

Happy New Year

Regular rides

Sunday Pleasure Rides:

Organiser; Helen Tetley 0466 870 177

5th January 2025 Linear Park Ride

Meet at the northern side of Croydon Railway Station at 10am. Along the Torrens Linear Parkway into Thorndon Park returning via the leafy eastern suburbs. Approx 42km. BYO lunch. Coffee at the end.

Helen T. 0466 870 177

19th January 2025 Victor Harbor Ride

Meet at Bridge Tce Reserve Carpark, Victor Harbor at 10am. BYO lunch. Ride includes the Bluff, Encounter Lakes, a river track, Encounter Bikeway, and Middleton. 49kms. Coffee on route or at the end. See also <https://ridewithgps.com/events/341806-victor-harbour-cycle>

Robyn D. 0401 364 019

Wednesday Retire Active Rides:

Organiser; Tony McIntyre 0407 759 260

Every Wednesday

Meet at the Torrens Weir (Par 3 café) to ride at 10 am. Ride decided on the day

8th January 2025 Willunga Rose Garden

Meet at Willunga Rose Garden (Aldinga Rd). The climb is not really so tough. It is followed by the steady and very picturesque ride along Range Road (East). A great sealed down-hill run takes us to McLaren Flat for coffee. Then comes the great new scenic bike-way to McLaren Vale. Travel along the rail trail back to Willunga.

To travel by train catch the 8.11 from Adelaide to arrive at Seaford 9.01. This will give good time to ride to Willunga. Can then skip the rail trail section back to Willunga and ride from McLaren Vale back to Seaford

If very hot Syd has an alternative route.

22th January 2025 Stirling to Bridgewater and Hahndorf

Meet at Stirling oval and ride to the Stirling golf course then ride to Bridgewater. On to Hahndorf up river road back to Stirling.

Thursday Rural Rides:

Organiser; Di Beltrame 0424 957 532

2nd January 2025 Away Ride – Cleland National Park

Meet in Cleland National Park Carpark. Quite short & mostly off road: 28.8km, but 731m uphill 🤔. There is an additional 9.7km 313m loop available, if anyone wants a bit extra once back! 😎. The Cleland Park Cafe is also available if needed at the end of the ride!

Rob 0448 682 518

9th January 2025 Woodside

Meet 10 a.m. Woodside Pool car park. Some unsealed roads.
Trevor 0401 717 031

16th January 2025 Woodside

Meet 10 a.m. Woodside Pool car park. Some unsealed roads.
Sven 0410 271 717

23rd January 2025 TDU ride

Peter Boulton 0491 705 816

30th January 2025 Woodside

Meet 10 a.m. Woodside Pool car park. Some unsealed roads.
Paul D 0427 537 836

PERFECT Rides:

Organiser; Peter H. 0448 364 138

Sunday January 19th from Point Pass at 9am

Peter H

Leaving from Point Pass, climb up the pass and north along the ridge to the radio tower and then drop to the plains. Ride through Brady Gap and south before following the ridge and a final drop down the pass to Point Pass.

******Let me know if you plan to attend this ride*****

New hot weather protocol for Thursdays 2025:

Cancelled Thursday Rural Ride

If a Thursday rural ride is cancelled due to heat but the fire danger for the hills is not extreme, or higher, then an alternative earlier ride **starting from Norton Summit** will be substituted for cycling tragics. Rides are usually cancelled by 7pm the day before and a notification is put on the Events page of the SARCC website.

Substitute rides will depart at **SUNRISE** (this varies and is available on the BOM weather App) from Scenic Hotel carpark Norton Summit. The rides will **not** be **suitable for road bikes**. Rides will be between 30 and 40km in length and have between 750 and 900m of climbing, depending on conditions. They will stay above the relatively cool elevation of 350m and take about 4 hrs to complete with a breakfast / coffee break at some point.

The route for the ride will be available on the SARCC website for download.

Ride leader will initially be Peter Boulton

Coming Tours

Mt Hotham and Mt Buller – Victorian mountain biking

Dates : February 11 to 22, 2025

Leader: Marianne Hibbert

For details see the SARCC website

Upolu, Samoa Tour

July 2025

Organisers; Paul and Robyn Davill

Details on the website.

FACEBOOK

Follow our Facebook page to get the notices. Press control and then click;
<https://www.facebook.com/SARCCinc>

Anyone can post to our Facebook group once you join. Press control and then click; (Then click **join** on the link).

[843064481097785](https://www.facebook.com/SARCCinc)

Ride reports

Sunday Pleasure Rides:

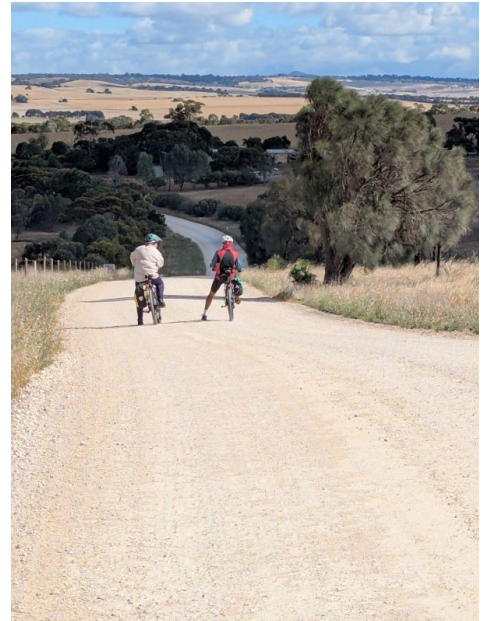
Angela Roodhouse



A great Christmas ride. Helen took us on a gentle ride of 35km from West Beach to the city, returning via Goodwood to West Beach caravan park cafe. A lovely venue as we could sit outside while enjoying a well deserved snack.

Thanks, Helen, for a lovely year of riding and friendship. See the SARCC website for details of future rides.

Contact Helen Tetley, 0466 870 177, if you can lead a ride next year. There are still spaces on the calendar.



PERFECT ride from Strathalbyn

1st December by Kevin



something different to what we expect and at the end of the day, we've learned something and had fun doing it.

December's ride offering was no different. Leaving Strathalbyn on a warmish windy Sunday morning, Kevin D, Chris J, Peter H and Kevin B headed east to deal with our first obstacle after only a couple of kms. the River Angas looking very 'snakey' and deep'ish so we changed tack and skirted around on another road. Heading northeast on gravel we moved from 'reliable rainfall'

One of the enduring attractions of the monthly PERFECT rides is the exposure to the wide variety of landscapes that SA has to offer. If we ride in urban areas we see a particular, familiar view. If we're mostly in the Hills, then we see another and despite them both being interesting and picturesque, they are always familiar. The PERFECT rides on the other hand are anything but predictable or familiar. When we see the SARCC email announcement of a PERFECT ride in a particular area, we immediately conjure up a mental picture of how that country might look, or the physical features we might encounter, or the obstacles we might face. Despite this, the PERFECT ride always presents



country into 'less reliable rainfall' environs and more marginal country where the crop looked ok, but not 'mortgage busting'. (I imagined Goyder looking down on us and saying that his line was still relevant all these years later).

We passed a number of ruined dwellings, churches and farm buildings which pointed to a more optimistic time when maybe there was even some water in those now dried up watercourses. Then, as we turned to the west the country started to change and within just a few kilometres the red gums started to appear and the fields started to green up before our eyes. Once we were lunching and coffee'ing at Macclesfield, the country had taken on a much more gentle feel. After lunch it was back gravel roads to a connecting track. The sign on the gate said 'phone first', which we did but no answer so the busy downhill main road with the wind at our backs was the only option. A de-brief at the Terminus Hotel was very welcome and rounded off what was a typical PERFECT ride...a few challenges, a bit of climbing, a respectable distance, varied landscape and good company. It's the secret to staying young apparently, do things you love, with friends.

SARCC Q & A interview

This is a new section in the newsletter, where long-time SARCC members are asked a few questions so that others can see what makes them tick and keep getting back on their bike!

This month Kevin Burrett is our guest.

Can you tell us about your cycling journey? How did you get started, and what has inspired you to keep riding over the years?

Mine is the usual cycling story of the boomer generation...spent my childhood riding all over Sydney suburbs, no other way to get about. Always had rough old bikes, did a chemist run after school with my older brother who chose his route on the flat...I got all the hills ! I keep riding because the bug keeps biting, it's a grand way to make and keep friendships plus it's great fun.

What's been one of your most memorable moments or achievements in cycling?

Long distance multi-day touring has been my biggest achievement, both here and overseas. Lately I've been able to ride fast 100km+ with a road group and this is also pretty memorable...especially the 1000m of climbing! Before the last SARCC group tour in Victoria, I did 800km alone, zig zagging through western Victoria from Bordertown to Geelong and met up with the group there. Pannier touring is memorable, that's for sure.

How has cycling impacted your life beyond just fitness or recreation?

In my opinion the main impact of cycling is the enduring friendships and camaraderie. It gives me a lot of confidence as well as maintaining my balance, general health and supporting a (mostly) positive mental outlook on life. Makes me more aware of subtle weather patterns and changes so I feel much more in tune with the environment around me. Helps me to be a bit more patient and stoical in general.

What advice would you offer to someone just starting out in cycling, particularly those in their later years?

My advice would be; ride with a group who will look out for you, let everyone know you're new and ask for support. Don't try to re-capture your fitness from 30 years ago and burn out - or worse. Build your fitness slowly and intentionally. If you go to a gym, (which I'd highly recommend), ask for some cycling specific exercises to build strength and endurance. Smile a lot and have fun. But most important - don't give up.

What's your favourite route or ride in South Australia, and what makes it special to you?

I really enjoy the SARCC 'PERFECT' rides where I get to see plenty of the SA countryside. What makes it special is in the variation of the landscapes through the seasons and the good hearted company. Otherwise, Clare Valley's always good for the added extras, wineries etc. That said, I enjoy every ride no matter where. They might be tough on the day itself, but they always look good in retrospect.

Photo Kevin Burrett: January 2024 on a PERFECT ride



How have you seen SARCC evolve over the years, and what role do you think it plays in the lives of its members?

I joined the Adelaide Touring Cyclists which merged to become SARCC in 2012. For the first few SARCC years, the town and hills groupings remained quite separate, but of late I've noticed that there's more crossover with many more 'town' riders coming up to ride in the hills and possibly vice versa. I think the activity that has perhaps fostered this is the longer tours organised by SARCC both here in SA, interstate and internationally. The couple I've been on, I've met a number of people I didn't know before, and shared some great riding experiences. I think the tour rides have been really well organised and led, the off-the-bike times have been fun and very collegial too.

Interesting stiff

Club apparel - gilet

The SARCC committee has decided to provide a contribution to the cost of the club gilet, to encourage the wearing of club apparel and the promotion of SARCC. This offer is restricted to the first 40 orders, one per member and this occasion only. So get in now! ...the deadline Feb 10 2025 so you will get your gilet in time for the cooler weather.

What is a gilet and why use one?

A cycling gilet, or vest provides a really useful addition to your cycling wardrobe. The lightweight, armless design of a gilet reduces windchill, can be packed down small for jersey pocket storage and pulled on and off multiple times on a ride to keep the wind at bay or just keep you that little bit warmer. They help keep your core warm and comfortable but allow you to wear less and stay a little more aero, less restricted and feeling faster on the bike.

There are two options:

Sportive Gilet \$68.90 - SARCC members only \$38.90

- A similar fit to the current SARCC jerseys
- Available in men's and women's fit
- Wind/water resistant front panel with mesh side panels and rear panel
- 2 rear pockets
- High neck for added weather protection

Performance Gilet \$79.90 - SARCC members only \$49.90

- More tapered fit for a more body hugging feel (but not necessarily skin tight)
- Available in men's and women's fit
- Wind/water resistant front and rear panel with mesh side panels
- 3 rear pockets as standard
- High neck for added weather protection

The shop in Beverley has samples which can be tried on for sizing which is highly recommended, especially the performance gilet.

Blackchrome Sportswear

Address: Unit 2/171 Grange Rd, Beverley SA 5009

Phone: (08) 8244 5500

Steps:

1. Try on a gilet for size and choose whether sportive or performance
2. Send your order via email to SARCCexec@gmail.com subject 'Gilet'
 - Name
 - Sportive or performance
 - Size
 - Male or female
 - Pay SARCC the correct amount

Account name : South Australian Recreational Cycling Club

BSB number: 035 048

Account number: 301670

Reference - your name and gilet

Images of the gilet options:

Sportive

VISUAL

Pattern 3052 - Cycling Vest With Pockets - Men's Adult - CT

Client Name - South Australian Recreational Cycling Club

Reference - T004082

Date - 05 November 2024

Graphics - SP



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Performance

VISUAL

Pattern 6360 - Performance Fit Cycling Vest (Klasing Wall) - Men's Adult - CT

Client Name - South Australian Recreational Cycling Club

Reference - T004294

Date - 05 November 2024

Graphics - SP



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Happy riding.

My apologies for the formatting of this newsletter. I am away and did it on my tablet

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