

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.

First Aid Night

Report by Marianne Hibbert

For when Shit happens! Grazes, cuts and ... the bad stuff.

Mike Smith, from Surf Life Saving SA, gave a very practical talk informed by a lifetime as an ambo and then a trainer. The 22 SARCC members who attended also got to practice chest compressions at the end.

He covered the common issues; grazes, dehydration and heat, but also new technology such as iPhones and satellite access, and a new portable (500gm) AED coming on the market. The aim of the talk was how to address the immediate issue and know you can call 000 for help and they will talk you through what to do.

We learned of community CPR. This will hopefully make people comfortable with doing simpler CPR as currently many fear doing 'the wrong thing' or are reluctant to do mouth to mouth, when doing nothing will result in death. Community CPR is simple: phone 000, start chest compressions and anything else is a bonus - such as a defibrillator. The aim is to externally compress the heart to push the blood to the brain until help arrives.

Takeaway messages from the talk:

- **Any fall, fracture or accident:** Let the person decide what is comfortable for them. Don't move them. Any strange nerve type feelings/sensations, don't move at all (assume it's spinal).
- **Abrasions/cuts:** - use a clean swab with saline, disinfectant or clean water and swipe once per swab. Repeat 3 times with a new swab each time. ie. avoid bringing dirty skin and bacteria into the wound. Circular wounds - go from the middle to the outside of the graze. Cover wound and clean and dress fully when home.
- **Extreme cuts** eg. arteries - cover the cut firmly ASAP to stop blood loss. Elevate the limb. Dial 000.
- **Dehydration:** Drink before exercise and keep drinking. Sense of thirst is delayed so drink. If sweating stops, you have heat stroke. Electrolytes can be useful eg. Liquid IV from Chemist Warehouse
- **Phones:** dial 000 for emergency (or 112 internationally recognised emergency number). But still need a phone network

- **Satellite phone** : iPhones 14, or later, are trialling satellite phone capability for text messages. Not in Android phones yet. Note: for very remote riding still need another form of communication eg. satellite phone, PLB, inReach.
- **Community CPR**: if unconscious, not breathing
 - call 000
 - chest compressions (fast and hard) - 100 to 120 per minute in middle of chest ! Don't worry about doing harm. A broken rib is the least of the person's problems when brain death is imminent (3 minutes until brain starts dying from lack of oxygen).
 - Use AED, if available, and follow device's audible instructions. An AED makes the chest compression much more effective
- **First Aid to carry**: include Antiseptic, or saline tube, gauze, bandage, possible emergency blanket (for shock)

Thank you to SARCC for sponsoring this talk. Ride safe, be visible and be prepared!

AGM and quiz night

It's On Again ! **The 2026 SARCC AGM and Quiz Night**

Date: 17th July 2026
 Venue: Mitchell Park Community Centre

Limited to 7 Tables of 6 persons. So, get your teams organised. Prizes for all. Cost to SARCC members is zero. Immediate non-member partner is welcome - also no cost

Registrations of interest to sarccexec@gmail.com

Upcoming event

Club meeting at the Cumberland Arms Hotel, Waymouth Street

Tuesday 3rd of March
 6.30 - Dinner
 7.30 - Two talks

Kay Haarsma : South Korea has over 2,700kms of seperated bikepaths, mostly along rivers, and Kay rode about 2,000km of them.

Brian Ashton : Tours with old mates (The Mawson, Lavender, Kidman and around Castlemaine)



SARCC Jerseys and Gillets

Once again, the club is offering jerseys and gilletts 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.

Send request, with style, size and gender to SARCCexec@gmail.com . Once we get more than six ordered for a style, we will call for payment by bank transfer.

Orders by the end of March please.

Member contributions – always welcome

The tail of a stolen bike

by Eric

At SARCC meeting on the 16th of December, my e-bike was secured with an ABUS chain to a veranda post at the front of the pub - in view of diners.

I returned to find the chain cut with bolt cutters and the bike gone—no witnesses, no noise.

An Apple AirTag was hidden inside the bike. What followed was a frustrating chain of events:

- At 10:30pm the tracker detected the bike two blocks west of the hotel.
- Police were notified immediately with photos, serial number, and tracker data.
- Tracker moved to Modbury the next night.
- Police obtained a search warrant. I attended with my iPhone “Find My” app.
- On-site precision finding UWB failed to activate, likely due to distance and obstruction.
- Police claimed they were unable to establish “probable cause”.
- Premises were not searched. The bike wasn’t recovered.
- However, thief was presumably alerted and the tracker signal ceased.

The bike and accessories are now a total loss (insurance claim).

For more information contact Eric eric@outlook.com.au

Vale Dorothea Lorraine Field

It is with great sadness that we share the news of the passing of Dorothea Lorraine Field. Dorothea was a valued member of our club who enjoyed riding with the Sunday Pleasure Rides group and toured NZ with the club.

Our thoughts and deepest sympathies are with Dorothea’s family and friends during this difficult time.

Coming Tours

Indonesia - Flores and Sumba

Winter 2027

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

Visit 3 different cultures.

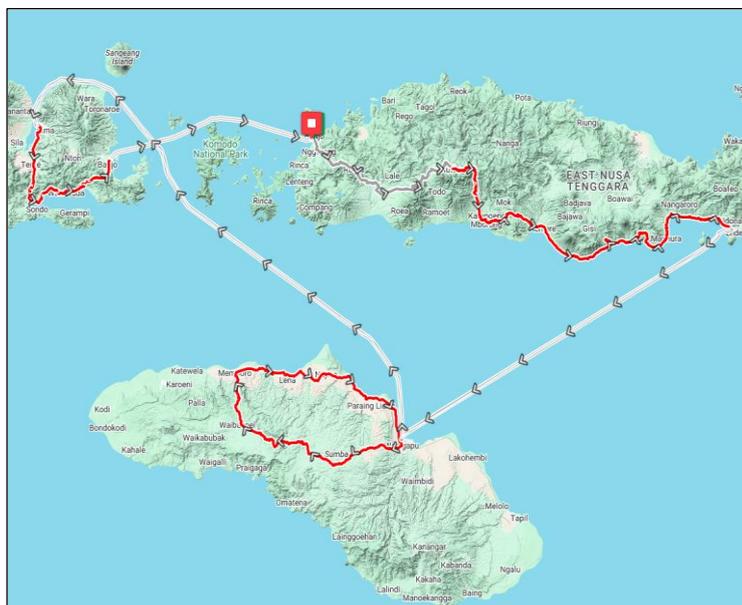
- WNT – Muslim
- ENT – Catholic
- Sumba - Protestant

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 Peterjoulton@gmail.com



Member profile : Don McDonald

I suppose, like many of us of a certain vintage, I started cycling simply because that's what you did. I rode to primary school, then secondary school, and eventually to university. My primary school run took me down Fullarton Road. There wasn't much traffic back then, but I wouldn't fancy sending a primary school kid down there now. And yes, we rode on the road.



Don: I enjoy the Thursday Rural rides

My first bike was a simple single-speed. My second had a Sturmey-Archer three-speed hub, which felt wonderfully sophisticated at the time. I rode that one for years, including to uni. Mostly it was transport, freedom, and the occasional ride with mates up Brown Hill Creek, as we lived nearby.

I didn't get into organised group riding until much later. When my children were young, we went on BikeSA family rides. They were relaxed affairs, parents and kids, with the highlight invariably being an ice block at the end. Once the children grew older, my riding tapered off. I'd occasionally ride to work if the car was being serviced, but that was about it. Things changed as retirement approached. I retired in 2011. A couple of years before that, while on long service leave, I heard about the ARPA cycling group (now the SARCC Wednesday group) through friends from the Adelaide Canoe Club, Lee Bruland and Dave Mausolf. At that time Lee and Roger Polkinghorne were coordinating things and six, or seven, riders was considered a good turnout.

I joined SARCC around 2017, mainly to go on one of the New Zealand tours. I've now been three times. That first trip remains one of my most memorable cycling experiences. The scenery was superb, of course, but what stands out just as much are the characters we met. We stayed at Cowboy Paradise with an eccentric host who was most indignant that we Australians weren't drinking enough beer to satisfy him. Looking back, it was highly entertaining. Not all memories are quite so fond. Last year at Mount Buller I came off on a steep descent that was part of a black MTB route. I gathered speed more quickly than I was comfortable with and before I knew it I was air-borne. I broke my wrist and fractured a metacarpal in the other hand. If there's a lesson there, it's that modern surgical fixes can make recovery surprisingly straightforward.

Closer to home, I never tire of riding along the River Torrens Linear Park Trail from Paradise. Some people find it repetitive. I find it reliably enjoyable. The south coast ride from Victor Harbor to Goolwa is another favourite. A few years ago I also rode the Mawson Trail with Bike SA, which was a more demanding but rewarding experience. Beyond South Australia, I've ridden in every Australian state except Queensland and the Northern Territory. Tasmania north to south, the Central West of New South Wales, Perth, the ACT, and numerous Victorian trips. Each tour has its own character, but what I particularly value is doing these rides with people I know, rather than as part of a fully commercial operation.

I take my turn leading rides, particularly with the Bike SA Tuesday group, usually starting from Goodwood Railway Station. Planning routes has become easier with RWGPS. I record previous rides and use them as a starting point, then try to introduce some variation so we're not simply repeating the same loop indefinitely.

Cycling, for me, is about more than fitness. Since retiring, and especially now that I live alone, the social aspect is enormously important. Whether it's cycling, or bushwalking, it gets you out, talking to people, and sharing an experience. The coffee stop is never incidental. When I'm not cycling, I bushwalk. I'm involved with bushwalking groups and have done several self-guided over-seas walks, including the Coast to Coast and the West Highland Way in the UK. Later this year I'm heading to Italy, and Switzerland, to walk the Tour de Monte Rosa, which should be an adventure in its own right.

My advice to anyone starting out, particularly around retirement age, is simple. Start with the bike you already have. Don't rush into buying something expensive. If you continue riding, you'll soon discover what you really want and are prepared to pay for. But do make sure the frame fits properly. I once saw a departmental bicycle purchased to suit a six-foot-six academic. It was an ordeal for everyone else.

At heart, though, cycling remains a thread running from childhood independence to retirement camaraderie. It has taken me to school, to work, across states, across countries, and into lasting friendships. Not a bad return on two wheels.

Regular rides

Sunday Pleasure Rides:

Organiser; Helen Tetley 0466 870 177

1st March 2026

Weir to Port

Eric 0402 356 796

Meet at the Torrens Weir at 10am. Easy ride to Port Adelaide and return via Linear Park. A flat ride of around 40kms.

15th March 2026

Balhannah Woodside Nairne

Geoff 0419 838 551

Meet at 10am at the car park at Johnston Memorial Park next to the Balhannah Oval. BYO lunch. Coffee after the ride. 34kms 37% unpaved. Mountain, or hybrid, bikes are recommended.

29th March 2026

Stirling Mylor Aldgate

Allison 0424 725 674

Meet at 10am at the Stirling Oval car park on Mount Barker Road. BYO lunch. Coffee at the end of the ride. 34kms. 18% unpaved. Mountain, or hybrid, bikes are recommended.

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

11th March 2026

Dry Creek and Little Para River Trail Ros 0448 741 556 Tony 0407 759 260

Meet at Mawson Lakes railway station and bus interchange at 9.45am for prompt 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.

See also RWGPS [here](#)

25th of March 2026

Kuitpo Forest Ride

Fiona 0415 832 511

Meet at Fiona's property, "Hillyfields", #38 Harper Road at 10:00am. Moderate terrain. Tracks of Kuitpo Forest to Prospect Hill. Meadows for coffee. Back to farm via Rocky Ck.

Lunch and drinks provided, with some non-alcohol wine, for drivers! Vegetarians let me know. Please let me know in advance if you are coming - for catering.

31.8 km, 355 elevation, mostly unpaved.

See RWGPS [here](#)

Thursday Rural Rides:

Organiser; Di Beltrame 0424 957 532

5th March 2026

Away ride

Sven 0410 271 717

Meet at Gumeracha Oval for a 10 am start

12th Steve, 19th Ros and 26th Ron

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

PERFECT Rides:

Organiser; Peter H. 0448 364 138

Sunday 22nd March

Peter H

Leave at 9am from Tarlee

Sunday Hills Rides (early start)

Organiser; Peter B.

Not suitable for heavy E-Bikes. All rides start at 8am - **except** March 29th starts at 8:45am.

March 1st

Belair Station 2

Meet at Belair Station carpark. 42.1km, 785m Elev, 56% gravel. Out through Belair NP, Sheoak Rd, Crafrers and Cleeland CP for Coffee at Mt Lofty. Back Via Sprigg Rd, Woodhouse, Heysen Trail, Aldgate, Mark Oilphant CP and Warri Parri Ridge Track.

March 8th

Norton Summit 2

Meet at Norton Summit Road Reserve. 37km 864m elevation, 41% gravel. Up Debneys Rd to Ashton, Summertown and Uraidla for Coffee. Then Gully, Cary Gully Rds, KENNETH STIRLING CP, Blockers Rd and Knots Hill

March 15th

Castambul 1

Meet at Sixth Creek Picnic Spot on Corkscrew Rd. 40.2km, 957m Elv, 49% gravel. Out via CORKSCREW HILL, Marble Hill, to Ashton or Uraidla for Coffee. Back via Hunters, Blockers and Mawson Rds and Stone Hut Rd

March 29th

Houghton 4

8:45am start. Meet at Houghton Cemetery. 39km, 704m Elv, 45% gravel. Out via Lower Hemitage, and Airstrip Rd, for Coffee at Kersbrook. Back Via CHECKERS HILL, Heysen Trail, Gravel Rush to Dwayne, Adelaide Gully, Fidlers Hill and Blackhill Rds.

Happy riding.

Cheers

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