

## Safety comes first for SARCC

The committee have decided that SARCC as a riding group need to be more up front about promoting safety and ride protocol. There are many issues regards safety and ride protocol, but the one that is addressed here is cited below to be ready for the coming summer. Each month we will update and highlight others which are on the website.

[Ride Protocol](#)  
[Extreme Weather Policy](#)

### Dangerous weather conditions

- We have updated the hot weather and dangerous conditions policy to be implemented by Ride Organisers and Leaders.
- To remove any ambiguity, Ride Organisers in consultation with Ride Leaders WILL, rather than MAY, cancel rides as per the rules printed in the highlighted box below.
- Ride Organisers and Ride Leaders are encouraged to change the times of rides to avoid a breach of what are now RULES not guidelines. If this is not possible the ride WILL be cancelled.

#### **RIDE CANCELLATIONS: Hot Weather & Fire Danger Policy**

For your safety, **all scheduled SARCC rides WILL be cancelled** under the following conditions:

- 📌 The **Bureau of Meteorology (BOM)** forecast (as of **6:00 p.m. the evening before**) predicts a temperature of **34°C or higher** at the ride's lowest point, **and/or**
- 🔥 The **Fire Danger Rating** for the ride area is listed as **Severe, Extreme, or Catastrophic, and/or**
- ⚡ An **Extreme Weather Warning** has been issued for the ride area by BOM the night before.

In these cases, the **ride coordinator will cancel the ride without further notice**, unless the ride leader opts to reschedule to a safer time.

#### 👉 **What you need to do:**

Check the **SARCC website after 7:00 p.m. the evening before the ride** for updates. The ride may be **cancelled, modified**, or proceed **as scheduled**, depending on conditions.

#### ⚠️ **Important:**

If a ride is cancelled and you choose to ride anyway, it is **not considered an official SARCC ride** and will not be supported by the club.

## SARCC Jerseys

Once again we are offering SARCC jersey's at a \$30 discount from Paladin (Previously Blackchrome). These are top quality jerseys retail for \$78.90 long sleeve and \$72.90 short sleeve. Sizes range from XS to XL. We need at least six orders to get the discount prices of \$48.90 and \$42.90 respectfully.

For those who wish to be fitted for size you can be fitted at Paladin, located at 171B Grange Rd, Beverley SA 5009. Send request with style, size and gender to [SARCCexec@gmail.com](mailto:SARCCexec@gmail.com). Subject: Jersey Once we get more than the minimum order for a style we will call for payment by bank transfer Orders by the end of October please.



## Club Events

- **Next Club Meeting**

The next club meeting will be held at The Cumberland Arms Hotel on Tuesday 21st of October at 7:30pm. We will have two speakers, Grant McEwing talking on Cycle touring around France and Peter Hackworth talking on SARCC's recent Samoa Cycling Tour.

- **EOI SARCC First Aid Information session - when shit happens!**

Bike crash? CPR? How to use a defibrillator. Keep safer and help your mates.

SA Surf Life Saving will tell us what to do in common bike accident situations, first aid, how to perform cardiopulmonary resuscitation (CPR) and practice this on some mannequins. Learn how the modern defibrillators work and what you do. Learn how to identify heat stress and minimise its effect.

- Wednesday 18 February 2026 at 7.30pm, Mitchell Park Community Centre.
- Free to SARCC members
- Dinner can be purchased in the Bistro from 6.00pm

Numbers will be limited so please send your booking request to [SARCCexec@gmail.com](mailto:SARCCexec@gmail.com) the early bird gets a place!

## Coming Tours

### Tour of Kangaroo Island From 22<sup>th</sup> to 27<sup>th</sup> October 2025

Expressions of interest to Peter Hackworth who is planning a six-day ride starting from Penneshaw from. Please see our [tours page](#) for more details. [hackworthp@gmail.com](mailto:hackworthp@gmail.com)

### Great Victorian Bike Ride from 24<sup>th</sup> to the 28<sup>th</sup> of November 2025

If there is anyone interested in participating in the Great Victorian Bike Ride, we are planning to form a group to travel there and back, share the experience and possibly do some rides before and after the tour. Click [here](#) for more details.

## NZ North Island Tour

February 2026

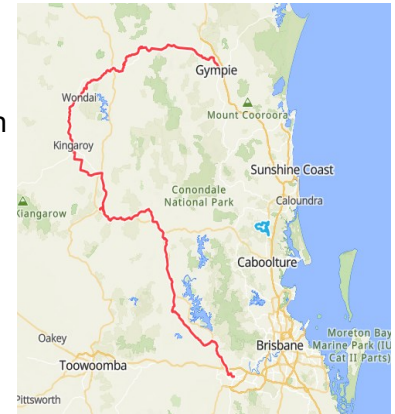
We are doing a tour to New Zealand to explore the North Island trails and sights. Starting Monday February 22<sup>nd</sup> 2026 for about 17 days.

This tour is booked out.

## Brisbane Valley Rail Trail Loop – small Group Tour Winter 2026/7

Expressions of interest are sought from riders interested in an unsupported loop ride out from Brisbane. Travelling by train up to the Glass House Mountains, doing a loop ride there (32km), then on the train again up to Gympie and across to the top of the Brisbane Valley Rail Trail to Ipswich (347km) to catch the train back to Brisbane. Camping, cabins or local pubs etc.

Contact Pete Boult at [Peterjboult@gmail.com](mailto:Peterjboult@gmail.com)



## Flores (East NUSA Tenggara) - Sumba - West Nusa Tenggara small group tour Winter 2026/7.

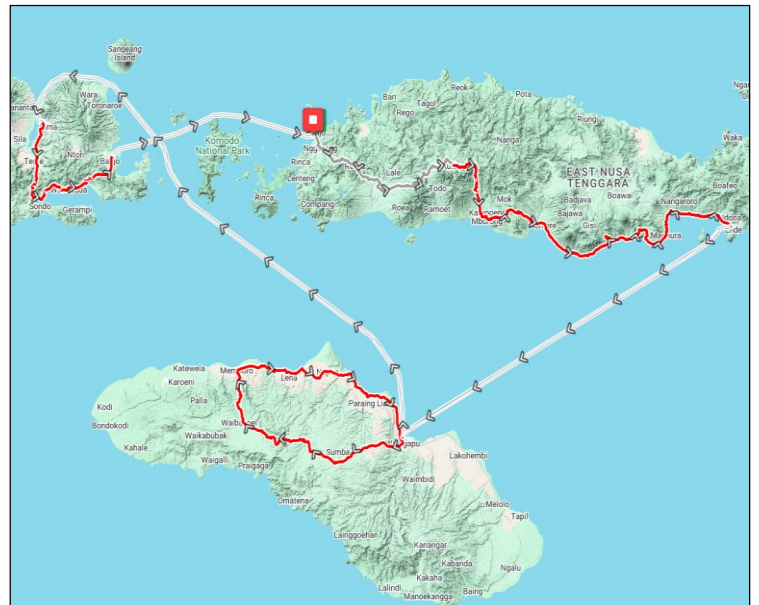
Expressions of interest are sought from riders interested in 2-3 weeks of riding / snorkelling / wildlife viewing.

Visit 3 different cultures.

- WNT – Muslim,
- ENT – Catholic
- Sumba - Protestant

Prerequisites needed

- Familiarity with travelling in third world countries
- Able to transport own bike to the start.
- Flexible time frame – requires booking changeable flights for the return in case of delays.
- Able to cope with flexible itinerary as the tour continues
- Able to often start at the crack of dawn to avoid the heat.



Possible individual or group tour to Komodo National Park at the beginning or end of tour.

Homestays available on Agoda or booking .com

Contact Pete Boult at [Peterjboult@gmail.com](mailto:Peterjboult@gmail.com)

## Facebook Group

### Stay Connected: SARCC Tour & Ride Reports Now on Facebook

Our SARCC Tour and Ride reports are now regularly shared on our **Facebook Group Page**, and it's great to see the community growing – we're now at **110 members** and counting!

Everyone is welcome to post – whether it's a SARCC tour, a local day ride, or even a link to your own cycling adventures. For example, **Peter Boulton** recently shared photos and a link to the **13-day tour he and Chris Jones** completed around **Lombok and North Bali**.

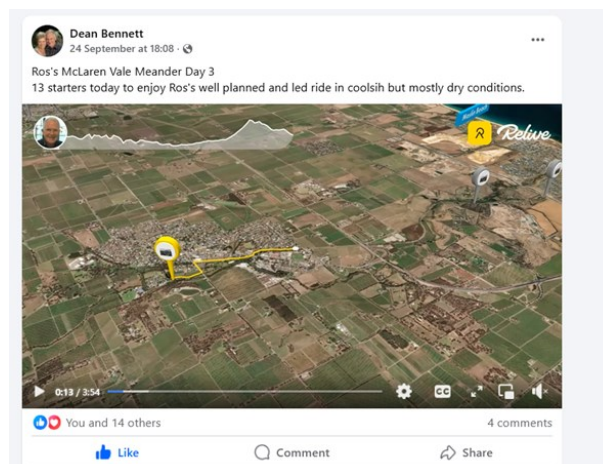
We encourage others to share their stories too!

If you're hesitant about Facebook because of the ads or politics, don't worry – just go straight to our group page. It's a focused space, free from the usual noise, and all about riding, sharing, and staying connected.

Try <https://www.facebook.com/groups/843064481097785>



See all





## Member profile: Trevor May

I started riding a bike when I was about eight years old, growing up in the Adelaide central city area. My first bike was a second-hand, single-speed with 24-inch wheels. I used it to get to school and to explore the local streets, including regular loops around West Terrace Cemetery near where I lived at the time.

When I was 12, I got a brand-new bike for Christmas – a full-size, single speed, Malvern Star. Chrome wheels and all! That was a big moment and I rode it everywhere for around 15 years. Back then, there were no bike lanes, no gears, and a lot less traffic and riding on the road was just part of life.

I kept riding well into my working life. For many years I commuted by bike, especially when I was working in the city and at Adelaide Uni part time, and, then, living in Walkerville. I worked for the PMG (Postmaster-General's Department), which later became Telstra, and much later in my career, when I had access to a car and a company car park, I often chose to ride the 30k round trip to work instead. It became more than just a way to get around – it was a way to keep fit and clear my head.

In fact, I'd say cycling has played a big role in managing stress throughout my life. After a tough day at work, a 15 km ride home followed by a shower and a glass or two of red wine everything became OK again. In later years it became even more important for my mental well being.

After a break from regular riding while living in Darwin and Cairns in the '70s, I returned to Adelaide and took up cycling more seriously again – first commuting, then riding for fitness and fun. Eventually, I upgraded to a better multi-speed bike, and later, to a lightweight carbon-fibre road bike. The difference was significant, and it really encouraged me to keep riding.

Through cycling, I've explored far and wide in SA, including the Mawson Trail. I've done numerous Great Victorian Bike Rides, a 10 day ride in Tasmania and some great overseas trips, including Cornwall in the UK, and a Vietnam, Thailand, and Cambodia ride. I also rode the Camino de Santiago from Pamplona in Spain to Santiago – a memorable trip.

I joined Retire Active SA (formerly ARPA and now SARCC) Bush Walkers and Wed riders about ten years ago, and that's when I got into more regular group rides. Before that, I rode with the Adelaide Bushwalkers, who also had a strong cycling group. Group riding was something I hadn't done much of before, but I've found it to be a great way to connect and stay motivated.

One highlight was joining the SARCC tour of New Zealand led by Eric Chaney – a memorable and enjoyable experience. I've also done unsupported group rides around the South East and the mid-north of SA, carrying all my own gear on a mountain bike with panniers. Those were a great way to ride and camp out off main roads.

If I had one piece of advice for anyone thinking about getting back into cycling – especially later in life – it's this: don't skimp on the bike. A good-quality, properly-fitted bike can make all the difference. If a new bike is too heavy or the wrong size, you won't enjoy riding and you'll probably give up. But a bike that fits well and feels right can turn every ride into a joy. Once you get started you can upgrade further as it suits you.

The beauty of cycling is its flexibility – you can take it easy or push yourself, explore new places, or just ride the same route and enjoy the rhythm. It's great aerobic exercise without the impact on your joints. And best of all – you're doing it sitting down! However whatever you do make sure you can be seen by wearing high visibility gear and using bike lights especially when riding on busy roads.



## Regular rides

### Sunday Pleasure Rides:

Organiser; Helen Tetley 0466 870 177

12th October 2025 Exploring the Adelaide Hills

Mt Barker, Littlehampton & Nairne

Meet at 10.00am at the Mount Barker Homemaker Centre on Dutton Road Mount Barker. BYO lunch. Coffee after the ride. 37kms 406m elevation gain 21% unpaved. Mountain or hybrid bikes are recommended.

26th October 2025 Ride to Brownhill Creek

Meet at the northern side of Croydon Railway Station at 10am. Ride along bikeways and paths to Brown Hill Creek. Those who wish to ride to the top may do so, or take an extra coffee stop at the Brown Hill Creek Café. BYO lunch. Coffee afterwards. 40kms.

### 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

1st October 2025 Woodside - Lobethal - Lenswood Roz 0448 741 556

Meet 9.30am to offload bikes for 10am prompt start at Woodside Oval car-park, Woodside. A scenic loop of mixed flowing bitumen and gravel starting from Woodside. Coffee stop at Lobethal Bakery, Lobethal. Bring lunch/substantial snack item for lunch-stop at Lenswood Oval. Paved 61% unpaved 39% 35km Bike Type: All

<https://ridewithgps.com/events/391118-woodside-lobethal-lenswood>

15th October 2025 Kuitpo Echunga Meadows Gold Fields Patsy 0439 332 533

Meet in Echunga RSL carpark (main street) at 9:30am for 10am start, ride through Jupiter Creek gold Diggings and Kuitpo Forest. Loo stops Meadows and Kuitpo forest hut for rest. Much of it dirt roads and tracks. Coffee stop at Meadows Cafe.

40km Elevation: 402m Time: 2.15hrs

Bike Type: Hybrid or mountain (wide tyres)

<https://ridewithgps.com/events/395821-kuitpo-echunga-meadows-gold-fields-copy>

29th October 2025 Mt Crawford – Mt Pleasant Roz 0448 741 556

Meet at 9.30am for 10am start at the car park on Warren Road, corner of Chalks Road (near the intersection of Warren Road and Forreston Road).

The most direct way from the city is via Houghton on the B10, then take the B31 turnoff, and then turn right onto Checker Hill Road, then left onto Forreston Road. Allow an hour's drive to arrive at the meeting point. A scenic ride with some bitumen but mostly along forest tracks and country roads through tall pine-tree plantations.

Coffee stop at Lovell's Bakery, Mt Pleasant, a quaint rustic little place with spacious outdoor sitting area and a great selection of cakes!

Bring lunch/substantial snack item for optional end-of-ride wind-up, picnic style, at Chalks

Campground. 43km Elevation: 580m

<https://ridewithgps.com/events/391123-mt-crawford-mt-pleasant>

## Thursday Rural Rides:

Organiser; Di Beltrame 0424 957 532

2<sup>nd</sup> October 2025. Meet at Woodside pool carpark 10am – Contact Di 0424957532

9<sup>th</sup> October 2025. Meet at Woodside pool carpark 10am – Contact Ron 0408812137

16<sup>th</sup> October 2025. Meet at Woodside pool carpark 10am – Contact-Justin 0466104900

23<sup>rd</sup> October 2025 Meet at Meadows hall 10am -Contact Steve 0418852234

30<sup>th</sup> October 2025. Meet at Woodside pool carpark 10am – Contact Niv 0424957532

Details and routes to be advised

## PERFECT Rides:

Organiser; Peter H. 0448 364 138

Sunday October 12th 2025 at 9am from Angaston

Start at Angaston Railway Station.

Loop ride of 60-65km with approx 700m ascent.

Suitable for gravel and mountain bikes.

Details and route to be advised

## Sunday Hills Rides (early start):

Organiser Peter B 0412830272

Rides will commence every Sunday morning from various locations at between 8 am 9am depending on time of year - from 19<sup>th</sup> October until the end of April except when there is a PERFECT ride. If temperature forecast greater than 34C before 1pm, rides will start at sunrise. Rides will be *cancelled if a Severe, Extreme or Catastrophic fire danger OR an Extreme Weather Warning for SUNDAY MORNING in the Adelaide Hills or Mt Lofty is issued on the BOM site at 7pm the night before.* Contact Peter B for confirmation.

Not recommended for heavy e-bikes. Generally greater than 40% gravel, some exploration tracks with styles and closed gates on route. Some **intermediate and advanced Mountain Bike tracks**

RWGPS map and detailed cues can be downloaded from here under the appropriate date

<https://ridewithgps.com/clubs/8122-sarcc/events?>

19<sup>th</sup> October.

Start Heathfield Oval 8:30am

Loop ride 40km, 830m climbing, 57% gravel or off road

Out via Mount George, **Coffee at Ashton**. Back via Cleland mountain bike tracks and Woorbinda Bushland Reserve

26<sup>th</sup> October.

Start Norton Summit Reserve 8:30am.

Loop ride 38km 770m climbing. 40% gravel or off road

Out via Moores Rd, Marble Hill, and Ashton for **Coffee at Uraidla**. Back via Gully Rd, Heysen Trail, Sprigg Rd, Cleland mountain bike tracks and Ridge Rd