

Regular rides

Sunday Pleasure Rides:

Organiser; Helen Tetley 0466 870 177

2nd February 2025 **Beach Ride from Brighton to West Lakes** Caroline W. 0427 797 476

Meet at Brighton Railway Station at 10am. A flat ride of approx. 40km BYO lunch.

16th February 2025 **McLaren Vale Circuit**

Peter R. 0418 844 963

Meet at McLaren Vale Visitors Centre at 10am. BYO lunch. Coffee at the finish.

Wednesday SARCC 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

*Don't miss out. Order your
SARCC Gilet now. See
below*

5th February 2025 **Christies Creek, Pt Noarlunga Wetlands, Coast to Vines** Dean 0431 632 226

Meet on the Christies Downs Railway Station East platform. 9:09 train from Adelaide arrives at 9:50

Head down Christies Creek to the Coast, then follow the seafront via the newly opened pathway. Coffee at Becks Bakehouse followed by some fun in the Onkaparinga River Flood Plain. Then we follow the Coast to Vines pathway to Morphett Vale East and ride down the Christies Creek back to the Christies Downs Station. 35 km Climb 305m Wide tyres please

See also; [RidewithGPS](#)

19th February 2025 **Coast to Vines Trail**

Chris Mathias 0418 855 394, Tony McIntyre

Meet at 10am at the Hallett Cove Railway Station

See also; [RidewithGPS](#)

Thursday Rural Rides:

Organiser; Di Beltrame 0424 957 532

6th February 2025 **Away Ride – Crafers**

Kingsley 0418 802 473

Meet at the corner of Wright Road and Old Mount Barker Road, Crafers, at 10am. Plenty of parking available along the street. Lunch is enroute. This ride is not suitable for road bikes - there are some rough sections. See also; [RidewithGPS](#)

13th February 2025 **Woodside**

Justin 0466 104 900

Meet 10 a.m. Woodside Pool car park. Some unsealed roads.

20th February 2025 **Woodside**

Bernie 0497 298420

Meet 10 a.m. Woodside Pool car park. Some unsealed roads.

27th February 2025 **Woodside**

Geoff 0423 205 412

Meet 10 a.m. Woodside Pool car park. Some unsealed roads.

PERFECT Rides:

Sunday 16th February

Organiser; Peter H. 0448 364 138

Peter H.

Ride will leave Pioneer Park, Eudunda, at 8 AM. 70 km. Covering the portion of last month's ride that was missed. In case of hot weather, there will be shorter options available.

Please let me know if you plan to attend this ride

Coming Tours

Mt Hotham and Mt Buller – Victorian mountain biking

9th to 17th of February

Leader: Marianne Hibbert

There are 8 people going on this tour. For details see the SARCC website

Upolu, Samoa Tour July 2025 Paul and Robyn Davill

Details on the SARCC website.

Ride reports



Sunday Pleasure Ride January 12th By Angela

A lovely ride today for 8 riders starting at Croyden railway station. Helen Tetley led 8 of us along the linear park which was beautifully shade on a hot day. We had morning tea at top end of the linear park.

Lunch was at the gums park where we shared the area with a group of men and women playing at being medieval knights (see photo). A hot day for wearing armour !

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).

<https://www.facebook.com/groups/843>

We had a welcome coffee at the end of the ride back at Croyden at Grave Speciality Coffee. Most of us had iced coffee which was delicious. A great 40 km ride - thanks Helen.

Member profile

Roger Polkinghorne reflects on his life as a cyclist

Like many, I first rode a bike as a teenager, but my cycling journey took a long pause until 2007. That was when a knee injury led me to a surgeon, who recommended cycling to strengthen my leg muscles before

what he thought would be the inevitable knee replacement. Taking his advice, I dug out an old Kmart klunker my daughter had left in the shed and in 2008 I joined Lee Bruland's newly formed ARPA (Adelaide Retired Persons Association - later Retire Active) Wednesday Cycling Group. I have different and better bikes now, but I'm still riding. My knee still causes me some trouble, but it hasn't yet reached the point where I need to consider surgery.

Some of my fondest cycling memories come from excursions across Australia and overseas tours. These include trips to Indonesia, Vietnam (twice), the Camino Frances in Spain, New Zealand (three times), southern India, and France/Germany. Whether alone, with a small group of friends, or as part of larger organised club activities. A special mention must go to the tireless Eric Chaney, whose impeccable organisation and leadership have made so many of these trips to Australia and New Zealand possible.

On the flip side, I'll never forget the terrifying close call I had with a semi-trailer at an intersection on Grand Junction Road. Bob Leach's GoPro footage didn't quite capture the full extent of the fear I felt!

Being part of organised groups has been central to my post-retirement well-being, whether through tennis, walking, or cycling. The joy of contributing to these communities—particularly as the coordinator of the ARPA Cycling Group for seven years, Treasurer of the Bushwalkers club, and a member of the Retire Active Council—has been incredibly fulfilling. I've found great satisfaction in helping others to enjoy the benefits of physical activity. A highlight for me was introducing the 'Mini-bus plus Bikes on Towed Trailer' trips, which have since become a staple of ARPA's activities. Over the years, we've enjoyed memorable excursions to places like the Flinders Ranges, Kangaroo Island, the Kidman Trail, Mini-Mawsons, and the Tasmania Trail.



Roger on the SARCC 2023 New Zealand tour

Looking back on the humble beginnings of the ARPA Cycling Group, it's been remarkable to see how much it has grown. What started as a small group has now blossomed into one offering 'program rides' on alternate Wednesdays or starting from the Torrens Weir and multi-day rides. It's heartening to see long-term members—like Lee Bruland, John Davies, and Eric Chaney—still going strong on their bikes. However, as our numbers continue to rise, managing the increasing rider turnout and the performance disparities introduced by the rise of e-bikes presents a new challenge. It will be interesting to see how the merger with SARCC evolves.

These days, my favourite rides are the SARCC Sunday PERFECT rides. They're consistently challenging and rewarding, even if they require an early start and a long drive. Peter Harrison's knack for discovering difficult rural tracks, combined with his deep knowledge of the local history in the mid-north, makes these rides something truly special. The Thursday Rural rides offer a similar experience, even if the car ride to the starting point for city riders is less than ideal, and my ageing body and bike have their limits.

Cycling has brought me not only personal health benefits but also a sense of belonging and purpose. I look forward to continuing this journey, encouraging others to join, and embracing whatever challenges come our way.

So, for anyone just starting out in cycling, particularly those in their later years, my advice is simple: **Just do it!** SARCC now offers a wide range of activities that cater to all ages and abilities. And, of course, be prepared to accept that e-bikes will outpace us traditional cyclists on those challenging hills!

Adelaide's named bike paths

Wendy Foster has made a Google "MyMap" of lots of the named bike trails around Adelaide (over 60 !). They are grouped in categories, such as "Mainly off-road", and colour coded. It is pretty amazing. Click on a trail and it shows where to get more information. Check it out by pressing Control and [clicking here](#).

You can even download individual GPX files by [clicking here](#)

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 10th 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**. Unit 2/171 Grange Rd, Beverley SA 5009
Phone: 8244 5500

Steps:

1. Try on a gilet for size and choose whether sportive or performance
 2. Send your order by 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

Sportive	Performance
<p>VISUAL</p> <p>Client Name - South Australian Recreational Cycling Club Pattern 3052 - Cycling Vest With Pockets - Men's Adult - CT Reference - T1004382 Date - 05 November 2024 Graphics - SP</p>  <p>Front Back</p> <p>Blackchrome®</p> <p><small>* This is a visual representation of the surface graphics only. An accurate layout is provided on the following pages. © Copyright 2020. All rights reserved.</small></p>	<p>VISUAL</p> <p>Client Name - South Australian Recreational Cycling Club Pattern 6360 - Performance Fit Cycling Vest (Kissing Holes) - Men's Adult - CT Reference - T1004384 Date - 05 November 2024 Graphics - SP</p>  <p>Front Back</p> <p>Blackchrome®</p> <p><small>* This is a visual representation of the surface graphics only. An accurate layout is provided on the following pages. © Copyright 2020. All rights reserved.</small></p>

Happy riding.

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