

I hope you all had a wheely good Christmas.

Safety comes first at SARCC

Please be aware of all your safety responsibilities – including the ride cancellation policy.

EOI SARCC First Aid Information session

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 CPR and practice this on some mannequins. Learn how the modern defibrillators work, how to identify heat stress and to minimise its effect.

- Wednesday 18th of 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.

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** (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

If you have something for the newsletter let me know. Or, if you are prepared to give a talk at a gathering, please let the committee know - email [Peter Boult](mailto:PeterBoult).

Coming Tours

NZ North Island Tour

February 2026

Starting Monday February 22nd 2026 for about 17 days.

This tour is booked out.

Brisbane Valley Rail Trail Loop – small group May 2026

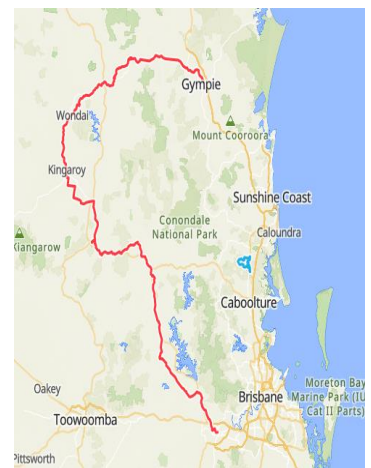
Expressions of interest are sought from riders interested in an unsupported loop ride out from Brisbane. From Gympie, or Kilkivan, doing the Kilkivan, Kingaroy and Brisbane Valley Rail Trails to Ipswich (347km). See map.

Contact Pete Boult at Peterjboult@gmail.com

Indonesia - Flores and Sumba Winter 2027

Expressions of interest are sought from riders interested in 2-3 weeks of riding / snorkelling / wildlife viewing. See previous newsletters or the website.

Contact Pete Boult at Peterjboult@gmail.com



Member profile: Brian (Smokey) Ashton

I've had bikes for as long as I can remember. Growing up on a farm at Wrattenbully, in the South-East, the bike was simply how I got around. My first bike was a single-speed with a back-pedal brake and I rode it everywhere. The rule was pretty simple: be back by dark. I can clearly remember breaking that rule more than once.

That old bike had no gears and no frills, but it gave me freedom. I didn't ride to school, we caught the bus, but every spare moment I was off to visit a mate, heading to the local shop, or just exploring. It was all dead-flat country, so a single speed and one brake was all I ever needed.

When I left home for school, and to study at Roseworthy Agricultural College, cycling faded out of my life. For decades I never touched a bike. Then, when I was about 50 and living in Port Lincoln, I bought a second-hand road bike, nothing fancy, and joined the Peninsula Pedallers Inc. That group brought me into the fold. We had weekly rides and, once a month we'd have a "special ride" – often on tracks through the bush and private farmland. I loved those days. Every ride felt like exploring somewhere new.

My main sport then was orienteering which involved running around the bush finding markers. This took me, and the family, all over SA and beyond. It's a difficult sport that involved the brain (map reading) and brawn (running). I was not too good at it - but I loved the challenge.

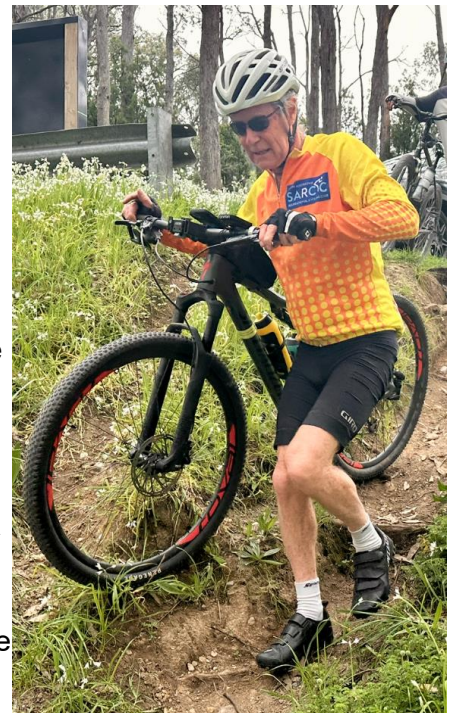
A few times I have tried orienteering on the bike. The best place for this was Vanilla Forrest, near Port Lincoln, where there were many tracks going in all directions through the forest. Dean and I did a similar event last year near Callington. Very tough. We came third in the **Ultra** Veteran age group!

Four mates from my Roseworthy days started doing short tours together each autumn. One of our first was the Riesling Trail. Since then, we've done the Kidman, the Mawson (over 2 years), a couple of Victorian rides and the Lavender Cycling Trail - which stands out as my favourite: remote, dry country, lots of single-track, and long stretches where you feel like you're the only people for miles. That's my kind of cycling. I also enjoyed Roger Polkinghorne's Fleurieu ARPA tour, five days of great scenery and good company.

My earliest attempt at "touring", though, was at about age 14. A mate and I went camping on our bikes. It was a disaster from start to finish. We accidentally set fire to the first campsite. The second night we camped in a dry creek bed and woke up flooded out! We had no idea what we were doing!

Four and a half years ago my wife, Kathy, and I left Port Lincoln and moved to Adelaide. Port Lincoln is a magnificent place, and it wasn't easy leaving behind the community and cycling group I'd been part of for so long. Finding ARPA, and later SARCC, has been incredibly important for me. Without the club I reckon I'd have been lonely here. Instead, I've made good friends and found a welcoming group to ride with. The merger of the two groups has only broadened the options.

Cycling has become a big part of my life. I enjoy keeping fit and exploring new places, but just as much, I enjoy the people. The club really helped me settle into Adelaide.



My best cycling moments are always the same: riding single-track out in the middle of nowhere. There's nothing quite like the peace and space of country trails. The lows? Going over the handlebars - four times too many! All were my fault - inexperience or not paying attention.

These days I'm almost always on a mountain bike. I know I have to work harder, but that's fine with me. My favourite regular ride is on the dirt tracks along the River Torrens – between South Road and the sea.

Advice for older new riders: get the right bike, start slowly, and don't worry about what others can do. Build your endurance gradually and just **enjoy it**. For the past 18 years I've kept records of my exercise sessions in a spreadsheet. I used to be exhausted after a 45-minute ride. These days my average time in the saddle is two hours.

When I'm not riding, I enjoy gardening, playing contract bridge, and spending time with grandchildren. I put this newsletter together, which I enjoy. Contributing this way keeps me involved. I'm always happy to include contributions from other members (hint). It makes the newsletter a richer, and more varied, read.

Special events

Bit-of-a-Tour Series Rides

Sunday 4th and 11th January 2026

Stu Clement 0439 311 294

Each of the Bit-of-a-Tour Series (BoaTS) of eight rides closely follows a part of a stage of the 2026 Tour Down Under. These two rides are offered for SARCC members.

Each ride is a loop out-and-back starting, and finishing, at a café or bakery. The start and finish varies. Riders are expected to have all food to complete the ride. There will be opportunities for snacks, toilet stops and water refills.

Lunch, at the completion of the ride, can be purchased at the café/bakery. The length is from 50 to 60km and the climb from 500 to 1,100m.

4th of January 2026 9:00 AM meet at Uraidla Republic Cafe, Bakery and Brewery

11th of January, 2026 9:00 AM meet at The Golden Fleece Cafe, 30 High St, Willunga

These rides are on the SARCC RidewithGPS page.

Regular rides

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.

14th January

Southern Suburbs Circuit

Dean Bennett 0431 632 226

Meet at Hallett Cove station carpark. 9:24 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 back to Hallett Cove Station.

Option of a different, more challenging ending down into Hallett Cove proper!

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

28th January

Mt Crawford – Mt Pleasant

Roz 0448 741 556

Details to follow

Thursday Rural Rides:

Organiser; Di Beltrame 0424 957 532

1st of January New Years Day!

Decide on the day

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

8th of January

Decide on the day

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

15th of January

Decide on the day

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

22nd of January

TDU viewing ride

Peter Boulton

Meet at Norton Summit Road Recreational Reserve at 10am., 34.5km, 596m climbing, 28% gravel.

Out via Moores Rd, Marble Hill, Cherryville to Ashton (10km) to be there well before 11:30 when TDU riders come through – Coffee stop. But be aware coffee may take a while to get. Cruise down Collins Rd (4km) to see TDU riders in Uraidla at 11:58. Climb back up Collins Road to the top of Marble Hill for 13:11. That's 6.7km and 153m climbing in 1hr 13 mins. Possible!

Back down to Uraidla (6.7km) for the Finish at 14:51. Easy peasy. Back to Norton Summit Road Recreational Reserve via Ashton.

See also [RidewithGPS](#)

29th of January

Decide on the day

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

Sunday Pleasure Rides:

Organiser; Helen Tetley 0466 870 177

4th January 2026

Mawson to Torrens

Helen 0466 870 177

Meet at the Mawson Lakes Interchange, leaving at 10.10am (waiting for those on the 9.50am train from Adelaide). A loop ride, on sealed & unsealed shared paths and quiet back roads into the River Torrens Linear Parkway and return. BYO lunch. Coffee at Mawson Lakes. Approx 36kms.

18th January 2026

City & Coast

Ann 0438 558 941

Meet at 10am near the toilets in the Oakland Wetlands Reserve. Circular route into the city and return along the coast. Coffee at Glenelg. Approx 40kms.

PERFECT Rides:

Organiser; Peter H. 0448 364 138

Sunday 25th January 2026

TBA

Sunday Hills Rides Early Start (SHRES Rides) Organiser; Peter B. 0491 705 816

These rides are not suitable for heavy e-bikes.

SHRES cancellation policy

Start times are 7:30am in January but are subject to change depending on route temperature and fire danger rating. The BOM forecast temperature will be checked at 6pm the night before and if the forecast is over 33°C at 1.30pm, the ride start time will be at Sunrise.

If the start time changes, or if the ride is cancelled, an email will be sent out to all registered SHRES riders the night before. Rides WILL be cancelled if the fire danger rating is Extreme or above.

4th January

Norton Summit 6

Meet at Norton Summit Road Recreational Reserve. Loop ride, 38.5km, 826m climbing, 40% gravel or off road. Out via Moores Rd, Marble Hill, Cherryville and Ashton for Coffee at Uraidla - 17km. Back via Gully Rd, Heysen Trail, Sprigg Rd, Wine Shanty Track and Ridge Rd.

11th January

Heathfield 1

Meet at Heathfield Oval. Loop ride 37.6km, 769m climbing, 61% gravel or off road. Out via Aldgate and Mount George for Coffee at Uraidla - 13km. Back via Ridge Rd, Cleland gravel tracks, Stirling, Rossiter and Bogaduck trails.

18th January

Ashton 1

Meet at Ashton Community Memorial Hall. Loop ride with some side tracks 39.4km, 873m climbing, 42% gravel or off road. Out via Knotts Hill Rd, Blockers Hill with a side track to Burdetts Scrub. Continuing to Uraidla via Deviation, Range and Gully Rds. Back via Piccadilly, Sprigg, Yanagin and Ridge Rds with a sidetrack up Coach Rd.

This ride coincides with the Women's TDU Stage 2. We may well meet them - either at Uraidla 11:36-11:39 am or at Ashton (QOM) 11:27-11:29am.

Happy riding.

Cheers

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