

Safety comes first at SARCC

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.

SARCC AGM and Quiz Night

17th JULY 2026 at 5.00pm

Mitchell Park Community Centre

Free to SARCC members and their partners. Heaps of Prizes. Tables of 6.
Get your team together. RSVP to SARCCexec@gmail.com



Member contributions – always welcome

Riding at night AUSTRALIAN ROAD RULES - REG 259

by Eric

The rider of a bicycle must not ride at night, or in hazardous weather conditions causing reduced visibility, unless the bicycle, or the rider, displays;

- (a) a flashing, or steady, white light that is clearly visible for at least 200 metres from the front of the bicycle; and
- (b) a flashing, or steady, red light that is clearly visible for at least 200 metres from the rear of the bicycle; and
- (c) a red reflector that is clearly visible for at least 50 metres from the rear of the bicycle when light is projected onto it by a vehicle's headlight on low-beam.

But, do I have it solid or flashing?

Mode	Scientific Principle	Effect
Static	Continuous illumination for spatial accuracy	Best for night riding. Helps drivers judge distance at night
Flashing	Temporal contrast triggers motion-sensitive neurons	Best for daytime. Brain treats these spikes as "important events"
Strobe	Critical flicker fusion boosts perceived brightness	Don't use. Disorienting, uncomfortable at night

Member profile : Ros Miles

My cycling story began far from Adelaide, in Salisbury, Rhodesia (now Zimbabwe). My first bike was a hand-me-down from the girl next door. My parents were very frugal, but that bike gave me something priceless: a sense of freedom and independence. I rode everywhere: to primary school, to senior school, home for lunch, then back again for afternoon activities like tennis, netball and athletics.

Life took me through South Africa, the Middle East, Sydney, Kalgoorlie and Perth before I arrived in Adelaide in 2010. Looking to make new friends, I joined a walking group that also had a cycling arm. For a Flinders Ranges trip I hastily borrowed an ill-fitting old mountain bike that hurt in all the delicate places, but I was instantly hooked on group riding and exploring new places.

Since then I've completed at least 20 club tours. My first New Zealand tour remains a standout, especially riding the Alps to Ocean trail and even flying in a helicopter over the Tasman River with the bikes slung below in a cage. I've also ridden in Vietnam, Namibia and Samoa and also in large-scale events such as BikeSA's Outback Odyssey and the Great Vic Bike Ride (though I prefer the camaraderie of a smaller group).

At home, I love riding by the sea. The Encounter Bikeway and the Coast Park path from Outer Harbor to Seacliff are favourites, though I also enjoy Thursday hill rides where the climbs are rewarded with thrilling descents.



Not every memory is idyllic. During COVID I was chased, and bitten, by a Rottweiler while crossing a deserted golf course - which was terrifying. On a much lighter note, one of my proudest moments was cycling one-handed across a caravan park at happy hour while holding a full glass of wine in the other hand.

I ride with several groups and really enjoy leading rides. For me it's about sharing routes people might not otherwise discover, keeping everyone safe, and creating an enjoyable experience for the whole group. It's rewarding when riders turn up because they know I'm leading.

Cycling has changed my life in unexpected ways too. Simply turning up to a midweek ride introduced me to a wonderful partner and a loving relationship. I believe group cycling is not only fantastic for fitness but also one of the best ways to make friends, and sometimes even find romance! My tongue-in-cheek advice to newcomers: look your best, you never know who you might meet on a ride! I always carry lipstick in my bike bag.

Off the bike, I enjoy reading, learning languages, playing bridge, cooking and gardening.

After recently moving house, I'm busy creating some ambient garden spaces in which to relax with a coffee, or a wine, invite friends over and enjoy get-togethers with loved ones.

My life journey hasn't been straightforward. I had to leave Rhodesia with very little when it became Zimbabwe, rebuilt life in the Middle East, and eventually settled in Australia. I have three children spread around the world, including a daughter here in Adelaide.

Above all, I ride for connection - to places, to people, and for that same feeling of freedom I discovered as a child on a borrowed bike. If you see my name on the ride calendar, expect a well-planned route, a friendly atmosphere, a touch of adventure, and plenty of laughs along the way.

Coming Tours

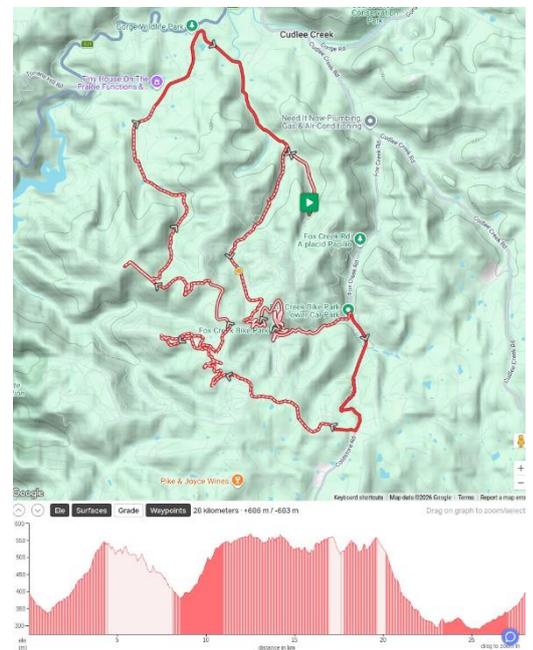
Special Event Ride Friday 10th April 2026

Peter Boulton and Greg Lamey

FOX CREEK MTB park and more. Start time 9am from near Cudlee Creek. Riders must use gravel tyres, be confident on narrow, occasionally rocky, single tracks with significant drops to the side in places. And be able to lift their bike over gates. Do not make the route public as it traverses private property - SARCC has permission. Bring all sustenance as there are no facilities on route.

The route will not be published on SARCC events page. Start location, and link to the route, will be provided to participants once a request to ride is received.

Contact Peter Boulton at peterjboulton@gmail.com to participate. Priority for first responders.



Barossa mid-week ride Tuesday April 21st – Friday April 24th, 2026

Meet at Gawler Central Railway station on Tuesday and ride to Nuriootpa CP (35km). Alternatively, simply drive to Nuriootpa.

Accommodation to be arranged by participants.

There will be rides of approximately 60km on Wednesday and Thursday, both leaving from the Nuriootpa Caravan park at 9am. On Friday, ride back to Gawler Central Railway station or drive home.

Please let me know if you are coming.

Kevin Dronfield 0411 203 893

Brisbane Valley Rail Trail – 10th to 15th of May 2026 Peter Boulton

Ten riders are doing a 347km unsupported ride in Qld. From Gympie, doing the Kilkivan, Kingaroy and Brisbane Valley Rail Trails, to Ipswich.

Two New Zealand women's tours 28th of October to 11th of November 2026

SIDETRACKS WOMEN is a commercial operator which organises cycling tours in New Zealand for small groups of women. See <https://sidetrackswomen.co.nz>

I am planning to do two consecutive tours with them: Alps To Ocean and then Lakes, Fiords and Mountains. Each Tour is 5 days of riding on electric bikes.

Any women interested, contact Chris Hales on chris.hales101@gmail.com or 0417 816074.

PERFECT ride tour 15th October to 25th October 2026

4 days based in Laura (incorporating Gravel Grin Capers) and 4 days based in Clare.

Rides each day - except travel days when moving base. Gravel and MTB 50 – 60km rides

Accommodation to be arranged by participants

Contact Kevin Dronfield 0411 203 893

Indonesia - Flores and Sumba Winter 2027

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

Contact Pete Boulton at Peterjboulton@gmail.com

Regular rides

Sunday Pleasure Rides:

Organiser; Helen Tetley 0466 870 177

12th April 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.

26th April 2026

Autumn colours in the Eastern Suburbs Robyn 0401 364 019

Meet at the Eastern side of Victoria Square at 10am. Riding towards Victoria Park then up through the leafy suburbs to Roslyn Park. From there we return via Mitcham Park for BYO lunch.

After lunch we pass Goodwood Station and have a coffee at Troppo's in Whitmore Square.

36km, 356m climb. Click [here](#) for SARCC RWGPS route and information.

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

8th April 2026 **Amy Gillett-Lobethal-Lenswood** Ros 0448 741 556 or Tony 0407 759 260

Meet at Gillman Road, Oakbank, at 9.30am to park cars and off-load bikes for 10am start. Gillman Road is just off Onkaparinga Valley Road on the right, after passing through Oakbank.

A gentle ride along the Amy Gillett Bikeway and some scenic stretches through the Adelaide Hills with minimum hill-climbing. Coffee stop at Lobethal Bakery, Lobethal, and BYO lunch at Lenswood Oval with comfort-stop facility.

Suits any bikes. 36km, 419m elevation, 92% paved, 8% gravel. See [RWGPS](#)

22nd April 2026 **Exploring the Park Lands** Brian Ashton 0438 088 220

Start at the weir at 10am. Do we take our wonderful Park Lands for granted ? The marked purple Park Lands trail is about 20km. This ride will be 38km so we will go to places you have never been. Along the way interesting things will be pointed out.

Wide tyres preferred (but there is nothing rough).

Thursday Rural Rides:

Organiser; Di Beltrame 0424 957 532

2nd of April 2026 **Away Ride – Belair and Mt Lofty** Sven

Meet opposite 49 Sheoak road, Belair to leave at 10am. Coffee at Mt Lofty.

42.1km, 785m Elev, 56% gravel. See [RWGPS](#)

9th Justin, 16th Andrew, 23rd Kevin, 30th Di

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

PERFECT Rides:

Organiser; Peter H. 0448 364 138

Sunday April 19th 2026 **Gawler** Kevin D. 0411 203 893

Meet at Gawler Central Railway station for 9am start.

If petrol availability, or price, is an issue the ride is reachable via the train network. We will wait for those on the 8:56am train. Trains run every half hour from Adelaide.

Loop ride of approximately 60km, on mainly gravel, some dirt and a little single track.

Click [here for SARCC RWGPS](#)

Sunday Hills Rides (early start)

Organiser; Peter B.

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

April 12th **Deep Creek 1**

Start from Deep Creek at 8:30am Coffee at Lenswood PO. Out via Blockers Hill and Mawson Rds , 5km of technically difficult single track in Fox Creek Bike Park, Edwards Hill and Coldstore Rds to Lenswood. Back via Plumbers, Smith, Masons, Mawson, Deviation, Greenhill single tracks, Range and Hunters Hill Rds.

38.8km, 780m Elv., 60% gravel.

April 26th **Crafers 1**

Leave from Epiphany Place at 8:30am.. Coffee at Blackwood Golf Club. Out via Bogaduck Trail, Scot Creek Rd, Evans Drive, Coat, Pole, Ironbark and Cheery Gardens Rds. Back via Dorset Vale Rd Scott Creek CP, Nicolls, Red Hill and Brown Rds. Walker Avenue, Evans (again) and Whitewood Drives and Upper Sturt Road.

37km, 812m elv., 49% gravel or off-road.

Happy riding.

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