




## Safety comes first at SARCC

### Leaders responsibilities - when leading a ride;

1. Attend the ride - or find an alternative leader who is familiar with the ride.
2. Introduce, and welcome, new members to the group.
3. Give a short description of the ride. Emphasise any special features, or hazards, that are expected.
4. Keep the group together. Incorporate regular stops, in safe locations. Quickly identify, and find, any missing participants.
5. Stay close to the front of the group so that nobody at the front is out of sight or earshot.
6. Carry a working mobile phone and a first-aid kit.
7. Manage a mechanical breakdown service if necessary.
8. Appoint a "Tail End Charlie" to act as sweep if a ride has 10+ participants. Exchange mobile numbers and route details with them.
9. Do the ride that is in the program. If you need to make any changes, gain the consent of the members to ensure that those present are capable of the new ride.
10. Pace the ride at a comfortable speed based on the skill, and experience, of the riders present.
11. Break the group into small numbers, of six or less, where the road is narrow and the traffic is potentially dangerous.
12. At the completion of the ride, return to the starting point and wait until the last rider arrives. If this is not possible, appoint a substitute leader to finish the ride.

### RIDE CANCELLATIONS

All SARCC rides WILL be cancelled if:

-  The Bureau forecast is **34°C or higher** at the ride's lowest point (at 6 pm the night before)  
or
-  The Fire Danger Rating is **Severe, Extreme or 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 contributions – always welcome

### Newsletters

You are always welcome to submit stuff to this newsletter. Ride leaders do a great job. Deadline for articles is 4 days before the end of each month. Eg. January's deadline will be 28<sup>th</sup> of December.

### Talks

We are always looking for people to give talks at the Cumberland Arms Hotel on anything bicycle related. As an incentive - **speakers will have their meal, and one drink, paid by SARCC !**

If anyone is interested email [Peter Boult](mailto:peter.boult@sarcc.org.au).

## Coming events

### Pre-Christmas get together

Cumberland Arms Hotel, Tuesday 16<sup>th</sup> of December.

6:30pm for Dinner and Drinks

7:30pm for two talks and questions.

## 1. Ryan Minney – Exercise Scientist

Ryan Minney, an experienced Exercise Scientist with the Swiss-based Kieser Physio, Rehab & Strength gym group. Ryan brings a wealth of cycling knowledge and a passion for helping riders of all levels improve their comfort, performance, and long-term wellbeing.

His areas of expertise include:

- Enhancing comfort and preventing injuries
- Promoting longevity in both cycling and everyday life
- Boosting performance and efficiency on the bike

Don't miss it !

## 2. Pete Boulton and Chris Jones – Bali and Lombok

Don't miss it !



## Member profile: Helen Tetley

Helen is the Sunday Pleasure Group Ride Coordinator.

I honestly can't remember a time when I didn't have a bike. However, I did find a black-and-white photograph recently, me on my second birthday, perched proudly on a three-wheeler trike. I'm guessing it was a birthday present from Mum and Dad. From there I reckon I graduated to a bigger trike, and eventually to Mum's old bike when I was about nine or ten. My first brand-new bike arrived at Christmas in 1971: a gleaming Malvern Star. I was still in primary school, and that bike carried me into high school two years later. My sister and I would proudly ride around the block with our pet galahs sitting in the basket, visiting nearby friends. Looking back, it's a vivid memory of growing up in Adelaide's western suburbs.



Helen and her trusty steed

After high school, cycling slipped quietly out of my life. I didn't ride again until many years later, when Bob and I had two young boys and a caravan. We'd take four bikes on holidays and do short trails wherever we were staying, McLaren Vale's Coast to Vines Trail was a regular favourite. I still remember the thrill of flying down the road after a visit to Ross Roses, a well-known rose nursery back then. But real, consistent cycling didn't begin until October 2019 when I retired. I then joined SARCC through a friend, Helen Stevens - just before COVID cut South Australia off from the rest of the world in early 2020. We were riding Sunday Pleasure Rides and we've been part of the group ever since.

Cycling has since become a major part of my life with Bob. We've combined it with our love of caravanning, completing tours with SARCC and taking long riding holidays on our own. Last year we

drove across to Perth for a SARCC tour, then continued exploring Western Australia's southwest corner for 12 weeks. This year we had a 14-week trip through Queensland, clocking up 40 rides and 1,250 kilometres. One of my favourite Queensland rides was the Boyne Burnett Inland Rail Trail near Gladstone, big sweeping bends, deep cuttings, six tunnels... just beautiful. Closer to home, one special achievement for Bob and me was completing the Lavender Trail. It took us 14 individual rides, usually riding 20 kilometres along the trail and returning on backroads. We're not big-distance riders, so we did it the way that suited us.

The worst moment in my cycling life, I regret to say happened early this year when I had a fall on a SARCC ride at Morialta and ended up with a spiral fracture of my tibia. That meant 12 weeks of no activity, not even square dancing, which I usually do twice a week. Getting back on the bike afterwards took time and determination, but I had a deadline: we were heading to Queensland. And I made it! I feel lucky, because many people never return to riding after a serious fall. On the other hand, the best moment was on a ride Bob and I did last year in Western Australia, from Walpole to Monastery Landing through the Walpole National Park. Here's what I wrote later that day:

*"We didn't expect the serene beauty and peacefulness of Monastery Landing. It caught us by surprise. We sat on the jetty for some time eating our lunch, surrounded by the reflections of the forest in the still waters of the Franklin River. It was here in 1910 that a ministerial party decided this area should be set aside for conservation. It was just beautiful."*

Cycling has genuinely changed my life. Bob and I still have our own individual interests, but cycling is something we now share. We put aside two days a week to ride, and we plan our caravan trips around rail trails, shared paths and routes I map out on RWGPS. (I use the free version normally, and take out a paid subscription when travelling so I can use the navigation tools.) I even map our scenic drives on it!

Taking on the role of Sunday Pleasure Ride Coordinator four years ago was my way of giving something back to the club. I've enjoyed it, and I'm grateful for the small group of people who regularly step up to lead rides. But I will say this: we need more ride leaders! If more people volunteered occasionally, the workload could be shared more evenly so that we can keep offering the variety of rides that everyone enjoys.

Cycling doesn't just give me fitness or recreation. It has reshaped my life, broadened my world, and connected me to a community I value.

## Coming Tours

### NZ North Island Tour

February 2026

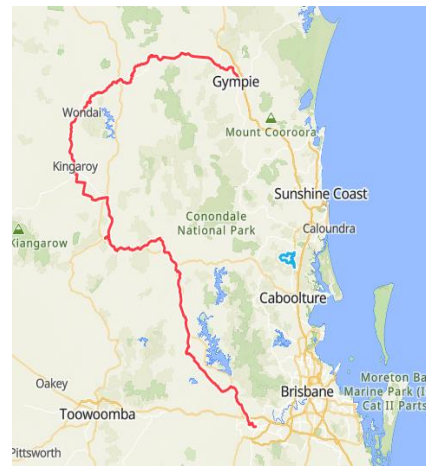
We are doing a tour to New Zealand to explore the North Island trails and sights. Starting Monday February 22<sup>nd</sup> 2026 for about 17 days.

This tour is booked out.

## Brisbane Valley Rail Trail Loop – small group tour 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](mailto:Peterjboulton@gmail.com)



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

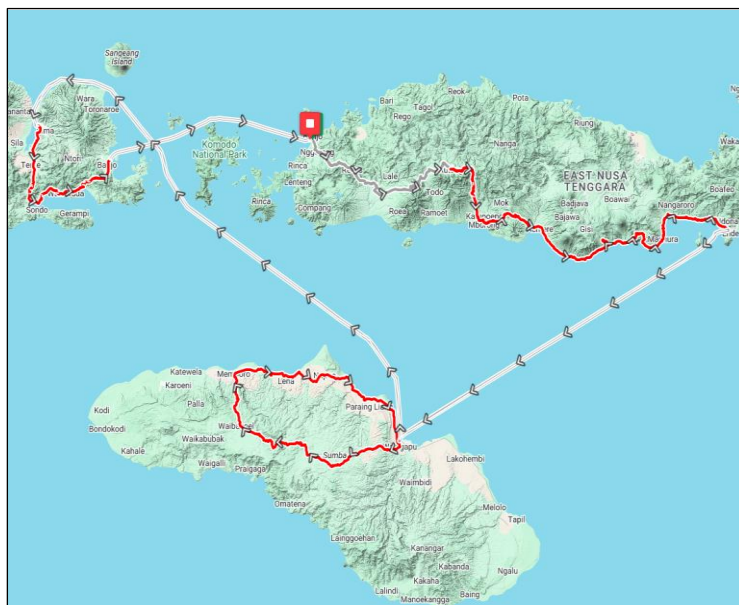
Expressions of interest are sought from riders interested in 2-3 weeks of riding / snorkelling / wildlife viewing.

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](mailto:Peterjboulton@gmail.com)

## Interesting stuff

The [Highbury Aqueduct Trail](#) is experiencing a partial closure.

- **Area affected:** The western portion from Boundy Road through to Gallery Road.
- **Reason:** To manage the spread of the invasive [Giant Pine Scale](#) pest, which requires tree removal and biosecurity monitoring.

- **Duration:** The restricted area will remain in place for up to three months after tree removal is finished, to monitor the pest's activity.
- Once the closure is lifted, site remediation will continue - including revegetating with native species.
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## Regular rides

### Sunday Pleasure Rides:

Organiser; Helen Tetley 0466 870 177

7<sup>th</sup> December 2025

#### End of year ride

Meet at SA Maritime Museum, 126 Lipson Street, Port Adelaide at 10am. Approx 33 km loop via the Western Suburbs Waterways, shared pathways and backstreets.

We return to Lipson Café, for lunch at around 1pm. **Partners** are most welcome to join us.

Please let me know if you are attending, so we can confirm the reservation.

### 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

9<sup>th</sup> December 2025

#### Goolwa to Victor (Tuesday)

Ros 0448 741 556, Tony 0407 759 260

Meet at 9.30am at the car park next to Hector's on the Wharf, Goolwa, to be ready for 10am start. Hector's on the Wharf is at the end of Cutting Road, near the corner of Dunbar Road.

This classic ride, with views of the ocean, takes us along the Encounter Bikeway, with coffee-stop at Boulangerie, The Strand in Port Elliot.

Bring lunch for lunch-stop in central Victor Harbor at Warland Reserve (or buy across the street from a cafe). An option is to ride a further 5km to The Bluff (Rosetta Head) and back.

Distance (return to Goolwa) 48km. Suit all bikes. For those wanting to ride just one way (24km), please make your own arrangements. There are good car-parking facilities at Kent Reserve, off Kent Drive, west of Victor Harbor, just a 2km ride along the cycleway.

See also <https://ridewithgps.com/events/432437-goolwa-to-victor-harbor>

10<sup>th</sup> December 2025

#### Victor to Waitpinga (Wednesday)

Ros 0448 741 556, Tony 0407 759 260

Meet at 9.30am at Kent Reserve, Kent Drive, west of Victor Harbor to be ready for a 10am start. Co-ordinates: -35.5638 138.6121. Bring lunch for lunch-stop at the Waitpinga Campground (toilet there).

Coffee-stop on the way back at The Boulevard Cafe. The 38km loop ride involves 74% bitumen and 26% gravel, 455m elev. Suit gravel and mountain bikes.

See also <https://ridewithgps.com/events/432680-victor-harbor-to-waitpinga>

### Thursday Rural Rides:

Organiser; Di Beltrame 0424 957 532

4<sup>th</sup> December 2025

#### Away Ride

Greg Lamey 0455349304

Meet at Cudlee Creek tennis courts for 10am start. Some unsealed roads.

11<sup>th</sup> December 2025

#### Woodside

Kevin Burret 0473523162



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

18<sup>th</sup> December 2025

**Christmas Ride**

Di Beltrame 0424 957 532

Meet at 67 Ostigh road, Carey Gully for a 10am start. Bring along food to share and your drinks. Swimmers, if you want to take a dip in the pool.

**Partners** welcome to come along. Also, plenty of space at our house if some of the riders from other SARCC groups want to join our ride.

#### **Note**

25<sup>th</sup> December 2025 and 1<sup>st</sup> of January are Thursdays but there will be **no planned rides**. Plan a ride yourselves if you eat too much pudding and need to work it off !

## **PERFECT Rides:**

Organiser; Peter H. 0448 364 138

Sunday December 7<sup>th</sup> 2025

**Tailem Bend**

Kevin D 0411 203 893

Meet at Tailem Bend Railway Station for 9am start. Approximately 60km with 300m ascent. Bitumen, gravel, dirt and single track. Not suitable for road bikes. No services on ride. BYO food, water, spares, etc.

[For RWGPS Event and route click here.](#)

Please let Kevin know if you intend to come.

## **Sunday Hills Rides (early start)**

Organiser; Peter B. 0491 705 816

**Note.** These rides are not suitable for heavy e-bikes.

December 14<sup>th</sup>

**Houghton**

Meet at Houghton Cemetery at **8:00am**. Loop ride 38km, 670m climbing, 55% gravel or off road. Coffee at Kersbook Hills Wine and Cider. Leave via NE road, then along 90% gravel up to Kersbook.

Return via a climb up Kerbrook Rd, which although often busy, has a wide shoulder. Please wear HIGH VIZ and have a back light. Mt Gawler summit and a glorious 10km gravel section back to Murray Rd using the Pipeline track!

December 21<sup>st</sup>

**Norton Summit**

Meet at Norton Summit Road Rec Res at **7:30am**. Loop ride, 898m climbing, 54% gravel or off road. Coffee in Stirling – 20km. Out via Ashton, Ridge Rd & 90% single track and gravel to Stirling.

Back via Stirling back roads, Mt George (avoiding steep hill on Mt George Rd), south side Uraidla, Collins Rd, Dabney's Rd, Monument Rd and difficult single track.

December 28<sup>th</sup>

**Belair**

Meet at Belair Station at **7:30am**. Loop ride, 918m climbing, 53% gravel or off road. Coffee at Mt Lofty. Out via Belair and Cleland National Parks. Return via Sprigg Rd, Woodhouse trail, Mt George and Mark Oliphant Conservation Parks

Happy riding.

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