

## Regular rides

### Sunday Pleasure Rides:

Organiser; Helen Tetley 0466 870 177

2<sup>nd</sup> March 2025

**Willunga Hill Range Road**

Ann I 0438 558 941

Meet at 10am Willunga Rose Gardens, Aldinga Road, Willunga. BYO lunch at McLaren Flat. Coffee in Willunga. One steep hill! If you are planning to ride from the Seaford train station, please be aware that **the path between Seafood and McLaren Vale is closed due to bridge work.**

16<sup>th</sup> March 2025

**Hallett Cove to Happy Valley Reservoir**

Paul D. 0427 537 836

Meet at 10:05am at the Hallett Cove Railway Station (catch the 9:35am train at the Adelaide Railway Station on the Seaford Line and get off at Hallett Cove Railway Station). Cycle many shared paths and some gravel through Glenthorne Park and Happy Valley Reservoir. There will be a Morning Coffee stop and BYO lunch on route. <https://ridewithgps.com/events/343066-hallett-cove-to-happy-valley>

30<sup>th</sup> March 2025

**Exploring the Adelaide Hills**

Geoffrey C. 0419 838 551

Mylor, Chapel Hill, Paechtown, Hahndorf.

Meet at 10.00am at the Mylor Oval carpark, Strathalbyn Road, Mylor. BYO lunch. Coffee at the end of the ride. 36 kms, 457m elevation gain, 35% unpaved. Mountain or hybrid bikes recommended.

### 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

5<sup>th</sup> March 2025

**Kuitpo Forest Ride**

Fiona: 0415 832 511

Meet at Fiona's property, "Hillyfields", at 10:00am. Moderate terrain: tracks of Kuitpo Forest to Prospect Hill. Meadows for coffee. Back to farm via Rocky Creek. Lunch and drinks provided, with some non-alcohol wine, for drivers! Vegetarians let me know.

Please let Fiona know if you are attending (for catering).

<https://ridewithgps.com/events/344078-kuitpo-forest-ride>

Distance: 31.8km Elevation: 355m Time: 2.0hrs Bike Type: Mountain bikes or hybrids.

19<sup>th</sup> March 2025

**Mt Barker**

Patsy 0439 332 533

Meet at 10am in the car park behind Wohlers/Vinnies, off Gawler Street. Scenic tour – hills, bird life and strawberries. Some rolling hills.

<https://ridewithgps.com/events/344648-mt-barker-laratinga-wetlands>

Distance: 30.7km Elevation: 431m Time: 1.6hrs Bike Type: Wide tyres

### Thursday Rural Rides:

Organiser; Di Beltrame 0424 957 532

6<sup>th</sup> March 2025

**Away Ride – Brighton to Seaford**

Ron 0408 812 137

Southern suburbs exploring the unpaved trails and easy single tracks from Brighton to Seaford. The start will be the Brighton railway station to make it easy for parking and those travelling by train.

Everyone, bring your Train pass with you as we may catch the train back to Brighton if the distance becomes too long.

Catch train at Brighton Railway station at 10:04 am and travel to Seaford Meadows (20 minute trip) ride along the Onkaparinga river through the Onkaparinga recreation park for some easy single track then coffee stop at the renowned Becks Bakery in Port Noarlunga then skirt the golf course onto the unpaved Velloway with detour for lunch at Hugh Johnson Boulevard Reserve then back to the Velloway and into OHalloran Hill Mountain bike park for some fun stuff with single tracks then ending at Brighton Railway station.

If you are late there is a 10:23 am train but you will need to ring Ron on 0408812137 and advise you are late so we can wait for you at Seaford Meadows. The trails will suit MTB, Gravel bikes and E-MTB. <https://ridewithgps.com/events/349140-thursday-rural-away-ride-brighton-to-sea>

13<sup>th</sup> March 2025

**Woodside**

John Agnew 0438 523 560

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

20<sup>th</sup> March 2025

**Woodside**

Paul Davill 0427 537 836

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

27<sup>th</sup> March 2025

**Woodside**

Kevin Burret 0473 523 162

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

## PERFECT Rides:

Organiser;

Peter H. 0448 364 138

23<sup>rd</sup> March 2025

Start at 9:00 AM at the Greenock Oval - Southern end near the grandstand and public toilets. Enter off Martin Street.

Ride westerly through Greenock Township and on through Nain. Turn right onto Old Kapunda Road.

This is the original route for the bullockies travelling to and from the Kapunda Copper Mine. This route was marked out by dragging a plough all the way from Gawler to Kapunda. The original plan was to use a heavy duty plough but after waiting several days the plough did not arrive. The surveyor "coomanded" a farmer's plough and set off. The plough lasted only as far as Sheaoak Log. The party then found a heavy log and continued with that - hence the name of the nearby town "Sheaoak Log".

The ride will continue Northerly crossing the Main Road just north of St John. This area was originally a nunnery and girls' home - some refer to it as a reformatory (ie girls prison) others as a school for girls. The ruins of the reformatory were destroyed by the farmer when a group was (illegally) leading tours through the haunted house at night. The farmer bulldozed the historic ruin as he was concerned that he may be held liable for any injuries that may occur.

The ride will then continue easterly to the ranges at the 37 km mark then return to Greenock bypassing St Kitts. 67 km. 700m climb.

**NOTE;** There are two places (at the 12 km and 20 km mark) where we have to ride on bitumen for about a kilometre each. In both cases we leave the bitumen by turning right. Both exits have a bend before and after so we will cause a traffic hazard if straggle across the road. We will dismount and walk rapidly across the road at each exit.

## \*\*\*\*\*New Ride Schedule\*\*\*\*\*

### Sunday Summit Rides:

Organiser; Peter Boulton 0491 705 816

Starting on March 16<sup>th</sup>, we're launching our Sunday Summit Rides. Get ready for an exciting new ride series hosted by SARCC.

Additional dates: March 30<sup>th</sup>, April 13<sup>th</sup>, May 4<sup>th</sup>, May 18<sup>th</sup> (timed not to clash with PERFECT rides).

Start Time: 8:00 AM  
Location: Norton Summit Recreational Reserve  
Distance: Approximately 40km  
Elevation Gain: Around 800m  
Terrain: ~40% gravel and dedicated bike tracks

This ride is ideal for mountain or gravel bikes. Road bikes and heavy e-bikes are not suitable, as you could encounter occasional locked gates or challenging terrain. A near mid-point coffee stop will be scheduled for each ride. Routes will be posted for download on the SARCC Events page a few days before each ride.

The rides will initially be led by Pete Boulton, but we encourage others to join in and lead future rides!

Join us for a fun, scenic, and challenging ride. See you there!

### Coming Tours

#### Upolu, Samoa Tour

July 2025

Organisers; Paul and Robyn Davill

Details on the website.

### Ride reports

#### Sunday pleasure ride

From McLaren vale on Feb 16<sup>th</sup>

By Angela



Coffee at the visitor centre

A lovely ride today with 9 people starting from McLaren Vale (5 on electric, 4 on standard bikes). Peter led us on a great ride with a variety of scenery through vineyards to the Star of Greece (although the countryside looked very dry) and then along the coast with sea views. We were unable to go to the airport as the road has been blocked off by the new freeway but we rode along bikepaths through Hart Road wetland. We ended up on the new Aldinga to Willunga bikeway which was a bit challenging due to a strong headwind. But we all made it to the Rose garden at Willunga for lunch.

The final leg of the ride was from Willunga to McLaren vale for well deserved coffee at the Visitor Centre. Thanks to Peter for

a great ride and to all the people who came.

The next ride in two weeks is from Willunga so once again a very picturesque ride. There is one steep climb, Willunga Hill, but the rest of the ride is undulating with a lovely downhill section.

The Sunday rides are suitable for all levels and are usually about 40k at a relaxing pace with always coffee at a nice cafe at the end of the ride.

Please do join us.

## Member profile: Chris Hales

My journey into cycling, like many, started with a simple bike—one with no gears—that I used to ride 9km daily from Lynton to Unley High School as a teenager. I've always been an active person, but after finishing school, cycling wasn't something I actively pursued until my 20s. Living close to the city, and eventually in the heart of it, I found my bike to be an incredibly convenient form of transport, making it easy to get wherever I needed to go. Plus, it was a bonus that I could bring my small pet dog along in a basket on the back!

But my real cycling renaissance came in 2012 when I joined the Australian Retired Persons Association (ARPA) cycling group shortly after it began. That's when I realised how much more cycling had to offer. The sheer joy I experienced from riding with the group, purely for fun, was amazing. Since then, I've had the opportunity to explore so many places, both on group trips and with friends. Cycling has made my holidays so much more enjoyable. With the ARPA (now SARCC) group, I've ridden in places like Perth, the Flinders Ranges, Tasmania, the Victorian Highlands, the Grampians, Myrtleford, Beechworth, Canberra, Melrose, the Yorke Peninsula, the Fleurieu Peninsula, the River Murray, the South East, Kangaroo Island, and New Zealand (3 times).

I've had a few falls along the way (which I certainly don't recommend!), but each time I've climbed back on the bike, if after some convalescence on occasion. One of the key lessons I've learned is to know your limits and ride within your abilities. When e-bikes first became popular, I was eager to get some extra help, especially on those taxing hill climbs. I converted my Cannondale touring bike to an electric-assist model, and the experience was fantastic. A few years later, I switched to a fully integrated e-bike, and it's been a game-changer. Now, I can tackle the hills with ease and enjoy all the wonderful rides in the Adelaide Hills—my absolute favourite place to cycle. The views coming down the hills face, with a panoramic outlook over the Adelaide Plains to the Gulf, are truly breathtaking.

Cycling doesn't just keep me mentally and physically fit though; it also makes me feel like I'm doing my part for the environment. Of course, I do occasionally share a car ride to get to the start of some of my rides, because sometimes, you just need to go further!

While cycling on my own is fine, there's something extra special about riding with others who share the same passion. It's a great feeling to be part of a group where everyone has a smile on their face. The South Australian Recreational Cycling Club (SARCC) offers so many opportunities to get outside, enjoy



Chris doing what she likes best on a Wednesday and wearing the 2017 version of the SARCC jersey

life, and connect with fellow cyclists. The members of SARCC are incredibly generous with their time and skills, leading rides, organising trips and events that benefit everyone.

Whether you're starting with an easier ride or joining more challenging ones, SARCC is a great place to start your cycling journey and see where it can take you.

## Interesting stuff

### We all know that exercise is good for us. But, how good? And, are there any risks?

From the book "The midlife cyclist" by Phil Cavell

#### **150 minutes of moderate exercise a week;**

- 40% less type 2 diabetes
- 42% less cardio-vascular disease. Less heart disease
- 20% less cancer
- 27% less stroke
- Lower blood pressure
- Lower body weight
- Lower cholesterol
- Less dementia
- Less Alzheimer's
- Less depression
- Better healing when there is a trauma
- More cognitive rejuvenation
- Exercise changes the way cells age

Vigorous exercise is better than any medicine !

Can you overdo it? Answer in next newsletter (hint; yes, men can)

### Want some riding with an added challenge? Try Velgraining

Sat 12<sup>th</sup> Apr 2025 Starts at 10:00am at Callington, 4 Hours duration

Velgraining is orienteering on a bike. Sounds like fun but challenging. Full details below;

<https://sarogaining.com.au/event/velogaine-april-2025/>

Happy riding.

Cheers Brian (Smokey) Ashton 0438 088 220 [ashtonba@gmail.com](mailto:ashtonba@gmail.com)