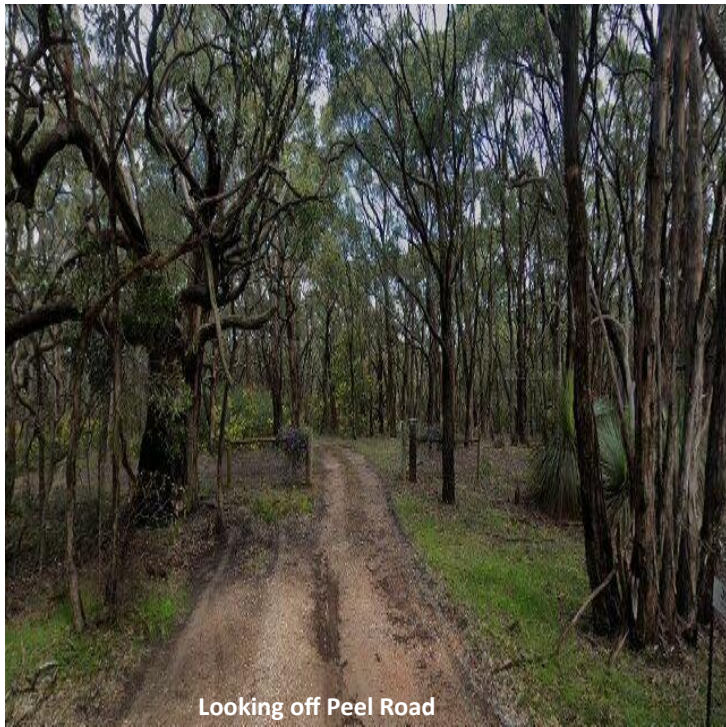
Wirrabara forest



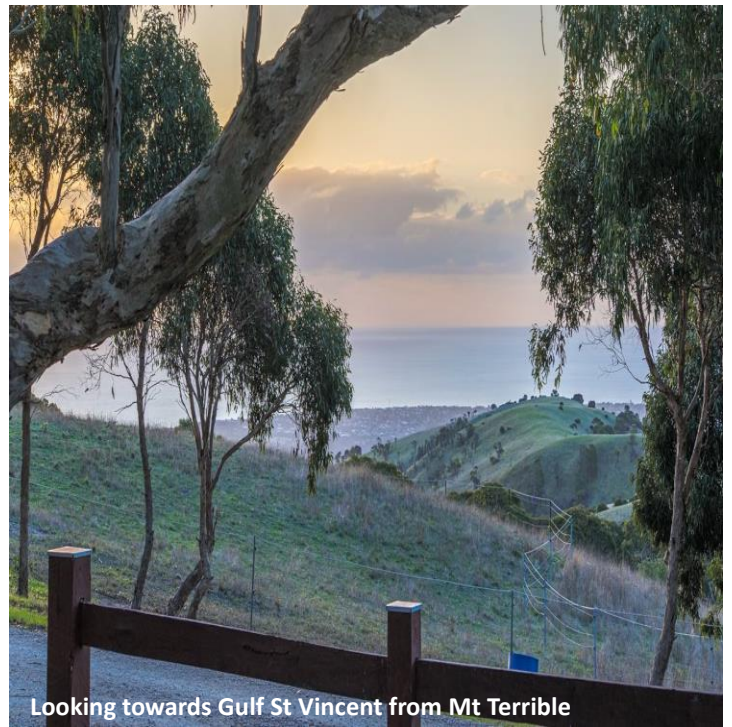
Melrose Camp 😞



The Enemy



Looking off Peel Road



Looking towards Gulf St Vincent from Mt Terrible



Scene from Myponga township



Country side looking east

Next we explore the lovely forest paths around the quite empty looking Myponga Reservoir after which we take lunch in a small park in Myponga township. Heading broadly east we traverse a small amount of black stuff before reaching gravel again on Blockers Road. A tail wind is nice as we ride though farmland before reaching our start point at Mt Compass at around 2.40pm.



Myponga Reservoir



Myponga Reservoir

The ride was just shy of 50km and elevation of around 500m along with nice moderate temperatures made for a lovely relatively easier Thursday riding day. We had no accidents other than Kathy S failing to get through the soft sand (much to our amusement) at the Reservoir Park as she trained for her upcoming Munda Biddi trip. Thanks to John Agnew for his professional attention to his Tail Ender duties despite his anxiety over the upcoming AFL game of his beloved Crows against Melbourne the same night. And we all know the result of that game!!!!
Article Sven Holm

SARCC is pleased to announce we are now on Facebook.

We have 30 Facebook followers an increase of 17 since launching.

At this stage we have started with a Page only but will start a Group in the near future.

The Page has a Featured section at the top of the page which will contain information on coming events and so you can easily see what's coming up. Below this will be Posts which appear in date order. So, you can check out reports from previous rides and we are featuring Peter Boults RWGPS posts on the recent New Zealand tour.

In order to view us on Facebook you will need to be a Facebook user and if not it is a fairly straight forward process of creating an account.

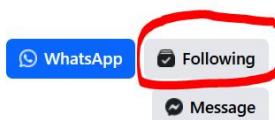
Head off to the site using this link <https://www.facebook.com/SARCCinc>

Facebook works well when you choose to Follow us which involves clicking on the Follow button as per the image below this ensure you get notifications of new events and posts.

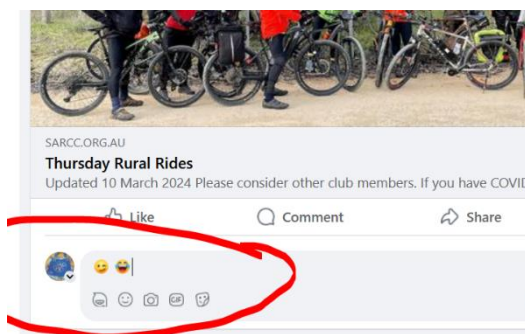
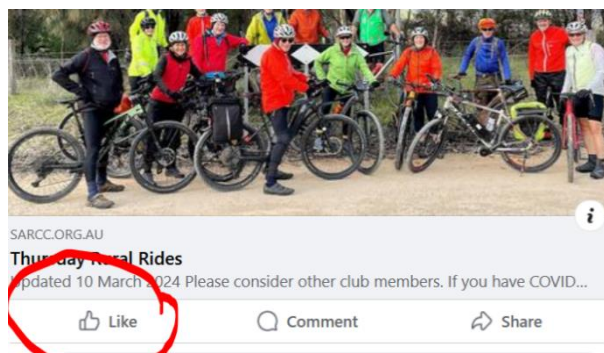


South Australian Recreational Cycling Club Inc.

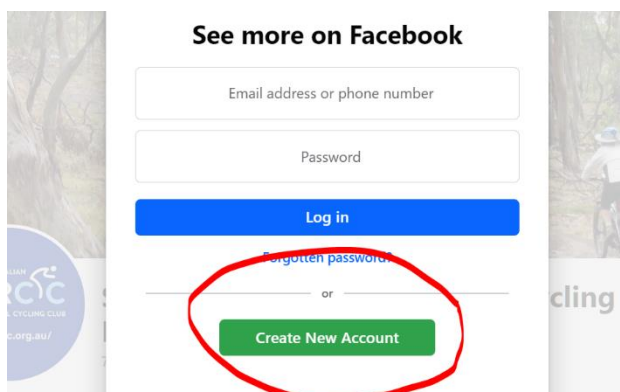
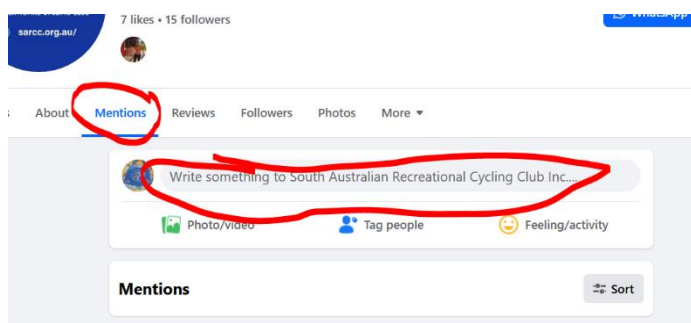
7 likes • 15 followers



We also encourage you to Like posts as per the image below and also comment on the posts as per image.



To Post on the Page click on the Mention tab as per the image. When you go to the link you will see the screen below if you have not logged in and you can also create a New Account.



We plan to grow the number of members posting content which provides a really quick way of communicating what's happening and allowing members to provide feedback. We ask everyone to support this initiative.

Herewith something for Cyclists who also enjoy the refinement, amusement, and entertainment of live theatre. [Book tickets](#)

State Theatre Company South Australia presents Brink Productions:

Symphonie of the Bicycle by Hew Parham

14–25 May '24 Space Theatre



Over 200 years ago a volcano erupts over Indonesia spreading an ash cloud all the way to Europe, to the home of inventor Karl Von Drais.

When his beloved horse passes away due to the ash, Karl struck by a moment of inspiration devises a two-wheeled man-powered mode of transport, the humble bicycle.

Flash forward to the present day where we meet Hew, an aspiring cyclist stuck in a rut of dead-end jobs and missed opportunities. He harbours a pathological envy of his successful high school friend, Jake, now a professional cyclist. The story of Hew runs parallel with that of two-time Tour de France champion Gino Bartali, who risked his life during WWII to secretly transport documents to save Jewish people in Northern Italy. A chain of uphill battles, twists and turns leads to a most unlikely meeting on a mountain.

Written by and starring **Hew Parham**, this gem of a show weaves together a series of outrageous characters and stories across time and space in an absurdly hysterical, yet ultimately moving portrait of the quest for glory and heroism.

"Extremely funny, poignant, emotionally raw and richly entertaining."

— Glam Adelaide

"Beautifully written, a deft mix of light and dark, with many amusing moments."

— The Advertiser

"Hew Parham has the audience in the palm of his hand his hand and holds them there."

— InDaily