

Regular rides

Sunday Pleasure Rides:

Organiser; Helen Tetley 0466 870 177

13th October 2024

Amy Gillett Bikeway & Surrounds

Dennis S. 0408 826 282

Meet in the Woodside swimming pool carpark for a scenic ride on the Amy Gillett Bikeway and back roads to Mt Torrens for lunch. Returning to Woodside for coffee.

27th October 2024

Weir to Glenelg

Eric C. 0402 356 796

Meet at Torrens Weir at 10am. Ride to Semaphore along the Outer Harbour Greenway, along the coastline to Glenelg, and return via Westside Bike Path. Approx 45Kms. BYO lunch. See [Weir to Semaphore to Westside bikeway - Ride with GPS](#)

Wednesday Retire Active Rides:

Organiser; Tony McIntyre 0407 759 260

2nd October 2024

Mt Torrens – Warmington – Amy Gillett

Tony 0407 759 260

Meet at Oval Road Mt Torrens for a 10am start. Head south down Townsend Street until reach Y junction with Sheoak Road. Ride up Sheoak Road heading east. At the T junction turn right and head south down Warmington Run. Turn off at Sandy Waterhole Road. An alternative would be to turn off earlier at Dunn Road. Can be a bit boggy. Follow road heading generally in south westerly direction. Turn right at Kings Road heading downhill. Name changes to Harrison Road and then to Ridge Road. Turn right at Naughtons Road. Stop for coffee at Melba's Chocolate Factory or head up to Barrister Block for wine. Head back along the Amy Gillett bikeway to Mt Torrens. Wide tyres.

9th October 2024

Decide-on-the-day

Meet at the Torrens weir (Par 3 café) for a 10am start

16th October 2024

Toll Gate to Mt Lofty

Dave Fleming 0404 543 475

Meet at car park near toll house for a 10am start. Ride up Crafers bikeway adjacent to the freeway. Continue on to Mt Barker Road under the freeway, past Devil's Elbow and up the hill. Turn left at Mt Lofty Summit Road and continue up to Mt Lofty for coffee. All bike types

23rd October 2024

Decide-on-the-day

Meet at the Torrens weir (Par 3 café) for a 10am start

30th October 2024

Bugle Ranges and Beyond

John Agnew 0438 523 560

Meet at Flaxley Hall for a ride around the country (in the absolute main street of Flaxley – can't miss it) No toilets there - public toilets behind Echunga Hall on your way. Main Ride is 36 km with 540 m of climbing but an opt-out point is possible – making the ride 24km with 373 m of climbing. Wide tyres please.

Thursday Rural Rides:

Organiser; Di Beltrame 0424 957 532

3rd October 2024

Birdwood

Sven 0410 271 717

Meet at 10am at Birdwood oval. Coffee at Williamstown and lunch on route to the Crawford Forest. 49km with 650 m elevation

10th October 2024

Woodside

Paul D 0427 537 836

Meet 10 a.m. Woodside Pool car park. Some unsealed roads. Coffee at Nairne, BYO lunch at Brukunga. A good time of year to see the green hills from Hope Watts Road. [Click here](#) to the RWGPS route

17th October 2024 **Woodside** Dan 0427 526 846
Meet 10 a.m. Woodside Pool car park. Some unsealed roads.
24th October 2024 **Woodside** Rob 0448 682 518
Meet 10 a.m. Woodside Pool car park. Some unsealed roads.
31st October 2024 **Woodside** Di 0424 957 532
Meet 10 a.m. Woodside Pool car park. Some unsealed roads.

PERFECT Rides:

Organiser; Peter H. 0448 364 138

6th Sunday October 2024 **Burra to Booborowie and back** Kevin 0411 203 893

Meet at public toilets on Market Street Burra for 9am start. Mainly gravel roads and dirt tracks from Burra passing the Iron Mine church and Leighton to Booborowie for lunch. Return to Burra visiting the Cobb and Co Hotel ruins and Midnight Oil house. 65km ride, about 650m ascent.

No services on the ride. Please ensure you have enough food and water for the ride and tools and spares for bike repairs.

[Click here](#) to see RWGPS route.

Coming Tours

Beechworth, Geelong, Pt Fairy Organiser: Sven Holm 0410 271 717

There are 14 participants so far.

Dates;	Beechworth	16 th Nov 2024 to 21 st Nov 2024
	Geelong	22 st Nov 2024 to 26 th Nov 2024
	Port Fairy	27 th Nov 2024 to 30 th Nov 2024

See previous newsletters, or the website, for details.

Upolu, Samoa Tour July 2025 Organisers; Paul and Robyn Davill

There are 3 vacancies, one to twin share with another male. Tour details on the website.

Preliminary Notices

March 2025 Tasmania top to bottom via Great Lakes.

There are 7 participants so far. Possible use of club trailer for bike transport. Potential to fly to Launceston and fly home from Hobart. Register your interest to sarccexec@gmail.com or contact Sven 0410 271 717.

Join the Ultimate UK Cycling Challenge: Lands End to John O'Groats!

21 days of supported cycling in May or June 2025. Email peterjboult@gmail.com

Ride reports

Sunday Pleasure ride:

By Angela

The Sunday rides are truly "Pleasure rides" at an easy pace to suit all. The rides are held on alternate Sundays at 10 am. Join us soon for fun and friendship.

On the 15th of September Carolyn led ten of us on a lovely suburban ride starting at the Brighton Railway Station. We cycled up the Coast to Vines trail to Lonsdale Road. There were a few hills which tested the one rider not on an electric bike! Ann you are a legend! We went along Majors Road, with ups and downs, and then back along the Veloway to Oaklands Park. We then wound our way, mainly on bike paths, to Apex Park West Beach for lunch. Coffee was on the way back at The Broadway.

A very satisfying ride of 44 kms in bright sunshine and with good company.



Interesting stuff

Rear-end soreness

Ron found this article on saddle soreness that may be of interest, especially to women. [Click here](#)

Feedback sought

Adelaide Hills Council is seeking ideas on what infrastructure is needed to get more people onto bikes. Submissions by 2nd October!

<https://engage.ahc.sa.gov.au/bicycle-infrastructure-needs-analysis>

Amy Gillett Foundation "Keep the wheels turning"

It's rare for a charity to be rescued from liquidation. Yet we are on edge of a corporate turnaround with a team of passionate cycling supporters lining up to revive the financially ruined Amy Gillett Foundation. In February the Foundation received \$6.6m in Commonwealth funding for a mapping and data project it could not deliver. Administrators were called in.

AGF core mission, since 2006, has been your safety. I.e, to improve the safety of the sport and past time across Australia. Amy Gillett, a 29-year-old cyclist was struck by a vehicle in 2005 while training with the Australian national team in Germany. SARCC are proud to have Amy's mother and father, Mary and Denis Safe, as members.

The reconstructed AGF board will be led by former Cycling Australia chair Duncan Murray, professional cyclist Kate Bates (a two-time Olympian) and Tour de France rider, Phil Anderson, Gillett's mother Mary Safe, CT co-founder Mark Textor (a previous chair until 2017) and Michael Drapac, whose son Damion was killed while cycling in 2019.

All things being equal, the AGF should be out of insolvency later this month, we support and congratulate the new AGF Team. Extracted by Eric from; *THE AUSTRALIAN* September 4th.

Happy riding. Brian (Smokey) Ashton 0438 088 220 ashtonba@gmail.com