

Bicycle SA

RidesPROGRAMME

SEPTEMBER-NOVEMBER 2011 • ISSUE 40

**FREE RIDES EVERY WEEK
FOR *EVERYONE!***



Photo: Naomi Jellicoe

www.bikesa.asn.au



Love Your Ride.

RidesPROGRAMME

September–November 2011

Information

The rides are free of charge (unless indicated otherwise) and available to the general public. For a punctual start, please arrive 15 minutes prior to the scheduled starting time. Riders are encouraged to join Bicycle SA after three rides. Only Bicycle SA members are eligible to lead and coordinate rides. The ride leaders can be contacted for additional rides information. Each ride has been coded for your convenience and it is suggested that you choose the ride to suit your ability. Children under 16 shall be accompanied by a responsible adult. The *Rides Programme* is subject to change without notice.

On Road Ride Codes

1	Up to 15km/h	A	Flat
2	15 to 18 km/h	B	A few hills
3	18 to 20 km/h	C	Hilly and steep
4	20 to 23 km/h	D	Challenging
5	23 to 26 km/h		
6	26+ km/h		

Mountain Bike Ride Codes

Class 1 (MTB Beginner) Limited off road experience. Obstacle free. Smooth fire tracks. Ride time 45 minutes. 10% gradient.

Class 2 (MTB Intermediate) Fire Roads, 20–30 km. Numerous obstacles, various rock jumps, drop offs, technical tracks.

Class 3 (MTB Experience) Experienced riders, 30+km. Frequent single tracks, steep slopes, sand, drop offs, log jumps.

What to Take on a Ride

Puncture kit	Rain jacket
Spare tube	Identification
Pump	Money
Sun screen	Lights at night
Water	Sun glasses

Hot Weather Policy

Cancel non-fee paying rides, as listed in the Rides Programme, if the official forecast temperature on the day is 35°C or greater. Early morning and evening rides shall occur at the ride leaders and/or coordinators discretion. The hot weather policy does not apply to fee-paying events, which are managed within their own risk management protocols.

Ride Group Coordinators

30/30 Beach Streak	Dean	0402 816 741
All Womens Bike Rides	Lanie	8536 3211
Bayside Breeze	Andrew	8293 4813
Better Harts	Catherine	8725 3821
Breakfast Ride	Greg	8272 1716
Broken Gadgets MTB	Stu	0405 702 483
Clare Valley Cycle Team	Judy	0400 290 687
Cycling On Fleurieu	John	8537 0071 or 0410 340 071
Cobwebs	Rosemary	0419 182 605
Four Bees	Glen	0431 552 858
GAD-BUG (Goolwa and District Bicycle User Group)	Dave	0427 442 794
Gallery Glides	Warwick	8344 8996
Hills Ride	Lionel	8339 3613
Kangaroo Island BUG	Manfred	8553 0383
Mountain Bikers	Patsy	8379 6477
Night Espresso	Rob	8229 0230
Northside Cycling Group	Gary	8255 1979
Pedalling Parents	Warwick	8344 8996
Peninsula Pedallers	Raelene	8682 3196
Poseurs d'Adelaide	Peter	0407 182 376
Rivergum Cyclists	Peter	8588 2428
Saturday Express	Patsy	8379 6477
Saturday Sojourn	Dave	8287 4085 or 0412 865 277
Southern Flinders Rough Riders	Richard	0417 341 462
Tuesday Traverse	Bob	8296 5769
Tuesday Treadlers	Tony	8388 4730
Wednesday Wheelers	John	8223 7397

Advertisements

Bicycle SA takes no responsibility for any advertised ride/event/activity appearing in this programme that it has not organised.

BICYCLE SA

Phone + 61 8 8168 9999

www.bikesa.asn.au

office@bikesa.asn.au

111 Franklin Street Adelaide 5000

Office open 9am–5pm Monday–Friday

Emergency Phone 0409 950 884

WELCOME

Each year, over 1,000 organised rides are delivered as part of Bicycle SA's free *Rides Programme*.

From Willunga to Gawler and Mt Gambier to the Eyre Peninsula all rides are delivered by our experienced rides leaders. Our *Rides Programme* is the most comprehensive in Australia – with an experience for everyone—and best of all they are FREE.

These rides are ideal for those who are getting back on the bike after a few years off or those taking it up for the first time. Each of the rides are coded with a degree of difficulty so you know exactly what to expect. But if you're not quite sure, you can call any of our rides leaders and have a chat with them.

The *Rides Programme* is also available on our website,

www.bikesa.asn.au

All are welcome, so get involved and go for a ride.

BECOME A BICYCLE SA MEMBER AND RECEIVE A \$60* JAGGAD VOUCHER

Bicycle SA was established in 1982. Since that time the organisation has grown and is now recognised as South Australia's peak body for cyclists. Bicycle SA is a non government, not-for-profit volunteer based organisation, staffed by a group of dedicated professionals.

10 great reasons to join

1. Comprehensive personal accident insurance
2. Comprehensive public liability insurance
3. \$60 Jaggad voucher*
4. Discounted entry fee to all Bike SA events and courses
5. Access to Cycling information including our members only quarterly Cycle! Magazine* and Rides Programme
6. Discounts from supporting bicycle and outdoor stores
7. WIN great prizes at Bike SA's recreational events
8. Assistance and friendly advice on all aspects of cycling
9. Reduced subscription rates for Bicycling Australia and Australian Cyclist
10. FREE Legal advice on cycling related and personal issues

Become a Bicycle SA Member

There has never been a better time to become a member of Bicycle SA. Membership now includes personal accident cover throughout Australia and New Zealand, 24 hours a day, 7 days a week!*

Bicycle SA offers more than just third party cover. Membership also includes protection for you AND your income. With public liability insurance, medical cover, rehabilitation and income protection, this is one of the best membership packages in Australia.

Individual membership from \$75 with household and concession rates available.

Contact us to join now.

* Conditions apply. Visit www.bikesa.asn.au for full details.

THU 1 SEP

30/30 BEACH STREAK

6:15 PM, Henley Square, Henley Beach. There will be 2 rides, one will be doing 30km/h average, (sit on 34km/h often), and the other will be faster. 30 km **6A** Dean 8208 3057 or 0402 816 741

FRI 2 SEP

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Rotunda, Cadell Street, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Co-ordinator to confirm. 50 km **3B** Dave 8344 2794

BETTER HARTS

Time and start location (Mt Gambier) to be advised (school hours). Contact ride leader to participate. Sharon 8723 0635

SAT 3 SEP

COBWEBS

8:00 AM, Tarniwarra Park, Cygnet Crt, western side of Patawolonga Frontage, Glenelg North. Early morning ride with coffee afterwards. 50 km **6A** Rosemary 0419 182 605

PENINSULA PEDALLERS

8:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Mary 8683 0915

CYCLING ON FLEURIEU

8:30 AM, Strathalbyn Railway Station, Strathalbyn. An easy ride in and around Strathalbyn on quiet roads followed by coffee.

25 km **2B** Colin 0400 677 382

ALL WOMENS BIKE RIDES

9:30 AM, Cycle On 2/19 Albyn Tce, Strathalbyn. An all Women's Bike Ride aimed to help build confidence for ladies of all ages. Suitable for the beginner or women wanting to get back into cycling on a casual and social level. Buy coffee afterwards. 15 km **2B** Lanie 8536 3211

FOUR BEES

10:00 AM, Buffalo Tall Ship, Wigley Reserve, Glenelg. Morning ride with coffee afterwards. 45 km **4A** Glen 0431 552 858

BETTER HARTS

1:00 PM, Mt Gambier Public Library, Mt Gambier. Introducing our leisurely ride around/out of town circuit, with coffee afterwards. 20 km **2A** Catherine 8725 3821

SATURDAY EXPRESS

1:00 PM, North Adelaide Aquatic Centre, Car Park, North Adelaide. Café stop for afternoon tea. 40 km **3B** Karen 0488 380 079

SATURDAY SOJOURN

1:00 PM, Torrens Weir, Adelaide. BYO or buy afternoon tea. 25 km **2A** Phillip 0416 769 883

SOUTHERN FLINDERS ROUGH RIDERS

2:00 PM, Over the Edge Shop, Melrose. Introducing our Saturday afternoon 20 km ride. 20 km Richard 0417 341 462

SUN 4 SEP

CLARE VALLEY CYCLE TEAM

8:00 AM, Clare Oval, Main North Rd, Clare. On road rides in the Clare Valley region, varying from **2B** to **5C+**, based on group's ability, weather, etc. on the day. Riders choose turn around point. Meet up for coffee (or more) afterwards. 50-100 km Judy 0400 290 687

POSEURS d'ADELAIDE

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, **4C** to **5B**, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end. 60-80 km **5B** Peter 0407 182 376

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Rotunda, Cadell Street, Goolwa. Encounter Bikeway, Beacon 19 or Hindmarsh Island. Route chosen each week based on group's ability, weather etc. Usually two groups, fast and slow. Rides vary from **1A** to **3B**. Riders choose when to turn back. Meet for coffee either en route or afterwards. 30 km **2B** Dave 8344 2794

HILLS RIDE

9:00 AM, Car park cnr Flaxley Rd, and Adelaide Rd, Mt. Barker. Lunch BYO or buy. MTB or hybrids advised. 50 km **2B** Rob 0428 990 059

PENINSULA PEDALLERS

9:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Mary 8683 0915

RIVERGUM CYCLISTS

10:00 AM, Riverland. Contact Peter for details. 20 km **2B** Peter 8588 2428

BETTER HARTS

2:00 PM, Meleluca Primary School, Ayers St entrance, Mt Gambier. Must contact ride leader to participate (ride details may change). Sharon 8723 0653

MON 5 SEP

NORTHSIDE CYCLING GROUP

9:30 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from **3A** to **5A** with a coffee stop en route. 30 km **5A** Gary 8255 1979

BETTER HARTS

10:00 AM, Mt Gambier Public Library, Mt Gambier. Contact the Ride Coordinator for details. 20 km **2A** Catherine or Sharon 8725 3821 or 8723 0805

TUE 6 SEP

PENINSULA PEDALLERS

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Coffee afterwards. 30 km **1A** Raelene 8682 3196

TUESDAY TREADLERS

9:30 AM, Balhannah Oval Road bike ride, with a stop for coffee and back by lunchtime. Option of a longer and more challenging route, but all meet up for coffee. A different start location on the first Tuesday of each month. Contact Ride Coordinator to confirm. 50-70 km **5C** Tony or Bob 8388 4730 or 8389 7301

TUESDAY TRAVERSE

10:00 AM, Torrens Weir, Adelaide. 40 km **2B** Peter 0421 426 696

BROKEN GADGETS MTB

6:00 PM, Corner Grand Junction Rd and Nelson Rd (at the shops) Valley View. Mostly wide trails with some easy single tracks. Ride time approximately 1.5 hours. Good lights essential. Class1 Stu 0405 702 483

NIGHT ESPRESSO

7:00 PM, Hurtle Square Adelaide. An easier ride option for those wishing to join the Espresso 'night riders'. Good lights essential. Coffee afterwards at a café 40 km **4A** Rob 8229 0230

NIGHT ESPRESSO

7:00 PM, Hurtle Square Adelaide. The rides vary from **6A**, **5B**, **4C** usually with a slightly easier option. Good lights essential. Coffee afterwards at a café. 40 km Rob 8229 0230

WED 7 SEP

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Rotunda, Cadell Street, Goolwa. Generally ride to Middleton or Port Elliot along Encounter Bikeway. Options from **1A** to **3B** with a coffee stop en route. Riders choose their own turnaround point. 25 km **1B** Dave 8344 2794

NORTHSIDE CYCLING GROUP

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Hills ride with a coffee stop en route. 30 km **5A** Gary 8255 1979

WEDNESDAY WHEELERS

10:00 AM, Parkholme Shopping Centre (behind Cheesecake Shop) Parkholme. Short bitumen road mystery ride. Special day to celebrate a special birthday. 35 km **3C** Malcolm 8276 9469

BETTER HARTS

Time and start location (Mt Gambier) to be advised. (school hours) Contact ride leader to participate. Sharon 8723 0635

SOUTHERN FLINDERS ROUGH RIDERS

5:00 PM, Over the Edge Shop. Dusk ride. Richard 0417 341 462

THU 8 SEP

CYCLING ON FLEURIEU

8:30 AM, Milang Railway Station, Milang. Early family ride around Milang on quiet roads followed by coffee. 20 km **2A** Colin 0400 677 382

30/30 BEACH STREAK

6:15 PM, Henley Square, Henley Beach. There will be 2 rides, one will be doing 30km/h average, (sit on 34km/h often), and the other will be faster. 30 km **6A** Dean 8208 3057 or 0402 816 741

FRI 9 SEP

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Rotunda, Cadell Street, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Co-ordinator to confirm. 50 km **3B** Dave 8344 2794

BETTER HARTS

Time and start location (Mt Gambier) to be advised. (school hours) Contact ride leader to participate. Sharon 8723 0635

SAT 10 SEP

COBWEBS

8:00 AM, Tarniwarra Park, Cygnet Crt, western side of Patawolonga Frontage, Glenelg North. Early morning ride with coffee afterwards. 50 km **6A** Rosemary 0419 182 605

PENINSULA PEDALLERS

8:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Mary 8683 0915

FOUR BEES

10:00 AM, Buffalo Tall Ship, Wigley Reserve, Glenelg. Morning ride with coffee afterwards. 45 km **4A** Glen 0431 552 858

SATURDAY EXPRESS

1:00 PM, Torrens Weir, Adelaide. Café stop for afternoon tea. 40 km **3B** Steve 0419 823 600

SATURDAY SOJOURN

1:00 PM, Unley Memorial Gardens (next to Coles), Unley Rd, Unley. BYO or buy afternoon tea. 25 km **2A** Chris 0402 903 761

SOUTHERN FLINDERS ROUGH RIDERS

2:00 PM, Over the Edge Shop, Melrose. 20 km Richard 0417 341 462

ADVERTISEMENT

AUDAX

Saturday 10 September 2011
Willaston
Copper Coast Wanderer
Unsupported ride

100km 200km 300km 400km 600km

All rides commence together from Willaston to Mallala. Explore the Welsh mining towns of the Coper Coast including Bute, Wallaroo, Maitland. Return via Pt Wakefield, Balaklava, Hamley Bridge, Templers, Wasleys to Willaston.

Enquiries:
Claudio Pompili 8263 3137
claudio41@claudiopompili.net.au

SUN 11 SEP

CLARE VALLEY CYCLE TEAM

8:00 AM, Clare Oval, Main North Rd, Clare. On road rides in the Clare Valley region, varying from **2B** to **5C+**, based on group's ability, weather, etc. on the day. Riders choose turn around point. Meet up for coffee (or more) afterwards. 50-100 km Judy 0400 290 687

POSEURS d'ADELAIDE

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, **4C** to **5B**, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end. 60-80 km **5B** Peter 0407 182 376

RidesPROGRAMME

September-November 2011

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Rotunda, Cadell Street, Goolwa. Encounter Bikeway, Beacon 19 or Hindmarsh Island. Route chosen each week based on group's ability, weather etc. Usually two groups, fast and slow. Rides vary from **1A** to **3B**. Riders choose when to turn back. Meet for coffee either en route or afterwards.
30 km **2B** Dave 8344 2794

HILLS RIDE

9:00 AM, Federation Park, Albert St. Gumeracha. Lunch BYO or buy. MTB or hybrids advised.
50 km **2B** Trevor 8339 6658

PENINSULA PEDALLERS

9:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.
40 km **4B** Mary 8683 0915

BETTER HARTS

10:00 AM, City Band Hall, cnr Pick Ave and Lake Tce East, Mt Gambier. Introducing our MTB ride to the Pines.
30 km Class 1 Catherine 8725 3821

RIVERGUM CYCLISTS

10:00 AM, Riverland.
Contact Peter for details.
20 km **2B** Peter 8588 2428

BETTER HARTS

2:00 PM, Meleluca Primary School, Ayers St entrance, Mt Gambier.
Must contact ride leader to participate (ride details may change).
Sharon 8723 0653

MON 12 SEP

NORTHSIDE CYCLING GROUP

9:30 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth.
Ride with 2 options, from **3A** to **5A** with a coffee stop en route.
30 km **5A** Gary 8255 1979

BETTER HARTS

10:00 AM, Mt Gambier Public Library, Mt Gambier. Contact the Ride Coordinator for details.
20 km **2A** Catherine or Sharon 8725 3821 or 8723 0805

TUE 13 SEP

PENINSULA PEDALLERS

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Coffee afterwards.
30 km **1A** Raelene 8682 3196

TUESDAY TREADLERS

9:30 AM, Balhannah Oval Road bike ride, with a stop for coffee and back by lunchtime. Option of a longer and more challenging route, but all meet up for coffee. A different start location on the first Tuesday of each month. Contact Ride Coordinator to confirm.
50-70 km **5C** Tony or Bob 8388 4730 or 8389 7301

TUESDAY TRAVERSE

10:00 AM, Torrens Weir, Adelaide.
40 km **2B** Warwick 8344 8996

NIGHT ESPRESSO

7:00 PM, Hurtle Square Adelaide.
The rides vary from **6A**, **5B**, **4C** usually with a slightly easier option. Good lights essential. Coffee afterwards at a café.
40 km Rob 8229 0230

WED 14 SEP

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Rotunda, Cadell Street, Goolwa. Generally ride to Middleton or Port Elliot along Encounter Bikeway. Options from **1A** to **3B** with a coffee stop en route. Riders choose their own turnaround point.
25 km **1B** Dave 8344 2794

NORTHSIDE CYCLING GROUP

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth.
Ride with 2 options, from **3A** to **5A** with a coffee stop en route.
30 km **5A** Gary 8255 1979

WEDNESDAY WHEELERS

10:00 AM, Price Memorial Hall, cnr Angus Rd & Sussex Tce, Hawthorn. Bitumen road ride, pub lunch.
50 km **3C** Mike 8295 2149

BETTER HARTS

Time and start location (Mt Gambier) to be advised. (school hours)
Contact ride leader to participate.
Sharon 8723 0635

THU 15 SEP

BICYCLE MAINTENANCE COURSE

Bike Gears and Brakes

6.00 PM - 9.00 PM
Thursday 15 September 2011

Bicycle SA Office,
111 Franklin St, Adelaide

This 3 hour course looks specifically at brake and gear systems and how to tune and maintain them.

Note: There is limited cover of disc/hydraulic brakes.

Fee applies

Early bookings essential
(maximum 10 registrants per course)

Bicycle office 8168 9999
www.bikesa.asn.au

30/30 BEACH STREAK

6:15 PM, Henley Square, Henley Beach.
There will be 2 rides, one will be doing 30km/h average, (sit on 34km/h often), and the other will be faster.
30 km **6A** Dean 8208 3057 or 0402 816 741

FRI 16 SEP

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Rotunda, Cadell Street, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Co-ordinator to confirm.
50 km **3B** Dave 8344 2794

BETTER HARTS

Time and start location (Mt Gambier) to be advised. (school hours)
Contact ride leader to participate.
Sharon 8723 0635

SAT 17 SEP

COBWEBS

8:00 AM, Tarniwarra Park, Cygnet Cr, western side of Patawolonga Frontage, Glenelg North. Early morning ride with coffee afterwards.
50 km **6A** Rosemary 0419 182 605

PENINSULA PEDALLERS

8:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.
40 km **4B** Mary 8683 0915

FOUR BEES

10:00 AM, Buffalo Tall Ship, Wigley Reserve, Glenelg.
Morning ride with coffee afterwards.
45 km **4A** Glen 0431 552 858

SATURDAY EXPRESS

1:00 PM, Alexander Ave, Rose Park.
Café stop for afternoon tea.
40 km **3B** Steve 8339 4368

SATURDAY SOJOURN

1:00 PM, Hazelwood Park. Swimming Pool Car Park, Howard Tce, Hazelwood Park. Ride to Waterfall Gully. BYO or buy afternoon tea.
25 km **2A** Roger 0402 380 172

SOUTHERN FLINDERS ROUGH RIDERS

2:00 PM, Over the Edge Shop, Melrose.
20 km Richard 0417 341 462

SUN 18 SEP

CLARE VALLEY CYCLE TEAM

8:00 AM, Clare Oval, Main North Rd, Clare. On road rides in the Clare Valley region, varying from **2B** to **5C+**, based on group's ability, weather, etc. on the day. Riders choose turn around point. Meet up for coffee (or more) afterwards.
50-100 km Judy 0400 290 687

POSEURS d'ADELAIDE

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, **4C** to **5B**, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end.
60-80 km **5B** Peter 0407 182 376

CYCLING ON FLEURIEU

8:30 AM, Balhannah Oval, Balhannah. Explore the Amy Gillett Bikeway
45 km **3B** Colin 0400 677 382

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Rotunda, Cadell Street, Goolwa. Encounter Bikeway, Beacon 19 or Hindmarsh Island. Route chosen each week based on group's ability, weather etc. Usually two groups, fast and slow. Rides vary from **1A** to **3B**. Riders choose when to turn back. Meet for coffee either en route or afterwards.
30 km **2B** Dave 8344 2794

HILLS RIDE

9:00 AM, Park and Ride Car Park. Waverley Ridge Rd, Crafrers. Lunch BYO or buy. MTB or hybrids advised.
50 km **2B** Steve 8271 1140

PENINSULA PEDALLERS

9:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Mystery Ride. Please phone for details. Coffee afterwards.
40 km **4B** Mary 8683 0915

RIVERGUM CYCLISTS

10:00 AM, Riverland.
Contact Peter for details.
20 km **2B** Peter 8588 2428

BETTER HARTS

2:00 PM, Meleluca Primary School, Ayers St entrance, Mt Gambier.
Must contact ride leader to participate (ride details may change).
Sharon 8723 0653

MON 19 SEP

NORTHSIDE CYCLING GROUP

9:30 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from **3A** to **5A** with a coffee stop en route.
30 km **5A** Gary 8255 1979

BETTER HARTS

10:00 AM, Mt Gambier Public Library, Mt Gambier. Contact the Ride Coordinator for details.
20 km **2A** Catherine or Sharon 8725 3821 or 8723 0805

TUESDAY TRAVERSE

10:00 AM, Gawler Railway Station, Gawler. Ride to Balaklava, stay overnight and return (on Tuesday). Bookings by Friday 9 September, please.
40 km **2B** Bob 8296 5769

TUE 20 SEP

PENINSULA PEDALLERS

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Coffee afterwards.
30 km **1A** Raelene 8682 3196

TUESDAY TREADLERS

9:30 AM, Balhannah Oval Road bike ride, with a stop for coffee and back by lunchtime. Option of a longer and more challenging route, but all meet up for coffee. A different start location on the first Tuesday of each month. Contact Ride Coordinator to confirm.
50-70 km **5C** Tony or Bob 8388 4730 or 8389 7301

BROKEN GADGETS MTB

6:00 PM, Corner Adam St and River Tce (western end) Hindmarsh. Linear Park and nearby off road tracks. Ride time approximately 1.5 hours, Good lights essential.
Class1 Stu 0405 702 483

NIGHT ESPRESSO

7:00 PM, Hurtle Square Adelaide.
The rides vary from **6A**, **5B**, **4C** usually with a slightly easier option. Good lights essential. Coffee afterwards at a café.
40 km Rob 8229 0230

WED 21 SEP

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Rotunda, Cadell Street, Goolwa. Generally ride to Middleton or Port Elliot along Encounter Bikeway. Options from **1A** to **3B** with a coffee stop en route. Riders choose their own turnaround point.
25 km **1B** Dave 8344 2794

NORTHSIDE CYCLING GROUP

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from **3A** to **5A** with a coffee stop en route.
30 km **5A** Gary 8255 1979

WEDNESDAY WHEELERS

10:00 AM, Parkholme Shopping Centre (behind Cheesecake Shop) Parkholme. Mystery bitumen road ride, BYO or buy lunch.
50 km **3C** Judith 8298 3131

BETTER HARTS

Time and start location (Mt Gambier) to be advised. (school hours)
Contact ride leader to participate.
Sharon 8723 0635

THU 22 SEP

30/30 BEACH STREAK

6:15 PM, Henley Square, Henley Beach.
There will be 2 rides, one will be doing 30km/h average, (sit on 34km/h often), and the other will be faster.
30 km **6A** Dean 8208 3057
or 0402 816 741

FRI 23 SEP

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Rotunda, Cadell Street, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Co-ordinator to confirm.
50 km **3B** Dave 8344 2794

BETTER HARTS

Time and start location (Mt Gambier) to be advised. (school hours)
Contact ride leader to participate.
Sharon 8723 0635

SAT 24 SEP

COBWEBS

8:00 AM, Tarniwarra Park, Cygnet Crt, western side of Patawolonga Frontage, Glenelg North. Early morning ride with coffee afterwards.
50 km **6A** Rosemary 0419 182 605

PENINSULA PEDALLERS

8:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.
40 km **4B** Mary 8683 0915

ALL WOMENS BIKE RIDES

9:30 AM, Cycle On 2/19 Albyn Tce, Strathalbyn. An all Women's Bike Ride aimed to help build confidence for ladies of all ages. Suitable for the beginner or women wanting to get back into cycling on a casual and social level. Buy coffee afterwards.
15 km Lanie 8536 3211

FOUR BEES

10:00 AM, Buffalo Tall Ship, Wigley Reserve, Glenelg. Morning ride with coffee afterwards.
45 km **4A** Glen 0431 552 858

SATURDAY EXPRESS

1:00 PM, Torrens Weir, Adelaide.
Café stop for afternoon tea.
40 km **3B** Andrew 0414 561 738

SATURDAY SOJOURN

1:00 PM, Torrens Weir, Adelaide.
BYO or buy afternoon tea.
25 km **2A** Dave 8287 4085
or 0412 865 277

SOUTHERN FLINDERS ROUGH RIDERS

2:00 PM, Over the Edge Shop, Melrose.
20 km Richard 0417 341 462

SUN 25 SEP

CLARE VALLEY CYCLE TEAM

8:00 AM, Clare Oval, Main North Rd, Clare. On road rides in the Clare Valley region, varying from **2B** to **5C+**, based on group's ability, weather, etc. on the day. Riders choose turn around point. Meet up for coffee (or more) afterwards.
50-100 km Judy 0400 290 687

POSEURS d'ADELAIDE

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, **4C** to **5B**, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end.
60-80 km **5B** Peter 0407 182 376

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Rotunda, Cadell Street, Goolwa. Encounter Bikeway, Beacon 19 or Hindmarsh Island. Route chosen each week based on group's ability, weather etc. Usually two groups, fast and slow. Rides vary from **1A** to **3B**. Riders choose when to turn back. Meet for coffee either en route or afterwards.
30 km **2B** Dave 8344 2794

HILLS RIDE

9:00 AM, Mylor Oval, Strathalbyn Rd, Mylor. Lunch BYO or buy. MTB or Hybrids advised.
50 km **2B** Rob 0428 990 059

PENINSULA PEDALLERS

9:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.
40 km **4B** Mary 8683 0915

SOUTHERN FLINDERS ROUGH RIDERS

9:00 AM, Over The Edge Shop, Melrose. The Enthusiasts Ride and trail building
15 km Richard 0417 341 462

RIVERGUM CYCLISTS

10:00 AM, Riverland.
Contact Peter for details.
20 km **2B** Peter 8588 2428

BETTER HARTS

2:00 PM, Meleluca Primary School, Ayers St entrance, Mt Gambier.
Must contact ride leader to participate (ride details may change).
Sharon 8723 0653

MON 26 SEP

NORTHSIDE CYCLING GROUP

9:30 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from **3A** to **5A** with a coffee stop en route.
30 km **5A** Gary 8255 1979

BETTER HARTS

10:00 AM, Mt Gambier Public Library, Mt Gambier. Contact the Ride Coordinator for details.
20km **2A** Catherine or Sharon 8725 3821 or 8723 0805

TUE 27 SEP

PENINSULA PEDALLERS

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Coffee afterwards.
30 km **1A** Raelene 8682 3196

TUESDAY TREADLERS

9:30 AM, Balhannah Oval Road bike ride, with a stop for coffee and back by lunchtime. Option of a longer and more challenging route, but all meet up for coffee. A different start location on the first Tuesday of each month.
Contact Ride Coordinator to confirm.
50-70 km **5C** Tony or Bob 8388 4730 or 8389 7301

TUESDAY TRAVERSE

10:00 AM, Torrens Weir, Adelaide.
40 km **2B** Andrew 0414 561 738

NIGHT ESPRESSO

7:00 PM, Hurtle Square Adelaide. The rides vary from **6A**, **5B**, **4C** usually with a slightly easier option. Good lights essential. Coffee afterwards at a café.
40 km Rob 8229 0230

WED 28 SEP

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Rotunda, Cadell Street, Goolwa. Generally ride to Middleton or Port Elliot along Encounter Bikeway. Options from **1A** to **3B** with a coffee stop en route. Riders choose their own turnaround point.
25 km **1B** Dave 8344 2794

NORTHSIDE CYCLING GROUP

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from **3A** to **5A** with a coffee stop en route.
30 km **5A** Gary 8255 1979

WEDNESDAY WHEELERS

10:00 AM, Victor Harbour, west of Warland Reserve, Victor Harbour. Bitumen road ride through deep south hills and vales. BYO or buy lunch.
80 km **3C** Ralph 8269 7378

BETTER HARTS

Time and start location (Mt Gambier) to be advised. (school hours)
Contact ride leader to participate.
Sharon 8723 0635

THU 29 SEP

30/30 BEACH STREAK

6:15 PM, Henley Square, Henley Beach. There will be 2 rides, one will be doing 30km/h average, (sit on 34km/h often), and the other will be faster.
30 km **6A** Dean 8208 3057
or 0402 816 741

ADVERTISEMENT

AUDAX

Thursday 29 September 2011

Birdsville

Simpson Desert Dirt Series 35 Supported ride

In conjunction with day 3 of the Simpson Desert Bike Challenge, the afternoon stage (40km) will qualify as a 35km Dirt Series event.

Enquiries:

Leon Malzinkas 0428 333 322

lmalzins@bigpond.net.au

FRI 30 SEP

ADVERTISEMENT

AUDAX

Friday 30 September 2011

Birdsville

Simpson Desert Dirt Series 100 Supported ride

In conjunction with day 4 of the Simpson Desert Bike Challenge, the day's stage (110km) will qualify as a 100km Dirt Series event.

Enquiries:

Leon Malzinkas 0428 333 322

lmalzins@bigpond.net.au

BETTER HARTS

Time and start location (Mt Gambier) to be advised. (school hours)
Contact ride leader to participate.
Sharon 8723 0635

SAT 1 OCT

COBWEBS

8:00 AM, Tarniwarra Park, Cygnet Crt, western side of Patawolonga Frontage, Glenelg North. Early morning ride with coffee afterwards.
50 km **6A** Rosemary 0419 182 605

PENINSULA PEDALLERS

8:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.
40 km **4B** Mary 8683 0915

CYCLING ON FLEURIEU

8:30 AM, Strathalbyn Railway Station, Strathalbyn. An easy ride in and around Strathalbyn on quiet roads followed by coffee.
45 km **3C** John 0410 340 071

BICYCLE MAINTENANCE COURSE

Comprehensive Bike Care

9.00 AM – 4.00 PM
Saturday 1 October 2011

Bicycle SA Office,
111 Franklin St, Adelaide

This more intensive 6 hour course, with some practical experience, is structured to provide the knowledge and skills to confidently carry out the basic scheduled maintenance tasks that are essential for a well maintained bike.

Fee applies

Early bookings essential
(maximum 10 registrants per course)

Bicycle office 8168 9999
www.bikesa.asn.au

ALL WOMENS BIKE RIDES

9:30 AM, Cycle On 2/19 Albyn Tce, Strathalbyn. An all Women's Bike Ride aimed to help build confidence for ladies of all ages. Suitable for the beginner or women wanting to get back into cycling on a casual and social level.
Buy coffee afterwards.
15 km **2B** Lanie 8536 3211

FOUR BEES

10:00 AM, Buffalo Tall Ship, Wigley Reserve, Glenelg. Morning ride with coffee afterwards.
45 km **4A** Glen 0431 552 858

BETTER HARTS

1:00 PM, Mt Gambier Public Library, Mt Gambier. Leisurely ride around/out of town circuit, with coffee afterwards.
20 km **2A** Catherine 8725 3821

SATURDAY EXPRESS

1:00 PM, Drage Reserve, Briar Rd. Felixstow. Café stop for afternoon tea.
40 km **3B** David 0438 203 319

SATURDAY SOJOURN

1:00 PM, Port Dock, Port Adelaide. BYO or buy afternoon tea.
25 km **2A** Steve 8248 2603

SOUTHERN FLINDERS ROUGH RIDERS

2:00 PM, Over the Edge Shop, Melrose.
20 km Richard 0417 341 462

ADVERTISEMENT

AUDAX

Saturday 1 October 2011

Birdsville

Simpson Desert Dirt Series 70 Supported ride

In conjunction with day 5 of the Simpson Desert Bike Challenge, a morning stage (80km) will qualify as a 70km Dirt Series event.

Enquiries:

Leon Malzinkas 0428 333 322

lmalzins@bigpond.net.au



Love Your Ride.

RidesPROGRAMME

September-November 2011

ADVERTISEMENT

AUDAX

Saturday 1 October 2011

Ceduna

Flinders 400

Unsupported ride (400km)

Ride the Flinders Highway in its entirety, Ceduna to Port Lincoln.

Enquiries:

Richard Scheer 8362 3084
r.scheer@fugolads.com

SUN 2 OCT

CLARE VALLEY CYCLE TEAM

8:00 AM, Clare Oval, Main North Rd, Clare. On road rides in the Clare Valley region, varying from **2B** to **5C+**, based on group's ability, weather, etc. on the day. Riders choose turn around point. Meet up for coffee (or more) afterwards. 50-100 km Judy 0400 290 687

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Rotunda, Cadell Street, Goolwa. Encounter Bikeway, Beacon 19 or Hindmarsh Island. Route chosen each week based on group's ability, weather etc. Usually two groups, fast and slow. Rides vary from **1A** to **3B**. Riders choose when to turn back. Meet for coffee either en route or afterwards. 30 km **2B** Dave 8344 2794

POSEURS d'ADELAIDE

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, **4C** to **5B**, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end. 60-80 km **5B** Peter 0407 182 376

HILLS RIDE

9:00 AM, Johnston Park, Onkaparinga Valley Rd, Balhannah. Lunch BYO or buy. MTB or hybrids advised. 50 km **2B** Trevor 8339 6658

PENINSULA PEDALLERS

9:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Mary 8683 0915

RIVERGUM CYCLISTS

10:00 AM, Riverland. Contact Peter for details. 20 km **2B** Peter 8588 2428

BETTER HARTS

2:00 PM, Meleluca Primary School, Ayers St entrance, Mt Gambier. Must contact ride leader to participate (ride details may change). Sharon 8723 0653

MON 3 OCT

NORTHSIDE CYCLING GROUP

9:30 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from **3A** to **5A** with a coffee stop en route. 30 km **5A** Gary 8255 1979

BETTER HARTS

10:00 AM, Mt Gambier Public Library, Mt Gambier. Contact the Ride Coordinator for details. 20km **2A** Catherine or Sharon 8725 3821 or 8723 0805

TUE 4 OCT

PENINSULA PEDALLERS

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Coffee afterwards. 30 km **1A** Raelene 8682 3196

TUESDAY TREADLERS

9:30 AM, Balhannah Oval Road bike ride, with a stop for coffee and back by lunchtime. Option of a longer and more challenging route, but all meet up for coffee. A different start location on the first Tuesday of each month. Contact Ride Coordinator to confirm. 50-70 km **5C** Tony or Bob 8388 4730 or 8389 7301

TUESDAY TRAVERSE

10:00 AM, Torrens Weir, Adelaide. 40 km **2B** Peter 0418 844 963

BROKEN GADGETS MTB

6:00 PM, Corner Grand Junction Rd and Nelson Rd (at the shops) Valley View. Mostly wide trails with some easy single tracks. Ride time approximately 1.5 hours. Good lights essential. Class1 Stu 0405 702 483

NIGHT ESPRESSO

7:00 PM, Hurtle Square Adelaide. An easier ride option for those wishing to join the Espresso 'night riders' Good lights essential. Coffee afterwards at a cafe 40 km **4A** Rob 8229 0230

NIGHT ESPRESSO

7:00 PM, Hurtle Square Adelaide. The rides vary from **6A**, **5B**, **4C** usually with a slightly easier option. Good lights essential. Coffee afterwards at a cafe. 40 km Rob 8229 0230

WED 5 OCT

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Rotunda, Cadell Street, Goolwa. Generally ride to Middleton or Port Elliot along Encounter Bikeway. Options from **1A** to **3B** with a coffee stop en route. Riders choose their own turnaround point. 25 km **1B** Dave 8344 2794

NORTHSIDE CYCLING GROUP

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Hills ride with a coffee stop en route. 30 km **5A** Gary 8255 1979

WEDNESDAY WHEELERS

10:00 AM, Mt Pleasant - Memorial Hall opp. Bakery, Mt Pleasant. Rural country ride - some good dirt surfaces. MTB or hybrid bike recommended. BYO lunch or carry it from start point for an off-road picnic 50 km **2B** Steve 8271 1140

SOUTHERN FLINDERS ROUGH RIDERS

5:00 PM, Over the Edge Shop, Melrose. Richard 0417 341 462

BETTER HARTS

Time and start location (Mt Gambier) to be advised. (school hours) Contact ride leader to participate. Sharon 8723 0635

THU 6 OCT

30/30 BEACH STREAK

6:15 PM, Henley Square, Henley Beach. There will be 2 rides, one will be doing 30km/h average, (sit on 34km/h often), and the other will be faster. 30 km **6A** Dean 8208 3057 or 0402 816 741

BAYSIDE BREEZE

6:30 PM, Brighton Jetty, Brighton. Bayside Breeze re-commences for the Summer Season. Come out enjoy a social ride while exploring the coastal precincts with a chat & refreshments afterwards. Bike lights essential. 25 km **3A** Andrew 0414 561 738

FRI 7 OCT

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Rotunda, Cadell Street, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Co-ordinator to confirm. 50 km **3B** Dave 8344 2794

BETTER HARTS

Time and start location (Mt Gambier) to be advised. (school hours) Contact ride leader to participate. Sharon 8723 0635

SAT 8 OCT

COBWEBS

8:00 AM, Tarniwarra Park, Cygnet Crt, western side of Patawolonga Frontage, Glenelg North. Early morning ride with coffee afterwards. 50 km **6A** Rosemary 0419 182 605

PENINSULA PEDALLERS

8:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Mary 8683 0915

CYCLING ON FLEURIEU

8:30 AM, Strathalbyn Railway Station, Strathalbyn. An easy ride in and around Strathalbyn on quiet roads followed by coffee. 25 km **2B** Colin 0400 677 382

FOUR BEES

10:00 AM, Buffalo Tall Ship, Wigley Reserve, Glenelg. Morning ride with coffee afterwards. 45 km **4A** Glen 0431 552 858

SATURDAY EXPRESS

1:00 PM, St Andrews Hospital, front entrance, South Terrace, Adelaide. Cafe stop for afternoon tea. 40 km **3B** Stuart 0459 940 968

SATURDAY SOJOURN

1:00 PM, Wigley Reserve, Glenelg. BYO or buy afternoon tea. 25 km **2A** Alf 8294 9138

SOUTHERN FLINDERS ROUGH RIDERS

2:00 PM, Over the Edge Shop, Melrose. 20 km Richard 0417 341 462

SUN 9 OCT

CLARE VALLEY CYCLE TEAM

8:00 AM, Clare Oval, Main North Rd, Clare. On road rides in the Clare Valley region, varying from **2B** to **5C+**, based on group's ability, weather, etc. on the day. Riders choose turn around point. Meet up for coffee (or more) afterwards. 50-100 km Judy 0400 290 687

GRAND/MINI SLAM

Recreational Bike Series of 5 rides

Sunday 9 October 2011

6:30 AM, Mt Pleasant, Talunga Pavilion & Oval, Mt Pleasant.

The final ride in the Grand/Mini Slam series of on road personal challenge recreational rides for 2011. Choose between 100km or 200km, with the ability to ride at your own pace. Morning and afternoon refreshments, freshly cut salad rolls, fruit slice and fruit for lunch.

On road support.

Win two Giant road bikes and prizes from Roof Rack City and Torq (BSA members and series riders only)

Entry fee applies.

Enter online or further details and/or entry forms available from:

Bicycle SA office 8168 9999

www.bikesa.asn.au
rides@bikesa.asn.au

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Rotunda, Cadell Street, Goolwa. Encounter Bikeway, Beacon 19 or Hindmarsh Island. Route chosen each week based on group's ability, weather etc. Usually two groups, fast and slow. Rides vary from **1A** to **3B**. Riders choose when to turn back. Meet for coffee either en route or afterwards. 30 km **2B** Dave 8344 2794

POSEURS d'ADELAIDE

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, **4C** to **5B**, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end. 60-80 km **5B** Peter 0407 182 376

PENINSULA PEDALLERS

9:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Mary 8683 0915

BETTER HARTS

10:00 AM, City Band Hall, cnr Pick Ave and Lake Tce East, Mt Gambier. MTB ride to the Pines. 30 km Class 1 Catherine 8725 3821

RIVERGUM CYCLISTS

10:00 AM, Riverland. Contact Peter for details. 20 km **2B** Peter 8588 2428

BETTER HARTS

2:00 PM, Meleluca Primary School, Ayers St entrance, Mt Gambier. Must contact ride leader to participate (ride details may change). Sharon 8723 0653

ADVERTISEMENT

AUDAX

Sunday 9 October 2011

Bicycle SA Grand Slam # 5
Mt Pleasant

Ride the Grand Slam course and qualify for a 200km brevet. Open to all Bicycle SA Grand Slam entrants. Support is only available to registered riders. See www.bikesa.asn.au for draft map when available.

Enquiries:

Glen Thompson 8271 3500
gthomps5@adam.com.au

MON 10 OCT

NORTHSIDE CYCLING GROUP

9:30 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from **3A** to **5A** with a coffee stop en route.
30 km **5A** Gary 8255 1979

BETTER HARTS

10:00 AM, Mt Gambier Public Library, Mt Gambier. Contact the Ride Coordinator for details.
20 km **2A** Catherine or Sharon 8725 3821 or 8723 0805

TUE 11 OCT

PENINSULA PEDALLERS

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Coffee afterwards.
30 km **1A** Raelene 8682 3196

TUESDAY TREADLERS

9:30 AM, Balhannah Oval Road bike ride, with a stop for coffee and back by lunchtime. Option of a longer and more challenging route, but all meet up for coffee. A different start location on the first Tuesday of each month. Contact Ride Coordinator to confirm.
50-70 km **5C** Tony or Bob 8388 4730 or 8389 7301

TUESDAY TRAVERSE

10:00 AM, Oaklands Park Railway Station, Oaklands Park. Ride to Reynella.
40km **2B** Robyn 8270 5227

BICYCLE MAINTENANCE COURSE

Basic Bike Care

6.00 PM - 9.00 PM
Tuesday 11 October 2011

Bicycle SA Office,
111 Franklin St, Adelaide

This basic 3 hour course is designed specifically for those just starting out or who haven't got the bike out of the shed for a while. Learn how to clean and lubricate the major mechanical working parts of a bike, and get the inside story on repairing punctures!

Fee applies

Early bookings essential
(maximum 10 registrants per course)

Bicycle SA office 8168 9999
www.bikesa.asn.au

NIGHT ESPRESSO

7:00 PM, Hurtle Square Adelaide.
The rides vary from **6A**, **5B**, **4C** usually with a slightly easier option.
Good lights essential. Coffee afterwards at a café.
40 km Rob 8229 0230

WED 12 OCT

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Rotunda, Cadell Street, Goolwa. Generally ride to Middleton or Port Elliot along Encounter Bikeway. Options from **1A** to **3B** with a coffee stop en route. Riders choose their own turnaround point.
25 km **1B** Dave 8344 2794

NORTHSIDE CYCLING GROUP

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from **3A** to **5A** with a coffee stop en route.
30 km **5A** Gary 8255 1979

WEDNESDAY WHEELERS

10:00 AM, Hindmarsh, Adam St. opposite the Brewery display. Mystery bitumen road ride, Pub Lunch.
50 km **3C** John 8346 9765

NATIONAL RIDE TO WORK DAY

Wednesday 12 October 2011

This year, Ride to Work, Australia's biggest annual workplace riding event is focussing on getting more people involved, so invite your friends, family and colleagues to register and enjoy the ride with them.

Each registration helps build the case for better bike facilities across the country. Registration is quick and it is free!

For more information and to register:
www.ride2work.com.au

BETTER HARTS

Time and start location (Mt Gambier) to be advised. (school hours)
Contact ride leader to participate.
Sharon 8723 0635

THU 13 OCT

30/30 BEACH STREAK

6:15 PM, Henley Square, Henley Beach. There will be 2 rides, one will be doing 30km/h average, (sit on 34km/h often), and the other will be faster.
30 km **6A** Dean 8208 3057 or 0402 816 741

BAYSIDE BREEZE

6:30 PM, Buffalo Restaurant, Wigley Reserve, Glenelg. Bayside Come out enjoy a social ride while exploring the coastal precincts with a chat & refreshments afterwards. Bike lights essential.
25 km **3A** Jane 0402 102 608

FRI 14 OCT

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Rotunda, Cadell Street, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Co-ordinator to confirm.
50 km **3B** Dave 8344 2794

BETTER HARTS

Time and start location (Mt Gambier) to be advised. (school hours)
Contact ride leader to participate.
Sharon 8723 0635

SAT 15 OCT

COBWEBS

8:00 AM, Tarniwarra Park, Cygnet Crt, western side of Patawolonga Frontage, Glenelg North. Early morning ride with coffee afterwards.
50 km **6A** Rosemary 0419 182 605

PENINSULA PEDALLERS

8:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.
40 km **4B** Mary 8683 0915

THE COORONG AND LOWER LAKES ANNUAL TOUR

Saturday 15 - 23 October, 2011

Experience the World Heritage Coorong wetlands and Lower Lakes region, the wild Southern Ocean and the iconic Murray River.

Explore the scenic rolling landscape of the Fleurieu Peninsula and indulge in some great food and wine.

The stage is set for another fantastic Annual Tour.

Registrations limited to 200!

Entry fee applies.

Further details/information:

Bicycle SA office 8168 9999
www.bikesa.asn.au
rides@bikesa.asn.au

FOUR BEES

10:00 AM, Buffalo Tall Ship, Wigley Reserve, Glenelg. Morning ride with coffee afterwards.
45 km **4A** Glen 0431 552 858

SATURDAY EXPRESS

1:00 PM, Torrens Weir, Adelaide.
Café stop for afternoon tea.
40 km **3B** Des 0401 360 187

SATURDAY SOJOURN

1:00 PM, Adelaide Yacht Squadron, Military Rd, West Beach. BYO or buy afternoon tea.
25 km **2A** Roger 0402 380 172

SOUTHERN FLINDERS ROUGH RIDERS

2:00 PM, Over the Edge Shop, Melrose.
20 km Richard 0417 341 462

ADVERTISEMENT

AUDAX

Saturday 15 October 2011

Northern 123

Unsupported ride

Joslin

The fifth in a five ride series. All loops leave Adelaide via Two Wells and return via Gawler. A suitable mostly flat final training ride before Around the Bay.

Enquiries:

Richard Scheer 8362 3084
r.scheer@fugrolads.com

SUN 16 OCT

CLARE VALLEY CYCLE TEAM

8:00 AM, Clare Oval, Main North Rd, Clare. On road rides in the Clare Valley region, varying from **2B** to **5C+**, based on group's ability, weather, etc. on the day. Riders choose turn around point. Meet up for coffee (or more) afterwards.
50-100 km Judy 0400 290 687

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Rotunda, Cadell Street, Goolwa. Encounter Bikeway, Beacon 19 or Hindmarsh Island. Route chosen each week based on group's ability, weather etc. Usually two groups, fast and slow. Rides vary from **1A** to **3B**. Riders choose when to turn back. Meet for coffee either en route or afterwards.
30 km **2B** Dave 8344 2794

POSEURS d'ADELAIDE

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, **4C** to **5B**, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end.
60-80 km **5B** Peter 0407 182 376

CYCLING ON FLEURIEU

8:30 AM, Langhorne Creek Join the riders on the Annual Tour then explore the winery's of Longhorne Creek.
50 km **3A** Colin 0400 677 382

HILLS RIDE

9:00 AM, Birdwood Primary School, Shannon St, Birdwood. Lunch BYO or buy. MTB or hybrids advised.
50 km **2B** Steve 8271 1140

PENINSULA PEDALLERS

9:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Mystery Ride. Please phone for details. Coffee afterwards
40 km **4B** Mary 8683 0915

RIVERGUM CYCLISTS

10:00 AM, Riverland.
Contact Peter for details.
20 km **2B** Peter 8588 2428

BETTER HARTS

2:00 PM, Meleluca Primary School, Ayers St entrance, Mt Gambier. Must contact ride leader to participate (ride details may change).
Sharon 8723 0653

BICYCLE MAINTENANCE COURSE

(Course 3)

Sunday 16 October 2011

9.00AM - 5.00PM

Bicycle SA office,
111 Franklin St, Adelaide

First session in a series of 3 workshops to be held on Sunday 16 October, 23 October with the final session on 30 October, 2011.

The Advanced Bike Maintenance course, with extensive practical experience, is specifically suited to riders who can confidently undertake the regular tuning and cleaning tasks required to keep their bikes running but are seeking an in depth knowledge of their bikes' anatomy so that they can remove, repair, adjust and replace each of the major mechanical working components themselves.

This programme is structured to include content relating to both road and MTB enthusiasts and covers workshop specifics for both bike designs, so whether your passion lies on the black stuff or the dirt you will get the instruction and the answers you are looking for!

Fee applies

Free workshop manual valued at \$40.00 provided to all participants.

Bicycle SA office 8168 9999
office@bikesa.asn.au
www.bikesa.asn.au

MON 17 OCT

NORTHSIDE CYCLING GROUP

9:30 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from **3A** to **5A** with a coffee stop en route.
30 km **5A** Gary 8255 1979

BETTER HARTS

10:00 AM, Mt Gambier Public Library, Mt Gambier. Contact the Ride Coordinator for details.
20 km **2A** Catherine or Sharon 8725 3821 or 8723 0805



Love Your Ride.

RidesPROGRAMME

September-November 2011

TUE 18 OCT

PENINSULA PEDALLERS

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Coffee afterwards.
30 km **1A** Raelene 8682 3196

TUESDAY TREADLERS

9:30 AM, Balhannah Oval Road bike ride, with a stop for coffee and back by lunchtime. Option of a longer and more challenging route, but all meet up for coffee. A different start location on the first Tuesday of each month. Contact Ride Coordinator to confirm.
50-70 km **5C** Tony or Bob 8388 4730 or 8389 7301

TUESDAY TRAVERSE

10:00 AM, Torrens Weir, Adelaide.
40 km **2B** Trevor 0434 961 488

BROKEN GADGETS MTB

6:00 PM, Corner Adam St and River Tce (western end) Hindmarsh. Linear Park and nearby off road tracks. Ride time approximately 1.5 hours, Good lights essential.
Class1 Stu 0405 702 483

NIGHT ESPRESSO

7:00 PM, Hurtle Square Adelaide. The rides vary from **6A, 5B, 4C** usually with a slightly easier option. Good lights essential. Coffee afterwards at a café.
40 km Rob 8229 0230

WED 19 OCT

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Rotunda, Cadell Street, Goolwa. Generally ride to Middleton or Port Elliot along Encounter Bikeway. Options from **1A** to **3B** with a coffee stop en route. Riders choose their own turnaround point.
25 km **1B** Dave 8344 2794

NORTHSIDE CYCLING GROUP

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from **3A** to **5A** with a coffee stop en route.
30 km **5A** Gary 8255 1979

WEDNESDAY WHEELERS

10:00 AM, Glen Osmond, cnr Portrush and Pridmore Rds. Bitumen and dirt road hills ride, MTB or hybrid bike recommended. BYO or buy lunch.
50 km **2C** Malcolm 8379 7339

BETTER HARTS

Time and start location (Mt Gambier) to be advised. (school hours)
Contact ride leader to participate.
Sharon 8723 0635

THU 20 OCT

CYCLING ON FLEURIEU

8:00 AM, Milang Railway Station, Milang. Join in part of the Annual Tour, Mt Compass to Goolwa.
45 km **3B** Colin 0400 677 382

30/30 BEACH STREAK

6:15 PM, Henley Square, Henley Beach. There will be 2 rides, one will be doing 30km/h average, (sit on 34km/h often), and the other will be faster.
30 km **6A** Dean 8208 3057 or 0402 816 741

BAYSIDE BREEZE

6:30 PM, Brighton Jetty, Brighton. Bayside Come out enjoy a social ride while exploring the coastal precincts with a chat & refreshments afterwards. Bike lights essential.
25 km **3A** Alison 8377 2118

FRI 21 OCT

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Rotunda, Cadell Street, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Co-ordinator to confirm.
50 km **3B** Dave 8344 2794

BETTER HARTS

Time and start location (Mt Gambier) to be advised. (school hours)
Contact ride leader to participate.
Sharon 8723 0635

SAT 22 OCT

COBWEBS

8:00 AM, Tarniwarra Park, Cygnet Crt, western side of Patawolonga Frontage, Glenelg North. Early morning ride with coffee afterwards.
50 km **6A** Rosemary 0419 182 605

PENINSULA PEDALLERS

8:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.
40 km **4B** Mary 8683 0915

FOUR BEES

10:00 AM, Buffalo Tall Ship, Wigley Reserve, Glenelg. Morning ride with coffee afterwards.
45 km **4A** Glen 0431 552 858

SATURDAY EXPRESS

1:00 PM, Heywood Park, Unley Park. Café stop for afternoon tea.
40 km **3B** Tom 8272 8253

SATURDAY SOJOURN

1:00 PM, Unley Swimming Centre, Railway St, near Goodwood. Ride to Morialta Falls. BYO or buy afternoon tea.
25 km **2A** Dave 8287 4085 or 0412 865 277

SOUTHERN FLINDERS ROUGH RIDERS

2:00 PM, Over the Edge Shop, Melrose.
20 km Richard 0417 341 462

SUN 23 OCT

CLARE VALLEY CYCLE TEAM

8:00 AM, Clare Oval, Main North Rd, Clare. On road rides in the Clare Valley region, varying from **2B** to **5C+**, based on group's ability, weather, etc. on the day. Riders choose turn around point. Meet up for coffee (or more) afterwards.
50-100 km Judy 0400 290 687

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Rotunda, Cadell Street, Goolwa. Encounter Bikeway, Beacon 19 or Hindmarsh Island. Route chosen each week based on group's ability, weather etc. Usually two groups, fast and slow. Rides vary from **1A** to **3B**. Riders choose when to turn back. Meet for coffee either en route or afterwards.
30 km **2B** Dave 8344 2794

POSEURS d'ADELAIDE

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, **4C** to **5B**, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end.
60-80 km **5B** Peter 0407 182 376

HILLS RIDE

9:00 AM, Woodside Swimming Pool Car Park, off Nairne Rd, Woodside. Lunch BYO or buy. **MTB** or hybrids advised.
50 km **2B** Rob 0428 990 059

PENINSULA PEDALLERS

9:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.
40 km **4B** Mary 8683 0915

RIVERGUM CYCLISTS

10:00 AM, Riverland. Contact Peter for details.
20 km **2B** Peter 8588 2428

BETTER HARTS

2:00 PM, Meleluca Primary School, Ayers St entrance, Mt Gambier. Must contact ride leader to participate (ride details may change).
Sharon 8723 0653

ADVERTISEMENT

MTB ORIENTEERING

Sunday 23 October 2011

Fox Creek

Start times - 10:00 AM - Noon

Signs from the corner of Fox Creek/Coldstore Rd and Croft Rd, about 4km north of Lenswood. (Coldstore Rd can be followed from Lenswood).

Enquiries:

John Such 8379 5338

MON 24 OCT

NORTHSIDE CYCLING GROUP

9:30 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from **3A** to **5A** with a coffee stop en route.
30 km **5A** Gary 8255 1979

BETTER HARTS

10:00 AM, Mt Gambier Public Library, Mt Gambier. Contact the Ride Coordinator for details.
20 km **2A** Catherine or Sharon 8725 3821 or 8723 0805

TUE 25 OCT

PENINSULA PEDALLERS

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Coffee afterwards.
30 km **1A** Raelene 8682 3196

TUESDAY TREADLERS

9:30 AM, Balhannah Oval Road bike ride, with a stop for coffee and back by lunchtime. Option of a longer and more challenging route, but all meet up for coffee. A different start location on the first Tuesday of each month. Contact Ride Coordinator to confirm.
50-70 km **5C** Tony or Bob 8388 4730 or 8389 7301

TUESDAY TRAVERSE

10:00 AM, Oaklands Park Railway Station, Oaklands Park.
40 km **2B** Rick 0417 816 372

NIGHT ESPRESSO

7:00 PM, Hurtle Square Adelaide. The rides vary from **6A, 5B, 4C** usually with a slightly easier option. Good lights essential. Coffee afterwards at a café.
40 km Rob 8229 0230

WED 26 OCT

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Rotunda, Cadell Street, Goolwa. Generally ride to Middleton or Port Elliot along Encounter Bikeway. Options from **1A** to **3B** with a coffee stop en route. Riders choose their own turnaround point.
25 km **1B** Dave 8344 2794

NORTHSIDE CYCLING GROUP

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from **3A** to **5A** with a coffee stop en route.
30 km **5A** Gary 8255 1979

WEDNESDAY WHEELERS

10:00 AM, Crafers, top of the cycleway by the Church of the Epiphany. Hills bitumen road ride, BYO or buy lunch.
50 km **3C** John 8223 7397

BETTER HARTS

Time and start location (Mt Gambier) to be advised. (school hours)
Contact ride leader to participate.
Sharon 8723 0635

THU 27 OCT

30/30 BEACH STREAK

6:15 PM, Henley Square, Henley Beach. There will be 2 rides, one will be doing 30km/h average, (sit on 34km/h often), and the other will be faster.
30 km **6A** Dean 8208 3057 or 0402 816 741

BAYSIDE BREEZE

6:30 PM, Glenelg Town Hall, Moseley Square, Glenelg. Bayside Come out enjoy a social ride while exploring the coastal precincts with a chat & refreshments afterwards. Bike lights essential.
25 km **3A** Rick 8277 2414

FRI 28 OCT

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Rotunda, Cadell Street, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Co-ordinator to confirm.
50 km **3B** Dave 8344 2794

BETTER HARTS

Time and start location (Mt Gambier) to be advised. (school hours)
Contact ride leader to participate.
Sharon 8723 0635

SAT 29 OCT

COBWEBS

8:00 AM, Tarniwarra Park, Cygnet Crt, western side of Patawolonga Frontage, Glenelg North. Early morning ride with coffee afterwards.
50 km **6A** Rosemary 0419 182 605

PENINSULA PEDALLERS

8:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.
40 km **4B** Mary 8683 0915

CYCLING ON FLEURIEU

8:30 AM, Strathalbyn Railway Station, Strathalbyn. An easy ride in and around historic Strathalbyn on quiet roads followed by coffee.

45 km **3C** John 0410 340 071

ALL WOMENS BIKE RIDES

9:30 AM, Cycle On 2/19 Albyn Tce, Strathalbyn. An all Women's Bike Ride aimed to help build confidence for ladies of all ages. Suitable for the beginner or women wanting to get back into cycling on a casual and social level. Buy coffee afterwards.

15 km **2B** Lanie 8536 3211

FOUR BEES

10:00 AM, Buffalo Tall Ship, Wigley Reserve, Glenelg. Morning ride with coffee afterwards.

45 km **4A** Glen 0431 552 858

SATURDAY EXPRESS

1:00 PM, Veale Gardens (near Glass House), South Terrace, Adelaide. Café stop for afternoon tea.

40 km **3B** Patsy 8379 6477

or 0439 332 533

SATURDAY SOJOURN

1:00 PM, Henley Square, Henley Beach. Ride the Torrens Linear Path in the reverse direction. BYO or buy afternoon tea.

25 km **2A** Phillip 0416 769 883

SOUTHERN FLINDERS ROUGH RIDERS

2:00 PM, Over the Edge Shop, Melrose.

20 km Richard 0417 341 462

ADVERTISEMENT

AUDAX

Saturday 29 October 2011

UAF 300 Vines to the Pines

Unsupported ride (300km)

North Adelaide

The inaugural UAF 300 ride in SA. A controlled pace (22.5km/h) group ride with designated stopping points. If you have never ridden a 300km before, and you're not in a hurry, this is for you.

Enquiries:
Richard Scheer / David Heard
8362 3084
r.scheer@fugrolads.com

SUN 30 OCT

CLARE VALLEY CYCLE TEAM

8:00 AM, Clare Oval, Main North Rd, Clare. On road rides in the Clare Valley region, varying from **2B** to **5C+**, based on group's ability, weather, etc. on the day. Riders choose turn around point. Meet up for coffee (or more) afterwards.

50-100 km Judy 0400 290 687

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Rotunda, Cadell Street, Goolwa. Encounter Bikeway, Beacon 19 or Hindmarsh Island. Route chosen each week based on group's ability, weather etc. Usually two groups, fast and slow. Rides vary from **1A** to **3B**. Riders choose when to turn back. Meet for coffee either en route or afterwards.

30 km **2B** Dave 8344 2794

POSEURS d'ADELAIDE

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, **4C** to **5B**, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end.

60-80 km **5B** Peter 0407 182 376

HILLS RIDE

9:00 AM, Rangers HQ, Kuitpo Forest, Brookman Rd, Meadows. Lunch BYO or buy. MTB or hybrids advised.

50 km **2B** Trevor 8339 6658

PENINSULA PEDALLERS

9:00 AM, Artheyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.

40 km **4B** Mary 8683 0915

SOUTHERN FLINDERS ROUGH RIDERS

9:00 AM, Over The Edge Shop, Melrose.

The Enthusiasts Ride and trail building

15 km Richard 0417 341 462

RIVERGUM CYCLISTS

10:00 AM, Riverland.

Contact Peter for details.

20 km **2B** Peter 8588 2428

BETTER HARTS

2:00 PM, Meleluca Primary School, Ayers St entrance, Mt Gambier.

Must contact ride leader to participate (ride details may change).

Sharon 8723 0653

ADVERTISEMENT

MTB ORIENTEERING

Sunday 30 October 2011

State Championships,
Kuitpo Forest

Start times - 10:00 AM - Noon

Pre-enry - see website:

www.sa.orienteering.asn.au

Enquiries:
Ruth Nicolson 8339 5247

MON 31 OCT

NORTHSIDE CYCLING GROUP

9:30 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from **3A** to **5A** with a coffee stop en route.

30 km **5A** Gary 8255 1979

BETTER HARTS

10:00 AM, Mt Gambier Public Library, Mt Gambier. Contact the Ride Coordinator for details.

20 km **2A** Catherine or Sharon
8725 3821 or 8723 0805

TUE 1 NOV

PENINSULA PEDALLERS

9:30 AM, Artheyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Coffee afterwards.

30 km **1A** Raelene 8682 3196

TUESDAY TREADLERS

9:30 AM, Balhannah Oval Road bike ride, with a stop for coffee and back by lunchtime. Option of a longer and more challenging route, but all meet up for coffee. A different start location on the first Tuesday of each month.

Contact Ride Coordinator to confirm.
50-70 km **5C** Tony or Bob 8388 4730 or 8389 7301

TUESDAY TRAVERSE

10:00 AM, Alberton Railway Station, Alberton. Melbourne Cup Ride.

40 km **2B** Magda 0417 802 723

BROKEN GADGETS MTB

6:00 PM, Corner Grand Junction Rd and Nelson Rd (at the shops) Valley View. Mostly wide trails with some easy single tracks. Ride time approximately 1.5 hours. Good lights essential.

Class1 Stu 0405 702 483

NIGHT ESPRESSO

7:00 PM, Hurtle Square Adelaide. An easier ride option for those wishing to join the Espresso 'night riders' Good lights essential. Coffee afterwards at a café

40 km **4A** Rob 8229 0230

NIGHT ESPRESSO

7:00 PM, Hurtle Square Adelaide.

Introducing the Night Espresso rides.

The rides vary from **6A**, **5B**, **4C** usually with a slightly easier option. Good lights essential. Coffee afterwards at a café.

40 km Rob 8229 0230

WED 2 NOV

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Rotunda, Cadell Street, Goolwa. Generally ride to Middleton or Port Elliot along Encounter Bikeway. Options from **1A** to **3B** with a coffee stop en route. Riders choose their own turnaround point.

25 km **1B** Dave 8344 2794

NORTHSIDE CYCLING GROUP

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Hills ride with a coffee stop en route.

30 km **5A** Gary 8255 1979

WEDNESDAY WHEELERS

10:00 AM, Belair Railway Station, Belair. Hills ride, some well made dirt surfaces. BYO or buy lunch. If official forecast on Tuesday pm news is 35C or greater, meet at Toll Gate, Glen Osmond at 8.30am for a short hills bitumen road ride ending in coffee.

50 km **3C** Rob 8270 4999

BETTER HARTS

Time and start location (Mt Gambier) to be advised. (school hours)

Contact ride leader to participate.
Sharon 8723 0635

SOUTHERN FLINDERS ROUGH RIDERS

5:00 PM, Over the Edge Shop. Dusk ride.

Richard 0417 341 462

THU 3 NOV

30/30 BEACH STREAK

6:15 PM, Henley Square, Henley Beach. There will be 2 rides, one will be doing 30km/h average, (sit on 34km/h often), and the other will be faster.

30 km **6A** Dean 8208 3057
or 0402 816 741

BAYSIDE BREEZE

6:30 PM, Seacliff Hotel, Seacliff. Bayside Come out enjoy a social ride while exploring the coastal precincts with a chat & refreshments afterwards. Bike lights essential.

25 km **3A** Joan 8381 2150

FRI 4 NOV

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Rotunda, Cadell Street, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Co-ordinator to confirm.

50 km **3B** Dave 8344 2794

BETTER HARTS

Time and start location (Mt Gambier) to be advised. (school hours)

Contact ride leader to participate.
Sharon 8723 0635

SAT 5 NOV

COBWEBS

8:00 AM, Tarniwarra Park, Cygnet Cr, western side of Patawolonga Frontage, Glenelg North. Early morning ride with coffee afterwards.

50 km **6A** Rosemary 0419 182 605

PENINSULA PEDALLERS

8:00 AM, Artheyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.

40 km **4B** Mary 8683 0915

CYCLING ON FLEURIEU

8:30 AM, Strathalbyn Railway Station, Strathalbyn. An easy ride in and around historic Strathalbyn on quiet roads followed by coffee.

25 km **3B** Colin 0400 677 382

ALL WOMENS BIKE RIDES

9:30 AM, Cycle On 2/19 Albyn Tce, Strathalbyn. An all Women's Bike Ride aimed to help build confidence for ladies of all ages. Suitable for the beginner or women wanting to get back into cycling on a casual and social level. Buy coffee afterwards.

15 km **2B** Lanie 8536 3211

FOUR BEES

10:00 AM, Buffalo Tall Ship, Wigley Reserve, Glenelg. Morning ride with coffee afterwards.

45 km **4A** Glen 0431 552 858

BETTER HARTS

1:00 PM, Mt Gambier Public Library, Mt Gambier. Leisurely ride around/out of town circuit, with coffee afterwards.

20 km **2A** Catherine 8725 3821

SATURDAY EXPRESS

1:00 PM, Drage Reserve, Briar Rd. Felixstow. Café stop for afternoon tea.

40 km **3B** Terry 8251 2366

SATURDAY SOJOURN

1:00 PM, Victoria Square Fountain, Adelaide. BYO or buy afternoon tea.

25 km **2A** Steve 8248 2603

SOUTHERN FLINDERS ROUGH RIDERS

2:00 PM, Over the Edge Shop, Melrose.

20 km Richard 0417 341 462

SUN 6 NOV

CLARE VALLEY CYCLE TEAM

8:00 AM, Clare Oval, Main North Rd, Clare. On road rides in the Clare Valley region, varying from **2B** to **5C+**, based on group's ability, weather, etc. on the day. Riders choose turn around point. Meet up for coffee (or more) afterwards.

50-100 km Judy 0400 290 687

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Rotunda, Cadell Street, Goolwa. Encounter Bikeway, Beacon 19 or Hindmarsh Island. Route chosen each week based on group's ability, weather etc. Usually two groups, fast and slow. Rides vary from **1A** to **3B**. Riders choose when to turn back. Meet for coffee either en route or afterwards.

30 km **2B** Dave 8344 2794

POSEURS d'ADELAIDE

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, **4C** to **5B**, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end.

60-80 km **5B** Peter 0407 182 376

RidesPROGRAMME

September-November 2011

AMY'S RIDE

Sunday 6 November 2011

Recreational road ride

Choose between

100km, 60km, 30km or 25km riding from Adelaide to the McLaren Vale Wine region.

Wear the Amy's Ride SA jersey and support the Amy Gillett Foundation and Safer Roads.

Join more than 3000 riders as they take over the Southern Expressway, especially closed for this event.

Further details and/or entry forms available from:

Bicycle SA office 8168 9999

www.bikesa.asn.au

rides@bikesa.asn.au

HILLS RIDE

9:00 AM, Old Railway Station Car Park, Euston Rd, Aldgate. Lunch BYO or buy. MTB or hybrids advised.

50 km **2B** Steve 8271 1140

PENINSULA PEDALLERS

9:00 AM, Arterya Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.

40 km **4B** Mary 8683 0915

RIVERGUM CYCLISTS

10:00 AM, Riverland.

Contact Peter for details.

20 km **2B** Peter 8588 2428

BETTER HARTS

2:00 PM, Meleluca Primary School, Ayers St entrance, Mt Gambier.

Must contact ride leader to participate (ride details may change).

Sharon 8723 0653

MON 7 NOV

NORTHSIDE CYCLING GROUP

9:30 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from **3A** to **5A** with a coffee stop en route.

30 km **5A** Gary 8255 1979

BETTER HARTS

10:00 AM, Mt Gambier Public Library, Mt Gambier. Contact the Ride Coordinator for details.

20 km **2A** Catherine or Sharon 8725 3821 or 8723 0805

TUE 8 NOV

PENINSULA PEDALLERS

9:30 AM, Arterya Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Coffee afterwards.

30 km **1A** Raelene 8682 3196

TUESDAY TREADLERS

9:30 AM, Balhannah Oval Road bike ride, with a stop for coffee and back by lunchtime. Option of a longer and more challenging route, but all meet up for coffee. A different start location on the first Tuesday of each month. Contact Ride Coordinator to confirm.

50-70 km **5C** Tony or Bob 8388 4730 or 8389 7301

TUESDAY TRAVERSE

10:00 AM, Torrens Weir, Adelaide.

40 km **2B** Richard 8295 5430

NIGHT ESPRESSO

7:00 PM, Hurtle Square Adelaide. The rides vary from **6A**, **5B**, **4C** usually with a slightly easier option. Good lights essential. Coffee afterwards at a café.

40 km Rob 8229 0230

WED 9 NOV

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Rotunda, Cadell Street, Goolwa. Generally ride to Middleton or Port Elliot along Encounter Bikeway. Options from **1A** to **3B** with a coffee stop en route. Riders choose their own turnaround point.

25 km **1B** Dave 8344 2794

NORTHSIDE CYCLING GROUP

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from **3A** to **5A** with a coffee stop en route.

30 km **5A** Gary 8255 1979

WEDNESDAY WHEELERS

10:00 AM, Clarendon Oval, Clarendon. Bitumen Road Hills ride, BYO or buy lunch. If 35C or higher is forecast on Tuesday pm news, meet at Toll Gate (Glen Osmond) at 8.30am for a short hills, bitumen road ride ending with coffee.

50 km **3C** Paul 8277 4094

BETTER HARTS

Time and start location (Mt Gambier) to be advised. (school hours)

Contact ride leader to participate.

Sharon 8723 0635

THU 10 NOV

CYCLING ON FLEURIEU

8:30 AM, Milang Railway Station, Milang. Early family ride around Milang on quiet roads followed by coffee.

20 km **2A** Colin 0400 677 382

BICYCLE MAINTENANCE COURSE

Bike Gears and Brakes

6.00 PM - 9.00 PM

Thursday 10 November 2011

Bicycle SA Office,
111 Franklin St, Adelaide

This 3 hour course looks specifically at brake and gear systems and how to tune and maintain them.

Note: There is limited cover of disc/hydraulic brakes.

Fee applies

Early bookings essential
(maximum 10 registrants per course)

Bicycle office 8168 9999

www.bikesa.asn.au

30/30 BEACH STREAK

6:15 PM, Henley Square, Henley Beach. There will be 2 rides, one will be doing 30km/h average, (sit on 34km/h often), and the other will be faster.

30 km **6A** Dean 8208 3057 or 0402 816 741

BAYSIDE BREEZE

6:30 PM, Broadway Kiosk, Esplanade, Glenelg South. Bayside Come out enjoy a social ride while exploring the coastal precincts with a chat & refreshments afterwards. Bike lights essential.

25 km **3A** Bob 8296 5769

FRI 11 NOV

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Rotunda, Cadell Street, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Co-ordinator to confirm.

50 km **3B** Dave 8344 2794

BETTER HARTS

Time and start location (Mt Gambier) to be advised. (school hours)

Contact ride leader to participate.

Sharon 8723 0635

SAT 12 NOV

COBWEBS

8:00 AM, Tarniwarra Park, Cygnet Crt, western side of Patawolong Frontage, Glenelg North. Early morning ride with coffee afterwards.

50 km **6A** Rosemary 0419 182 605

PENINSULA PEDALLERS

8:00 AM, Arterya Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.

40 km **4B** Mary 8683 0915

BICYCLE MAINTENANCE COURSE

Comprehensive Bike Care

9.00 AM - 4.00 PM

Saturday 12 November 2011

Bicycle SA Office,
111 Franklin St, Adelaide

This more intensive 6 hour course, with some practical experience, is structured to provide the knowledge and skills to confidently carry out the basic scheduled maintenance tasks that are essential for a well maintained bike.

Fee applies

Early bookings essential
(maximum 10 registrants per course)

Bicycle office 8168 9999

www.bikesa.asn.au

FOUR BEES

10:00 AM, Buffalo Tall Ship, Wigley Reserve, Glenelg. Morning ride with coffee afterwards.

45 km **4A** Glen 0431 552 858

SATURDAY EXPRESS

1:00 PM, Torrens Weir, Adelaide.

Café stop for afternoon tea.

40 km **3B** Bob 8356 0906

SATURDAY SOJOURN

1:00 PM, Unley Memorial Gardens

(next to Coles), Unley Rd, Unley.

BYO or buy afternoon tea.

25 km **2A** Chris 0402 903 761

SOUTHERN FLINDERS ROUGH RIDERS

2:00 PM, Over the Edge Shop, Melrose.

20 km Richard 0417 341 462

SUN 13 NOV

CLARE VALLEY CYCLE TEAM

8:00 AM, Clare Oval, Main North Rd, Clare. On road rides in the Clare Valley region, varying from **2B** to **5C+**, based on group's ability, weather, etc. on the day. Riders choose turn around point. Meet up for coffee (or more) afterwards.

50-100 km Judy 0400 290 687

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Rotunda, Cadell Street, Goolwa. Encounter Bikeway, Beacon 19 or Hindmarsh Island. Route chosen each week based on group's ability, weather etc. Usually two groups, fast and slow. Rides vary from **1A** to **3B**. Riders choose when to turn back. Meet for coffee either en route or afterwards.

30 km **2B** Dave 8344 2794

POSEURS d'ADELAIDE

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, **4C** to **5B**, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end.

60-80 km **5B** Peter 0407 182 376

HILLS RIDE

9:00 AM, Anembo Park, North Terrace, Littlehampton. Lunch BYO or buy. MTB or hybrids advised.

50 km **2B** Rob 0428 990 059

PENINSULA PEDALLERS

9:00 AM, Arterya Hall, Mortlock Terrace, Port Lincoln. Mystery Ride. Please phone for details. Coffee afterwards.

40 km **4B** Mary 8683 0915

RIVERGUM CYCLISTS

10:00 AM, Riverland.

Contact Peter for details.

20 km **2B** Peter 8588 2428

BETTER HARTS

2:00 PM, Meleluca Primary School,

Ayers St entrance, Mt Gambier. Must

contact ride leader to participate

(ride details may change).

Sharon 8723 0653

MON 14 NOV

NORTHSIDE CYCLING GROUP

9:30 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from **3A** to **5A** with a coffee stop en route.

30 km **5A** Gary 8255 1979

BETTER HARTS

10:00 AM, Mt Gambier Public Library, Mt Gambier. Contact the Ride Coordinator for details.

20 km **2A** Catherine or Sharon

8725 3821 or 8723 0805

TUE 15 NOV

PENINSULA PEDALLERS

9:30 AM, Arterya Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider.

Coffee afterwards.

30 km **1A** Raelene 8682 3196

TUESDAY TREADLERS

9:30 AM, Balhannah Oval Road bike ride, with a stop for coffee and back by lunchtime. Option of a longer and more challenging route, but all meet up for coffee. A different start location on the first Tuesday of each month.

Contact Ride Coordinator to confirm.

50-70 km **5C** Tony or Bob 8388 4730 or 8389 7301

TUESDAY TRAVERSE

10:00 AM, Torrens Weir, Adelaide.

40 km **2B** Ross 8271 0140

BROKEN GADGETS MTB

6:00 PM, Corner Adam St and River Tce (western end) Hindmarsh. Linear Park and nearby off road tracks. Ride time approximately 1.5 hours, Good lights essential.

Class1 Stu 0405 702 483

NIGHT ESPRESSO

7:00 PM, Hurtle Square Adelaide. The rides vary from **6A, 5B, 4C** usually with a slightly easier option. Good lights essential. Coffee afterwards at a café.
40 km Rob 8229 0230

WED 16 NOV

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Rotunda, Cadell Street, Goolwa. Generally ride to Middleton or Port Elliot along Encounter Bikeway. Options from **1A** to **3B** with a coffee stop en route. Riders choose their own turnaround point.
25 km **1B** Dave 8344 2794

NORTHSIDE CYCLING GROUP

9:30 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from **3A** to **5A** with a coffee stop en route.
30 km **5A** Gary 8255 1979

WEDNESDAY WHEELERS

10:00 AM, Chandler's Hill, Bus stop at the cnr of Chandler's Hill Rd and Grant's Gully Rd. Hills ride, includes 1.3 km of well made dirt surface. BYO or buy lunch. If 35C or higher is forecast on Tuesday pm news, meet at Beck's Bakehouse, Pt Willunga at 8.30am for a short southern hills and vales ride. Car parking available.
60 km **3C** Roger 8325 1790

BETTER HARTS

Time and start location (Mt Gambier) to be advised. (school hours)
Contact ride leader to participate.
Sharon 8723 0635

THU 17 NOV

30/30 BEACH STREAK

6:15 PM, Henley Square, Henley Beach. There will be 2 rides, one will be doing 30km/h average, (sit on 34km/h often), and the other will be faster.
30 km **6A** Dean 8208 3057 or 0402 816 741

BAYSIDE BREEZE

6:30 PM, Brighton Jetty, Brighton. Bayside Come out enjoy a social ride while exploring the coastal precincts with a chat & refreshments afterwards. Bike lights essential.
25 km **2A** Sue 8377 1505

FRI 18 NOV

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Rotunda, Cadell Street, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Co-ordinator to confirm.
50 km **3B** Dave 8344 2794

BETTER HARTS

Time and start location (Mt Gambier) to be advised. (school hours)
Contact ride leader to participate.
Sharon 8723 0635

SAT 19 NOV

COBWEBS

8:00 AM, Tarniwarra Park, Cygnet Cr, western side of Patawolonga Frontage, Glenelg North. Early morning ride with coffee afterwards.
50 km **6A** Rosemary 0419 182 605

PENINSULA PEDALLERS

8:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.
40 km **4B** Mary 8683 0915

FOUR BEES

10:00 AM, Buffalo Tall Ship, Wigley Reserve, Glenelg. Morning ride with coffee afterwards.
45 km **4A** Glen 0431 552 858

SATURDAY EXPRESS

1:00 PM, Heywood Park, Unley Park. Café stop for afternoon tea.
40 km **3B** Andrew 0414 561 738

SATURDAY SOJOURN

1:00 PM, Brighton Jetty, Brighton. BYO or buy afternoon tea.
25 km **2A** Dave 8287 4085 or 0412 865 277

SOUTHERN FLINDERS ROUGH RIDERS

2:00 PM, Over the Edge Shop, Melrose.
20 km Richard 0417 341 462

SUN 20 NOV

CLARE VALLEY CYCLE TEAM

8:00 AM, Clare Oval, Main North Rd, Clare. On road rides in the Clare Valley region, varying from **2B** to **5C+**, based on group's ability, weather, etc. on the day. Riders choose turn around point. Meet up for coffee (or more) afterwards.
50-100 km Judy 0400 290 687

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Rotunda, Cadell Street, Goolwa. Encounter Bikeway, Beacon 19 or Hindmarsh Island. Route chosen each week based on group's ability, weather etc. Usually two groups, fast and slow. Rides vary from **1A** to **3B**. Riders choose when to turn back. Meet for coffee either en route or afterwards.
30 km **2B** Dave 8344 2794

POSEURS d'ADELAIDE

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, **4C** to **5B**, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end.
60-80 km **5B** Peter 0407 182 376

CYCLING ON FLEURIEU

8:30 AM, Strathalbyn Railway Station, Strathalbyn. An easy ride in and around historic Strathalbyn on quiet roads followed by coffee.
25 km **3B** Colin 0400 677 382

HILLS RIDE

9:00 AM, Bridgewater Oval, Mt Barker Rd, Bridgewater. Lunch BYO or buy. MTB or hybrids advised.
50 km **2B** Trevor 8339 6658

PENINSULA PEDALLERS

9:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.
40 km **4B** Mary 8683 0915

RIVERGUM CYCLISTS

10:00 AM, Riverland. Contact Peter for details.
20 km **2B** Peter 8588 2428

BETTER HARTS

2:00 PM, Meleluca Primary School, Ayers St entrance, Mt Gambier. Must contact ride leader to participate (ride details may change).
Sharon 8723 0653

MON 21 NOV

NORTHSIDE CYCLING GROUP

9:30 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from **3A** to **5A** with a coffee stop en route.
30 km **5A** Gary 8255 1979

BETTER HARTS

10:00 AM, Mt Gambier Public Library, Mt Gambier. Contact the Ride Coordinator for details.
20 km **2A** Catherine or Sharon 8725 3821 or 8723 0805

TUE 22 NOV

PENINSULA PEDALLERS

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Coffee afterwards.
30 km **1A** Raelene 8682 3196

TUESDAY TREADLERS

9:30 AM, Balhannah Oval Road bike ride, with a stop for coffee and back by lunchtime. Option of a longer and more challenging route, but all meet up for coffee. A different start location on the first Tuesday of each month. Contact Ride Coordinator to confirm.
50-70 km **5C** Tony or Bob 8388 4730 or 8389 7301

TUESDAY TRAVERSE

10:00 AM, Torrens Weir, Adelaide.
40 km **2B** Helen 8332 3263

NIGHT ESPRESSO

7:00 PM, Hurtle Square Adelaide. The rides vary from **6A, 5B, 4C** usually with a slightly easier option. Good lights essential. Coffee afterwards at a café.
40 km Rob 8229 0230

WED 23 NOV

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Rotunda, Cadell Street, Goolwa. Generally ride to Middleton or Port Elliot along Encounter Bikeway. Options from **1A** to **3B** with a coffee stop en route. Riders choose their own turnaround point.
25 km **1B** Dave 8344 2794

NORTHSIDE CYCLING GROUP

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from **3A** to **5A** with a coffee stop en route.
30 km **5A** Gary 8255 1979

WEDNESDAY WHEELERS

10:00 AM, Range Rd at top of Penny's Hill Rd. Bitumen Road Hills ride, BYO or buy lunch. If 35C or higher is forecast on Tuesday pm news, meet at Toll Gate (Glen Osmond) at 8.30am for a short hills, bitumen road ride, ending with coffee.
60 km **3C** Graham 8293 1459

BETTER HARTS

Time and start location (Mt Gambier) to be advised. (school hours)
Contact ride leader to participate.
Sharon 8723 0635

THU 24 NOV

30/30 BEACH STREAK

6:15 PM, Henley Square, Henley Beach. There will be 2 rides, one will be doing 30km/h average, (sit on 34km/h often), and the other will be faster.
30 km **6A** Dean 8208 3057 or 0402 816 741

BAYSIDE BREEZE

6:30 PM, Seacliff Hotel, Seacliff. Bayside Come out enjoy a social ride while exploring the coastal precincts with a chat & refreshments afterwards. Bike lights essential.
25 km **3A** Meryl 8298 2342

FRI 25 NOV

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Rotunda, Cadell Street, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Co-ordinator to confirm.
50 km **3B** Dave 8344 2794

BETTER HARTS

Time and start location (Mt Gambier) to be advised. (school hours)
Contact ride leader to participate.
Sharon 8723 0635

SAT 26 NOV

COBWEBS

8:00 AM, Tarniwarra Park, Cygnet Cr, western side of Patawolonga Frontage, Glenelg North. Early morning ride with coffee afterwards.
50 km **6A** Rosemary 0419 182 605

PENINSULA PEDALLERS

8:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.
40 km **4B** Mary 8683 0915

CYCLING ON FLEURIEU

8:30 AM, Strathalbyn Railway Station, Strathalbyn. An easy ride in and around historic Strathalbyn on quiet roads followed by coffee.
50 km **3C** John 0410 340 071

ALL WOMENS BIKE RIDES

9:30 AM, Cycle On 2/19 Albyn Tce, Strathalbyn. An all Women's Bike Ride aimed to help build confidence for ladies of all ages. Suitable for the beginner or women wanting to get back into cycling on a casual and social level. Buy coffee afterwards.
15 km **2B** Lanie 8536 3211

FOUR BEES

10:00 AM, Buffalo Tall Ship, Wigley Reserve, Glenelg. Morning ride with coffee afterwards.
45 km **4A** Glen 0431 552 858

SATURDAY EXPRESS

1:00 PM, St Andrews Hospital, front entrance, South Terrace, Adelaide. Café stop for afternoon tea.
40 km **3B** Patsy 8379 6477 or 0439 332 533

SATURDAY SOJOURN

1:00 PM, Moseley Square, Glenelg. BYO or buy afternoon tea.
25 km **2A** Roger 0402 380 172

SOUTHERN FLINDERS ROUGH RIDERS

2:00 PM, Over the Edge Shop, Melrose.
20 km Richard 0417 341 462

SUN 27 NOV

SOUTHERN FLINDERS ROUGH RIDERS

7:00 AM, Avanti Plus Port Augusta Moverment Charity Road Ride from Port Augusta to Melrose
66 km Richard 0417 341 462



RidesPROGRAMME

September-November 2011

CLARE VALLEY CYCLE TEAM

8:00 AM, Clare Oval, Main North Rd, Clare. On road rides in the Clare Valley region, varying from **2B** to **5C+**, based on group's ability, weather, etc. on the day. riders choose turn around point. Meet up for coffee (or more) afterwards.
50-100 km Judy 0400 290 687

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Rotunda, Cadell Street, Goolwa. Encounter Bikeway, Beacon 19 or Hindmarsh Island. Route chosen each week based on group's ability, weather etc. Usually two groups, fast and slow. Rides vary from **1A** to **3B**. Riders choose when to turn back. Meet for coffee either en route or afterwards.
30 km **2B** Dave 8344 2794

POSEURS d'ADELAIDE

8:00 AM, Corner Portrush & Greenhill Rds. (in front of the Burnside Town Hall). Bitumen road ride, **4C** to **5B**, generally in the hills or quieter Adelaide roads. We don't take ourselves too seriously and aim for a good bakery or cafe towards the end.
60-80 km **5B** Peter 0407 182 376

HILLS RIDE

9:00 AM, Main St, Mt Torrens, (north of shops). Lunch BYO or buy. MTB or hybrids advised.
50 km **2B** Steve 8271 1140

PENINSULA PEDALLERS

9:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.
40 km **4B** Mary 8683 0915

RIVERGUM CYCLISTS

10:00 AM, Riverland.
Contact Peter for details.
20 km **2B** Peter 8588 2428

BETTER HARTS

2:00 PM, Meleluca Primary School, Ayers St entrance, Mt Gambier. Must contact ride leader to participate (ride details may change).
Sharon 8723 0653

GEAR UP GIRL

Sunday 27 November 2011

A specific bike ride for women. Choose between a 15km River Ride, a 35km Beach Ride or a 50km Hills Ride.

Wear the exclusive Gear Up Girl Challenge SA jersey.

Meet up with your girlfriends for a relaxing bike ride, and have lots of fun!

Further details and/or entry forms available from:

Bicycle SA office 8168 9999
www.bikesa.asn.au
rides@bikesa.asn.au

MON 28 NOV

NORTHSIDE CYCLING GROUP

9:30 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from **3A** to **5A** with a coffee stop en route.
30 km **5A** Gary 8255 1979

BETTER HARTS

10:00 AM, Mt Gambier Public Library, Mt Gambier. Contact the Ride Coordinator for details.
20 km **2A** Catherine or Sharon 8725 3821 or 8723 0805

TUE 29 NOV

PENINSULA PEDALLERS

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Coffee afterwards.
30 km **1A** Raelene 8682 3196

TUESDAY TREADLERS

9:30 AM, Balhannah Oval Road bike ride, with a stop for coffee and back by lunchtime. Option of a longer and more challenging route, but all meet up for coffee. A different start location on the first Tuesday of each month. Contact Ride Coordinator to confirm.
50-70 km **5C** Tony or Bob 8388 4730 or 8389 7301

TUESDAY TRAVERSE

10:00 AM, Torrens Weir, Adelaide. Ride to Glenelg and return.
Bob 8356 0906

NIGHT ESPRESSO

7:00 PM, Hurtle Square Adelaide. The rides vary from **6A**, **5B**, **4C** usually with a slightly easier option. Good lights essential. Coffee afterwards at a cafe.
40 km Rob 8229 0230

WED 30 NOV

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Rotunda, Cadell Street, Goolwa. Generally ride to Middleton or Port Elliot along Encounter Bikeway. Options from **1A** to **3B** with a coffee stop en route. Riders choose their own turnaround point.
25 km **1B** Dave 8344 2794

NORTHSIDE CYCLING GROUP

9:00 AM, Elizabeth Star Cycles, 5 Barfield Crescent, Elizabeth. Ride with 2 options, from **3A** to **5A** with a coffee stop en route.
30 km **5A** Gary 8255 1979

WEDNESDAY WHEELERS

10:00 AM, Tower Hotel, Magill Rd, Magill. Bitumen road, hills ride. BYO or buy lunch. If 35C or higher is forecast on Tuesday pm news, meet at the Toll Gate at 8.30am for a short, bitumen road, hills ride, ending with coffee.
50 km **3C** Bob 8261 9545

BETTER HARTS

Time and start location (Mt Gambier) to be advised. (school hours)
Contact ride leader to participate.
Sharon 8723 0635

BICYCLE SA ANNUAL GENERAL MEETING

7:00 PM
Wednesday 30 November, 2011

Fullarton Park Centre,
411 Fullarton Rd, Fullarton

Bicycle SA office 8168 9999
www.bikesa.asn.au

JOIN THE COMMUTER REVOLUTION



ride to work day 2011

Wednesday 12th October

REGISTER NOW – IT'S FREE! ride2work.com.au