

Safety comes first for SARCC

Rider's responsibilities

When riding in a SARCC group, please;

- Follow the ride leader's instructions.
- Carry ID and an emergency contact number.
- Ensure that you, and your bike, are fit for purpose. This includes:
 - Wearing at least 50% high-vis clothing.
 - Having a maintained bike - with a bell and a rear light.
- Obey the road rules and be considerate of others.
- Call out potential hazards. **However**, each rider is responsible for making their own judgements.
- Notify the leader, or "Tail End Charlie", if you leave the group before the completion of the ride.
- Not to get ahead of the Ride Leader without their permission.
- When on busy roads, ride in a single file and in bunches of no more than six - so that vehicles can overtake safely.

RIDE CANCELLATIONS

All SARCC rides WILL be cancelled under the following conditions:

🔑 The Bureau forecast is **34°C or higher** at the ride's lowest point (6:00 pm the night before)
or

🔥 The Fire Danger Rating is **Severe, Extreme, Catastrophic**
or

🚨 An **Extreme Weather Warning** has been issued the night before.

The ride coordinator will cancel **without further notice** (he/she may reschedule to a safer time). Check the Facebook page.

If you still choose to ride, it is not an official SARCC ride.

Member profile: Denise Ryan

In my family, there was a rule: you couldn't get a bike until you turned ten. As the eldest of three, I had to wait and, as the eldest often does, I set the standard. Of course, my sister got one at nine and my brother at six! At the time I felt it was a unfair (but not now), so once I finally got my bike, I was off.

My sister and I spent hours after school riding around the local playground, lap after lap, just for the fun of it. My grandpa was my cycling role model, he rode everywhere, rain or shine, because his bike was his only transport. I thought that was pretty impressive. By high school I was allowed to ride to school, and I did, all through to my final years, even when it wasn't considered "cool" by my peers. I figured it was too far to walk, so practicality won out over fashion. My sister and a friend rode too, and we'd sneak in through the back gate so nobody would see us parking our bikes.



Denise on the recent Burra tour

After finishing school and heading to teachers' college, cycling took a bit of a back seat. I was too busy studying and being social. But in my twenties, my husband and I bought bikes (mine was a Super Elliot) and started riding regularly for pleasure on weekends. I rode to work too, when I could, although being a kindergarten teacher meant I was often carrying gear for cooking or gardening. Some days the car won. Then, in 1979, we went overseas for a year on \$10 a day. We travelled through the UK and Europe and often hired bikes because they were cheap and gave us freedom to explore. In Denmark we'd ride out to castles; in the Netherlands we hired bikes for a week. It was fantastic. At one point we ended up working on a potato farm in Herefordshire, cycling through the forest each day to get there. Steve drove the tractor with the digger on the back, and I sorted potatoes. It was awful. I still don't eat many potatoes!

My worst cycling moment came not on the road but on the railway line. I was taking the car for a service, with my son in the back seat and my bike on the rack, when the bike bounced off right onto the railway track! I had to pull over, dash out, and wrestle it back on before a train came. Looking back, it could have been disastrous, but at least it makes a good story now.

Fast forward to 2010, when I went to Japan to teach English in Himeji - Adelaide's sister city. My apartment came with four bikes, passed on from teacher to teacher. Everyone rode there, and it was brilliant. Each morning I'd ride from my apartment to the station, leave my bike in storage, catch the train, then pick up my second bike to ride to school. It was all so easy and safe. One of my fondest memories is riding past Himeji Castle (Japan's most famous) through every season: cherry blossoms, autumn leaves, winter frost. I used to think how lucky I was to be there, on a bike, seeing it all.

When I came home to Adelaide, I gradually dropped to part-time teaching and joined Bike SA's Tuesday Traverse rides. That opened up a whole new world for me. I discovered parts of Adelaide I'd never seen, and sometimes I'd have absolutely no idea where we were - just somewhere in the northern suburbs! Later, I heard about SARCC through Robin Davill, who told me about a New Zealand cycling trip in 2017. I signed up and loved every minute. That trip was my first real cycling tour, and it was amazing. I met so many great people, some of whom are now close friends. John, my partner, was one of them, although we'd actually ridden together on Tuesday Traverse before that. He doesn't remember that part, but I do! Since then, I've helped organise trips (including New Zealand in 2023), and joined rides to Myrtleford, Port Fairy, Geelong, Beachworth and beyond. I especially enjoy the SARCC three- or four-day trips, which are long enough to feel like a proper getaway, but not so long that you need a week to recover. They're inexpensive, relaxed, and full of good company.

Cycling has given me far more than fitness. It's taken me to places I never would have seen otherwise; through the back roads of South Australia, the small villages and canals of the Netherlands and the everyday life of suburban Japan, which is so easy to see when on a bike.. It's also brought wonderful people into my life, and yes even a bit of romance on two wheels.

For anyone thinking about taking it up, especially after retirement, my advice would be: start small. Learn (or re-learn) the basics on a manual bike before joining a group, particularly if you're thinking about getting an e-bike. They're wonderful, but faster than you think, and good bike handling really matters. Above all, just get out there. When you're on a bike, you see things differently, you hear the birds, smell the blossoms, feel the breeze. You're part of the world, not just passing through it. And that, for me, is what cycling's all about.

Coming Tours

Great Victorian Bike Ride from 24th to the 28th 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

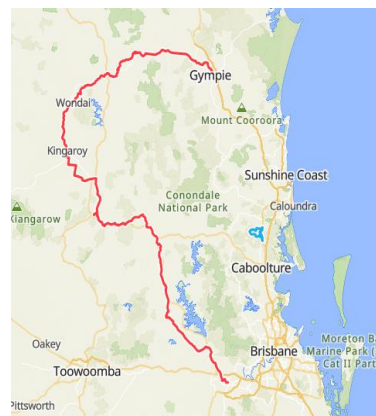
February 2026

Tour to New Zealand to explore the North Island trails and sights. Monday February 22nd 2026 for about 17 days. This tour is booked out.

Brisbane Valley Rail Trail Loop – small group tour May 2026

Expressions of interest are sought from riders interested in an unsupported loop ride out from Brisbane. From Gympie, or Kilkivan, doing the Kilkivan, Kingaroy and Brisbane Valley Rail Trails to Ipswich (347km).

Contact Pete Boulton at Peterjboulton@gmail.com



Flores (East NUSA Tenggara) Sumba (West Nusa Tenggara) Winter 2027

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

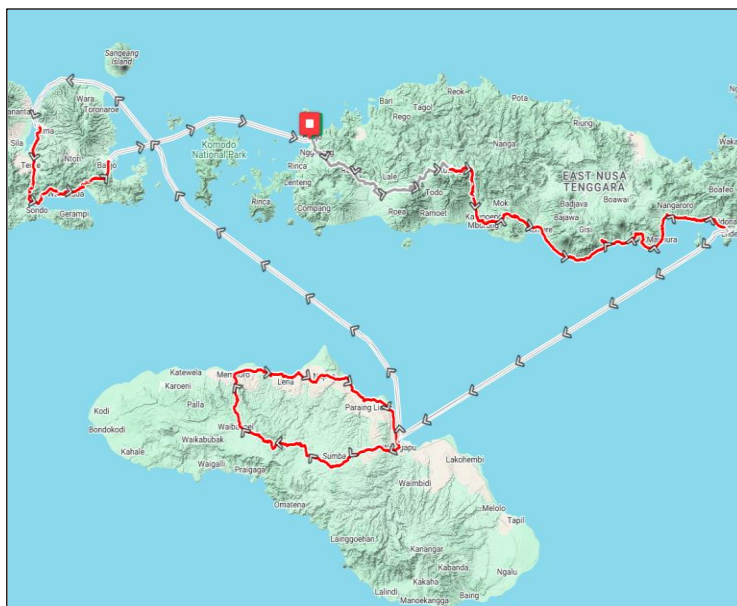
Prerequisites needed

- 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.

Homestays available on Agoda or booking.com

Contact Pete Boulton at Peterjboulton@gmail.com



Interesting stuff

How long since you had a bike fit? Should you get one when you get a new bike, or as you age (hint; yes you should). Click for info.

<https://www.bicycling.com/skills-tips/a66024457/bike-fit-should-change-as-you-age/>

Regular rides

Sunday Pleasure Rides:

Organiser; Helen Tetley 0466 870 177

9th November 2025 **Southern Vales**

Sue S. 0402 880 655

Meet at 10am at the McLaren Vale Information Centre for a ride to McLaren Flat, up Peters Creek Road to Kuitpo HQ. We return via Penny's Hill Road.

BYO lunch, 42kms, sealed & unsealed roads. 514m elevation gain.

23rd November 2025 **To Semaphore**

Angela R. 0418 852 659

Meet at Victoria Square at 10am. Ride to Semaphore for lunch. Back via Military Road and Marlborough Street to the Torrens Linear trail and onto Tropp's Café for coffee.

Flat ride of around 40km.

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

12th November 2025 **Little Para River Trail**

Ros 0448 741 556

Meet at Mawson Lakes railway station and bus interchange at 9.45am for start at 10am. The train departs Adelaide Central at 9.23am to arrive at Mawson Lakes Interchange at 9.40am.

For those driving there, there is a car-parking area bound by Elder Smith Road, Metro Parade and Central Link, however, car spaces can be limited. Approaching from Main North Road, take a left turn on Elder Smith Road, or approaching from Salisbury Highway, take a right turn on Elder Smith Road.

There are public toilets at the interchange. The ride involves a circuitous route along shady bikeways and interesting river trails. There will be a coffee stop at a bakery. Bring optional snack/small lunch item for a second rest stop.

Distance: 42km Elevation: 415m. Wide tyres please. See also

<https://ridewithgps.com/events/391125-dry-creek-and-little-para-river-trails>

19th November 2025

Crafrers West Hills Ride

Jo 0432 429 922

Meet at 10am at the weir. Ride to Crafrers via the Mt Barker Freeway bike path. On to Crafrers West to Sheoak Road with a very very steep fast descent, right into Pony Ridge Road to the end. Pick up walking path and walk bikes for 15mins down very steep **but safe** switch backed walking trail to end at far eastern end of Brownhill Creek. Ride out of Brownhill Creek Park to Waite Institute for coffee/lunch. Ride through Myrtle Bank and Fullarton to Porter St, to South Parklands, to East Parklands and Hackney Road to Torrens Linear Park to Weir.

Wear shoes with some tread if possible. 40 kms of mainly hills. Wider tyres please

Thursday Rural Rides:

Organiser; Di Beltrame 0424 957 532

6th of November 2025 **Away Ride – Chalks Campground to Tungkillo Loop** Paul 0427 537 836

Meet at 10am at Chalks Campground. Coffee at Mt Pleasant and lunch at Tungkillo. Some unsealed roads. See also <https://ridewithgps.com/events/430099-thursday-away-ride-chalks-to-tungkillo-l>

13th November 2025 **Woodside - Amy Gillett opening**

Robyn 0401 364 019

Meet at 10am at Woodside Pool car park. Some unsealed roads. Coffee at Woodside, Amy Gillett Bikeway to the official opening of the extension. Lunch at Birdwood Oval. This is a "relaxed ride". A longer, harder ride is available but requires a leader. See also

<https://ridewithgps.com/events/429894-thursday-rural-ride-amy-gillett-opening>

20th November 2025 **Woodside**

Geoff 0423 205 412

Meet 10:00am Woodside Pool car park. Some unsealed roads.

27th November 2025 **Woodside**

Trevor 0401 717 031

Meet 10:00am Woodside Pool car park. Some unsealed roads.

PERFECT Rides:

Organiser; Peter H. 0448 364 138

9th November 2025

At 9am Details to be advised

Sunday Hills Rides (early start)

Organiser; Peter B. 0491 705 816

A description of these rides is on the web site. If you like fun riding, they are great. Why not give one a go?

2nd November 2025

Start at Norton Summit Reserve at 8:30am. Loop ride 38.km, 826m climbing, 40% gravel or off-road. Out via Moores Road, Marble Hill, and Ashton. Coffee at Uraidla. Back via Gully Road, Heysen Trail, Sprigg Road, Cleland mountain bike tracks and Ridge Road. An option is to go down to Cherryville and back.

RWGPS event and route information – [Click here](#)

16th November 2025

Start Mylor Oval at 8:30am. Loop ride 39.km, 692m climbing, 55% gravel or off-road. Mylor - Longwood, Paechtown, Totness rec park. Handorf for Coffee

23rd November 2025

Start at Bradbury at 8:30am (corner of Mt Bold and Lamont Roads). Loop Ride, 39km 830m climbing, 44% gravel or off road. Bradbury - Scott Creek Conservation Park - Clarendon for Coffee and back via Old Almanda Mine site.

30th November 2025

Start at Norton Summit Reserve at 8am. Loop ride 37.9km, 880m climbing, 40% gravel or off road. Norton Summit, Ashton, Collins Road, Sprigg Road, Warren Track to Mt Lofty for coffee. Back via Cleland CP, Crafers, Gully Rd, Range Rd, Knotts Hill and Debney's Road and Monument track.

Happy riding.

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