

A date for your calendar

Annual General Meeting and Quiz Night (with prizes)

Friday July 18th AGM 5.00 to 5.30pm

Quiz 5.45 to 9.45pm (approx)

Cost : Free to Financial Members and their Partner

First in best dressed. Option to make up a team table of 6 or 8 persons

RSVP to : sarccexec@gmail.com with names of attendees

Number is limited to 50 but may if possible be increased.

Venue to be confirmed.

Regular rides

Sunday Pleasure Rides:

Organiser; Helen Tetley 0466 870 177

11th May 2025

Sven 0410 271 717

Meet at the Park near Goodwood Railway Station/Glenelg tram intersection.

25th May 2025

Ride to Reynella

Ann I. 0438 558 941

Meet at Sandison Reserve, corner Third Ave & Augusta St, Glenelg. Travel south on Linear Path until it meets Veloway. Ride to Reynella and return via Coast to Vines Path. Coffee at Glenelg. Suitable for all bikes. Some hills.

Wednesday 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.

May 14th 2025

Hallett Cove station

Dean Bennett 0431 632 226

Meet at Hallett Cove station carpark. 9:23 train from Adelaide Railway station arrives at 10:01 Short section of the Coast to Vines trail, then follow the Waterfall Creek Trail to Majors Rd. Cycle path along Majors Rd to Happy Valley Reservoir.

Gravel paths in the reservoir then to Aberfoyle Village Shopping Centre for coffee. A brief excursion to Thalassa park before joining cycle paths to Old Reynella. From there a short section along the Coast to Vines trail before a street loop back to Hallett Cove Station

Distance: 33km Elevation: 380m Bike Type: All

Subscriptions due

Early Bird amount due is \$20 if paid on or before 30 June 2025. After 30 June 2025 the fee is \$30 per member.

EFT to SARCC Westpac BSB 035-048
Account number: 301670

Please quote your name in reference.

If paying at a branch please email your deposit details to sarccexec@gmail.com to ensure correct crediting of payment received

May 28th 2025

Skye and Beyond

Chris Hales 0417 816 074

Meet on the corner of South and East Terrace and Beaumont Road (carpark). Ride through eastern suburbs to Skye and return. Hills and more hills. We can view the city from the top of the ridge at the end of Kensington Road. Some dirt tracks.

Distance: 22.5km, Elevation: 442m, Time: 1.5hrs. Wide tyres please

Thursday Rural Rides:

Organiser; Di Beltrame 0424 957 532

May 1st 2025

Away Ride – Kuitpo Forest

Steve 0418 852 234

Meet 10 a.m. at Meadows Memorial Hall. Toilets close by. BYO lunch and drinks for lunch in the forest. 78% of the ride is unpaved, so MTB or Gravel bikes only to enjoy the lovely dirt roads, forestry tracks, single lane tracks and minimal bitumen. Tree Climb for coffee at 17km with toilets and limited food options. Depending on the weather, lunch will be at undercover or open-air picnic tables. We have a 100m climb early on in the 4km to 5km section, (It's not as hard as last time but it's still a big climb) which will get us up to the great views. Total ride is 47km with 531m of climbing. So come along and enjoy a day in Kuitpo Forest and the dirt roads nearby. See also

<https://ridewithgps.com/events/356589-kuitpo-forest>

May 8th 2025

Woodside

Ron

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

May 15th 2025

Woodside

Sven 0410 271 717

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

May 22nd 2025

Woodside

Di 0424 957 532

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

May 29th 2025

Woodside

Justin

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

Did you know that the SARCC website has a "marketplace" page? This is a place to advertise bike related items for sale. [Click here](#)

PERFECT Rides:

Organiser; Peter H. 0448 364 138

May 25th Sunday TBA

Kevin D

0411 203 893

Details to follow on the SARCC website

Sunday Summit Rides:

May 4th and May 18th

Peter Boulton 0491 705 816

Start Time: 8:00 AM Norton Summit Recreational Reserve

See the website for details of this ride

Coming Tours

Upolu, Samoa Tour

July 2025

Organisers; Paul and Robyn Davill.

Details on the website.

Burra 4-day 4-ride tour.

14th to 17th of September 2025

Organiser: Peter Boulton

Two rides will be offered each day. One PERFECT ride style at around 60-70km and the other a 40-50km ride. All riders will start together. The shorter ride group will peel off at some stage.

Burra accommodation and transport to be arranged by participants.

Sunday 14th - Drive to Clare, loop ride from Clare, then drive on to Burra.

15th and 16th - Loop rides from Burra

17th - Leave cars in Burra and ride to the Riesling trail. At end of the ride drivers to take a pre-booked bus back to Burra to collect the cars. They collect passengers and bikes on the way back to Adelaide.

Please email Peter (peterjboult@gmail.com) if you are interested.

Slovenia Backcountry Gravel Bike Tour

September 2026

Northern Slovenia provides spectacular countryside, through mountain massifs and glacial valleys and with many gravel cycling trails. The tour goes along the Austrian border to Bled at the foot of the Julian Alps (60% unpaved) and then around Triglav National Park and the Soca Valley (30% unpaved).

This supported trip allows you to enjoy the cycling by having your gear transferred between accommodation for you, dinners and breakfasts provided, guides, plus you can hire their bikes. It is a custom ride for a maximum of 10 people run by a Slovenian Tour Operator.

If you are interested, please email mariennehibbert@gmail.com. For further details, please [click here](#).

Ride reports

Most ride leaders are now posting reports, with photos and often videos, onto Facebook. Even though Facebook has some ugly aspects, this is very efficient and gets to people quickly. People can “like”, or comment, and this helps keep people in touch with each other.

It also promotes our group widely.

All ride leaders are encouraged to use this resource. You can publish as much, or as little, as you want to.

Go to the Facebook page and click **join**. [Click here](#)

Member profile: Robyn Davill (Past President)

I first learned to ride a bike at around age 10, when I was tall enough to reach the seat of a 28-inch ladies' bike without gears. I loved the freedom it gave me to explore, either on my own or with friends. However, as I grew older, cycling faded from my life. It wasn't until my mid-twenties, when I moved to Adelaide, that my interest was reignited - thanks to meeting Paul. I bought a beautiful handmade touring bike from Super Elliotts, and soon after, we went on several tours, including a memorable ride across the north coast of Tasmania.

After that, cycling took a hiatus. But the joy of cycling never fully disappeared and in my early 50s I joined a Bike SA group for weekly 25 km rides. Initially, I found them challenging, but over time, my confidence, fitness, and skills returned, and I started seeking out more difficult rides. Cycling, for me, became like a mini holiday—an escape from daily routines, where I could slow down and notice the small things around me.

Joining SARCC in 2013 introduced me to so many interesting and encouraging people from all walks of life. The camaraderie, laughter, and shared adventures have made every ride memorable. It's also been rewarding to contribute to SARCC by planning trips and serving on the committee.

Paul and I have been part of many fantastic trips with SARCC. One of our first was to New Zealand in 2014, where we celebrated Eric's 70th birthday at a pub on the Otago Rail Trail. Since then, I've been on over 20 trips, each offering the perfect mix of camaraderie, good food, new experiences, and challenges. Some highlights include an overnight trip to Angaston, a 7-day pannier tour around the northern Mt Lofty Ranges and the River Murray, and trips to Perth, Melbourne, Canberra, Berri, Gladstone, and the Victorian Goldfields. But the 2016 trip to Canberra stands out as my favourite. The accommodation was fantastic, and we used the city's excellent bike network to explore Australian landmarks. Paul and I planned the rides using a book, without the digital mapping tools we have today, which made it a bit of a challenge.

My advice to anyone thinking about picking up cycling, whether for the first time or after a break, is simple: **give it a go**. Start with a secondhand bike that fits you well, get it serviced, pick up some gloves and padded shorts, and find a cycling buddy. Then, tackle a relatively flat bike path for about 20-25 km. Oh, and don't forget to plan a coffee stop! Be kind to yourself—before you know it, those 20 km rides will become 40 km, and you'll find yourself getting faster. At that point, consider joining a bike group. There are many groups out there, so find one that matches your speed and the type of cycling you enjoy. You'll meet plenty of like-minded people who can offer advice on gear, help you reach your goals, and, of course, share plenty of laughs along the way.

Living in the southern suburbs of Adelaide, my favourite local ride is the loop from home to McLaren Vale, returning via Moana and the Onkaparinga River mouth. Now, it's possible to do a 50 km loop almost entirely on bike paths, which is fantastic. This ride never disappoints, offering a variety of scenery from seasonal changes in the vineyards to ocean views, wildlife, surfers, and seabirds. And, of course, I'm always spoiled for choice when it comes to bakeries along the way.



Robyn on her trusty steed in the Adelaide hills

Interesting stuff

How much, and how hard, to ride ?

The last 2 newsletters I've given information from Phil Cavell's book, "*The midlife cyclist*". Eg. 150 minutes of moderate exercise a week is really good for you. **However**, for a small number of men protracted intense, or endurance, cycling past middle age carries risks.

So, what can you do about it?

- Start your rides slowly and build up

- Most of your training should be Low Intensity (60 to 70% of your maximum heart rate)
- High intensity (Over 87% of maximum) should only be 10 to 20% of your training
- Some interval training, occasionally, is good
- Incorporate resistance training and training in other ways (off the bike)
- Don't overtrain. We need longer to recover as we age
- Rest and sleep (8 hours) are vital
- Never train with a virus
- Enjoy your rides

Happy riding.

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