

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

Bike Theft

By Steve and Eric

3,180 stolen bikes were reported to SA Police in 2025 and rising.

4 SARCC member bikes were stolen in the past 12 months. Which included bikes chained to a city hotel while the owner was in a meeting, out of a home garage when the thief physically pushed past the owner and walked out in broad daylight, locked onto a bike rack but the owner forgot to remove it overnight, to locked onto the bike rack at the shopping centre.

Someone always wants your bike for free.

The best form of prevention is to be very alert and use the most secure locks you can afford.

Locks & Alarms

There are thousands of locks and alarms out there. Web site tests can help you decide which lock and price point you can justify to protect your bike.

Tracker Tags

Bluetooth tags Airtag, Tile and Android versions from Pebblebee, Chipolo and Motorola Moto Tag will help with the general location of your bike but these tags do not provide exact locations (about 10 to 30 metres) they can also alert the thief that the bike has a tag. SA Police will not enter premises based on a bluetooth tags' approximate location. GPS trackers are larger and have subscription costs and can provide accurate locations but not all of them can be used in Australia.

Do your research, lock it up, alarm it, tag it and whatever else you think is required, and remain vigilant.

Stolen bikes, and e-bike batteries, often get stripped down and sold for parts locally and overseas making it very hard to recover your bike.

ABC Theft Article [click here](#)

SA Police Links [click here](#)

Bike lock reviews [click here](#)

Coming Tours

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

Ten riders are doing a 347km unsupported ride from Gympie, doing the Kilkivan, Kingaroy and Brisbane Valley Rail Trails, to Ipswich. Ride is booked out.

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 816 074.

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 on 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

Member profile: Phil Warren



Phil (centre) leading a group from the weir on a favourite ride

I've been on bikes for as long as I can remember. I started riding when I was about seven, or eight, on a very second-hand 24 or 26-inch bike. My older brother taught me by pushing me along the local roads in Campbelltown until one day he simply said, "That's it, you're on your own." And I was.

We didn't have training wheels in those days, and I didn't fall off much either. Living on the edge of Adelaide meant there wasn't much traffic, so you could wobble across the road without too much risk. We even had a little bike track in a paddock nearby, which probably helped.

I rode to primary school and then to high school, about three miles each way, on whatever second-hand bike I could get my hands on. One of them was a BSA with a three-speed Sturmey-Archer hub, which many people will remember. Most of those old bikes eventually failed in fairly dramatic ways, usually with something breaking in the frame.

At sixteen, I inherited my grandfather's 1927 Hillman, and with petrol kindly supplied, cycling took a back seat for quite a while. I drove through the rest of school and university and didn't really return to cycling until I came back to South Australia around 1980 after spending about four-teen years working in Tasmania with the Department of Agriculture.

When I moved to Jamestown for a role as a regional manager, I got back on the bike, riding to work on a trusty three-speed. Those old Sturmey-Archer gears were reliable enough, although the little chain on the gear cable had a habit of breaking. Later, when I moved back to Adelaide, I up-graded to a seven-speed bike and started commuting again. That's when cycling became a regular part of my life once more.

The recreational side really took off after I retired at sixty-six. Around that time, Roger Polkinghorne invited me to join a group called ARPA, and I've been involved ever since. I rode with Roger for a while before taking on the role of coordinator for about three years. These days, I ride with SARCC, mainly for the social side of things.

I also ride on my own two, or three, times a week. For me, solo riding is about fitness and a bit of quiet time. I don't listen to music or podcasts, I just ride! Most rides are around 40 kilometres with about 300 metres of climbing, often heading up Corkscrew or Montacute Roads. I'm not racing anyone these days; I'm more interested in competing with myself and seeing how I go against the hills.

What I enjoy most about group riding is the people. It's a social setting where you can meet a wide range of individuals without any expectations, you just enjoy their company for what it is. That, to me, is one of the best parts of cycling.

There have been a few lows along the way. I've had a couple of crashes, including one at speed on Glynburn Road when a car pulled across in front of me. I managed to avoid the car but hit the road hard and lost a fair bit of skin. Another time, I was knocked off on Greenhill Road and ended up in hospital after hitting my head on the curb. Those moments stay with you, but they're part of the experience.

As for favourite rides, I keep coming back to the classic loop up Gorge Road, climbing Corkscrew, and returning via Montacute. It's a great combination of scenery, effort, and reward, especially with the downhill run home.

I've also been fortunate to join a number of group tours over the years. One of the standout trips was a cycling tour in northern Vietnam. It was a small group, and the riding through mountainous terrain made for a memorable experience. The accommodation was basic at times—one bathroom had a shower that soaked the entire room - but it all added to the adventure.

Beyond cycling, I help run a family farm at Auburn in the Mid North. It's about 1,000 acres of dryland cropping, managed through a share-farming arrangement. We used to run sheep as well, which kept us very busy, but these days it's a bit more manageable.

If I had one piece of advice for anyone thinking about taking up cycling later in life, it would be simple: just start. Join a group like SARCC and find people at your level. It's a great way to stay fit, challenge yourself, and build a social circle. Cycling has certainly done all of that for me, and I've never really stopped since that first push down the road as a kid.

Regular rides

Sunday Pleasure Rides:

Organiser; Helen Tetley 0466 870 177

10th May 2026

Inner Suburbs Ride

Helen 0466 870 177

Meet on the northern side of Croydon Railway Station at 10am. Follow the River Torrens to Kent Town, then along the quiet streets of the eastern suburbs into Glenside to view some of the historical buildings. From there we ride towards the Westside Bike Path through the inner southern suburbs, returning to Croydon for coffee. BYO lunch.

Approximately 40km.

24th May 2026

Weir to Pooraka and Return

Carolyn 0427 797 476

Meet at 10am at the Torrens Weir, near the golf club café, for a ride to the Stockade Gardens at Pooraka via the Linear Park, Oakden Wetlands and Dry Creek for lunch. Return along The Levels Bikeway and The Linear Park. Coffee at the Walkerville cafe or the Weir cafe. BYO lunch.

Approximately 35km.

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

6th May 2026

Skye and Beyond

Chris Hales 0417 816 074

Meet at 10am on the corner of South and East Terrace and Beaumont Road (carpark). Ride through eastern suburbs to Skye and return. Hills and more hills. We can view the city from the top of the ridge at the end of Kensington Road. Some dirt tracks.

See [RidewithGPS](#)

20th May 2026

Six southern suburbs

Jo 0432 429 922

Meet at Old Reynella Shopping Centre on Old South Road. Coffee/Lunch at Aberfoyle Park Shopping Centre. Some gravel and dirt paths, mostly bitumen. Skinny tyres not recommended.

Distance: 35.4km Elevation: 479m. Wide tyres.

See [RidewithGPS](#)

Thursday Rural Rides:

Organiser; Di Beltrame 0424 957 532

7th May 2026

Away ride

Sven 0410 271 717

Meet at Lovells Bakery, Mt Pleasant, for 10.00am departure. Morning Tea at Williamstown. Lunch en route. 46km 535m Elevation 53% Paved. Does not suit Road Bikes

14th Ros, 21st Kingsley, 28th Pam

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

PERFECT Rides:

Organiser; Peter H. 0448 364 138

Sunday May 17th 2026

Ride at 9am to be advised

Sunday Hills Rides (early start)

Organiser; Peter Boulton

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

Sunday May 3rd 2026

Deep Creek 2.

Peter Boulton

NOTE: This is the last ride of the Sunday Hills Rides (early start) until early October.

At 8:30am leave from the corner of Knotts Hill and Blockers Roads.

Out via Knots Hill, Debneys, Lobethal, Sony Rise and Ridge Rds. 10km of gravel in Cleland CP, Crafrers to Stirling. Then Old Mount Barker, and Wright Rds, Evelyn Halliday Reserve, Mels and Spring Gully Rds, Heysen trail to Mt George Rd, Muller, Gully and Greenhill Rd to Uraidla.

Return via glorious downhill of Basket Range and Hunters Rds. Sustenance at Stirling (24km) and Uraidla (37Km).

About 41.6km, 1000m elv., 51% gravel or off-road.

Gravel Grin Capers

Organiser; Stu 0439 311 294

Sunday 3rd May 2026

Stu 0439 311 294

Meet at 9am at "Pik a Pie" Bakery, 34 Mawson Road, Meadows. From Meadows south taking back roads and forest tracks to Kuitpo Forest HQ. Heysen Trail to Kyeema, Burma Road towards Mt Compass then Mt Magnificent and Milligan Roads to Prospect Hill and back roads to Bull Creek Rd and back to Meadows.

57 km. Wide tyres

Saturday 23rd May 2026

Stu 0439 311 294

Meet at 9am at "The Gooby Goose", Valley Central Shopping Centre, Kenihans Road, Happy Valley. From the shopping centre along suburban paths to Tangari Regional Park, through Woodcroft to Bains Creek, Christie Creek then the western side of the Southern Expressway north to the O'Halloran Hill mountain bike park. Then to Glenthorne National Park, Happy Valley Reservoir Reserve back to the Valley Central Shopping Centre. Lunch at the Gooby Goose at the conclusion of the ride.

About 40km. At least 66% unpaved, 410m elevation. Wide tyres.

Happy riding.

Cheers

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