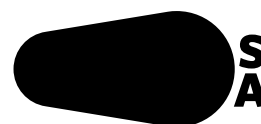


Bicycle SA

# RidesPROGRAMME

SEPTEMBER-NOVEMBER 2018  
ISSUE 67

- FREE RIDES
- EVERY WEEK
- FOR EVERYONE!



## 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

|          |              |          |                 |
|----------|--------------|----------|-----------------|
| <b>1</b> | Up to 15km/h | <b>A</b> | Flat            |
| <b>2</b> | 15 to 18km/h | <b>B</b> | A few hills     |
| <b>3</b> | 18 to 20km/h | <b>C</b> | Hilly and steep |
| <b>4</b> | 20 to 23km/h | <b>D</b> | Challenging     |
| <b>5</b> | 23 to 26km/h |          |                 |
| <b>6</b> | 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, 20–30km. 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   | Pump            | Water       |
| Rain jacket    | Money           | Sun glasses |
| Spare tube     | Sun screen      |             |
| Identification | Lights at night |             |

## 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**  
Daniel 0433 391 674

**All Women's Bike Rides**  
Lanie 0406 452 117

**Better Harts**  
Sharon 8723 0805  
sharonholmes@ozemail.com.au

**Border BUG**  
Marcus 0407 978 763

**Cobwebs**  
cobwebsadelaide@yahoo.com.au

**Cogs & Coffee**  
Jane 0402 102 608

**'Cycle Salisbury'**  
Elaine 0422 393 997

**GAD-BUG (Goolwa and District Bicycle User Group)**  
Gavin 0468 909 397  
Peter 0418 820 921

**Gawler Wheelers**  
Paul 0431 866 586

**Getonyabike**  
Michele 0438 010 220

**Hills Ride**  
Rob 0428 990 059

**Kangaroo Island BUG**  
Manfred 8553 0383

**Mannum Peddle Wheelers**  
Terry 0427 319 004  
www.facebook.com/groups/mannumpedalwheelers  
or mannumpedalwheelers@groups.facebook.com

**Mishmash**  
Michele 0438 010 220

**Night Espresso**  
Rob 8299 0230

**Northside Cycling Group**  
Gary 8255 1979

**Peninsula Pedallers**  
Raelene 8682 3196

**Poseurs d'Adelaide**  
Peter 0407 182 376

**Ride with Keith**  
Rebecca 8232 7277

**Riverland Riders**  
Ruth 0427 752 815

**Saturday Express**  
Patsy 8379 6477

**Saturday Sojourn**  
Chris 0414 802 919

**Southern Flinders Rough Riders**  
Richard 0417 341 462

**The Little Red Grape**  
Nicola 0414 365 477

**Tuesday Traverse**  
Rick 0417 816 372

**Tuesday Treadlers**  
Tony 8388 4730

**Wednesday Wheelers**  
Steve 8271 1140

## Advertisements

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

# BECOME A BICYCLE SA MEMBER

**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. Discounted entry fee to all Bicycle SA events
4. Discounted registration fee to all Bicycle SA coaching and bike maintenance courses
5. Access to cycling information including our members only quarterly *Cycle! Magazine* and *Rides Programme*
6. Up to 10% discounts from supporting bicycle and outdoor stores – see contact list of stores
7. WIN great prizes at Bicycle SA's recreational events
8. Assistance and friendly advice on all aspects of cycling
9. Reduced subscription rates for *Bicycling Australia*
10. Free first interview and 10% discount from Andersons Solicitors on any legal matter.

## 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 worldwide excluding USA and Canada, 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 \$80 with household and concession rates available.

## Contact us to join now.

\* Conditions apply. Visit [www.bikesa.asn.au](http://www.bikesa.asn.au) for full details.

# WELCOME

Each year, over 2,000 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](http://www.bikesa.asn.au)**

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

## BICYCLE SA

Phone + 61 8 8168 9999

[www.bikesa.asn.au](http://www.bikesa.asn.au)

[office@bikesa.asn.au](mailto:office@bikesa.asn.au)

53 Carrington St  
Adelaide 5000

Office open 9am-5pm  
Monday-Sunday

Emergency Phone  
0409 950 884

## SAT 1 SEP

### Riverland Riders

7:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride. 35-50 km **6B** Ruth 0427 752 815

### Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit [www.facebook.com/groups/210163156066987](http://www.facebook.com/groups/210163156066987) [www.adelaidecyclists.com](http://www.adelaidecyclists.com) 50-100 km Paul 0431 866 586 Geraint 0418 8443 491

### Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum after coffee and a chat at Younghusband Store. Bring money for coffee. Visitors and new riders are welcome. Visit us on face book. [www.facebook.com/groups/mannumpeddlewheelers](http://www.facebook.com/groups/mannumpeddlewheelers) or [mannumpeddlewheelers.weebly.com](http://mannumpeddlewheelers.weebly.com) 35 km **2B-3B** Terry or Wally 0427 319 004 or 0428 592 282

### Cobwebs

8:00 AM, Buffalo Tall Ship, Wigley Reserve, Adelphi Tce, Glenelg. Group road ride to Outer Harbour and return. Generally 70 to 100+ riders with 6 plus sub-groups. Coffee afterwards at the Watermark Hotel. [cobwebsadelaide@yahoo.com.au](mailto:cobwebsadelaide@yahoo.com.au) 54 km **6A**

### Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am for 8:00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage. **3B** and **5C** Michele 0438 010 220

### Peninsula Pedallers

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

### The Little Red Grape

8:30 AM, Lennon St Car Park, Clare. MTB ride. 50 km **Class 2-3** Nicola 0414 365 477

### All Women's Bike Rides

9:30 AM, Cycle On' 2/19 Albyn Tce, Strathalbyn. An all women's social bike ride with coffee afterwards. Various start locations Contact Lanie for details. 20 km **2B** Lanie 0406 452 117

### Cogs & Coffee

10:00 AM, Japanese Gardens, corner South Tce and Glen Osmond Rd, Adelaide. Introducing the Cogs & Coffee ride group, who meet for a morning ride with the obligatory coffee stop. The Japanese Gardens is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608 Richard 0419 033 140 50 km **4B** Jane 0402 102 608

### Saturday Express

1:00 PM, Film Studios (front entrance by Clock Tower), 226 Fullarton Rd, Glenelg. Celebrating Flora's birthday. Café stop for afternoon tea. 40 km **3B** David 0413 489 927

### Saturday Sojourn

1:00 PM, Victoria Square, Adelaide. Off to the seaside? Or explore the city and near suburbs? An easy paced sociable ride. BYO or buy refreshments. 25 km **2A** Ashley 0418 851 938

### Southern Flinders Rough Riders

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

## SUN 2 SEP

### 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

### The Little Red Grape

8:15 AM, The Little Red Grape Also meet 8:30 am Clare Oval, Main Rd, Clare. 75 km **4B** Nicola 0414 365 477

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. 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. Usually coffee afterwards. 30 km **2B** Gavin 0468 909 397

### Border BUG

9:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards. 40 km **6B** Marcus 0407 978 763

### Hills Ride

9:00 AM, Port Noarlunga. Becks bakery car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. 50 km **2C** Judith 8298 3131

### Peninsula Pedallers

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

### Kangaroo Island BUG

10:00AM, Start location and ride details to be advised. 25-35 km **1B** Manfred 8553 0383

## MON 3 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

## TUE 4 SEP

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike wont fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 0-38 km **1A** Michele 0438 010 220

### Peninsula Pedallers

9:30 AM, Artereya Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day! 30 km **1A** Raelene 8682 3196

### Tuesday Treadlers

9:30 AM, Balhannah Oval, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Two options, a longer, more challenging route or a shorter less demanding route, but all meet up for coffee. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm. 50-70 km **4B** or **5C** Tony 8388 4730 or 0407 884 730

### Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. North East suburbs along river to Athelstone. Lunch at Thorndon Park Reservoir. Some hills. Coffee at Stephens Terrace Bakery. BYO lunch. 40 km **2B** Ian 0401 770 003

### 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 8299 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 8299 0230

## WED 5 SEP

### Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book. [www.facebook.com/groups/mannumpeddlewheelers](http://www.facebook.com/groups/mannumpeddlewheelers) or [mannumpeddlewheelers.weebly.com](http://mannumpeddlewheelers.weebly.com) 30-80 km **3B** Terry or Wally 0427 319 004 or 0428 592 282

## GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B. 30 km **1B** Gavin 0468 909 397

## Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St. at 9:00 am and returning for coffee by 10:30 am, this ride is informative and fun, and open to all riders of any age and ability. Pace is steady and the rides are flat, often taking in the Linear Park and parklands of Adelaide. 20-25 km **3A** Rebecca 8232 7277

## 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, Crafers, near the Park 'n' Ride car park. All bitumen ride. BYO or buy lunch. 50 km **3C** John 8223 7397

## THU 6 SEP

### 30/30 Beach Streak

6:00 PM, Henley Square, Henley Beach. Start at 6:15 pm. Join the 30kph average for 30 km or the 35kph average for 30 km graduates (40kph often). Refreshments at the Adelaide Sailing Club, West Beach, afterwards. 30 km **6A** Daniel 0433 391 674

## FRI 7 SEP

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, 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 Coordinator to confirm. 50 km **3B** Peter 0418 820 921

## SAT 8 SEP

### Riverland Riders

7:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride. 35-50 km **6B** Ruth 0427 752 815

### Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit [www.facebook.com/groups/210163156066987](http://www.facebook.com/groups/210163156066987) [www.adelaidecyclists.com](http://www.adelaidecyclists.com) 50-100 km Paul 0431 866 586 Geraint 0418 8443 491

## Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum after coffee and a chat at Younghusband Store. Bring money for coffee. Visitors and new riders are welcome. Visit us on face book. [www.facebook.com/groups/mannumpedalwheelers](http://www.facebook.com/groups/mannumpedalwheelers) or [mannumpeddlewheelers.weebly.com](http://mannumpeddlewheelers.weebly.com) 35 km **2B-3B** Terry or Wally 0427 319 004 or 0428 592 282

## Cobwebs

8:00 AM, Buffalo Tall Ship, Wigley Reserve, Adelphi Tce, Glenelg. Group road ride to Outer Harbour and return. Generally 70 to 100+ riders with 6 plus sub-groups. Coffee afterwards at the Watermark Hotel. [cobwebsadelaide@yahoo.com.au](mailto:cobwebsadelaide@yahoo.com.au) 54 km **6A**

## Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am for 8:00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage. **3B** and **5C** Michele 0438 010 220

## Peninsula Pedallers

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

## The Little Red Grape

8:30 AM, Lennon St Car Park, Clare. MTB ride. 50 km **Class 2-3** Nicola 0414 365 477

## All Women's 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 0406 452 117

## Cogs & Coffee

10:00 AM, Japanese Gardens, corner South Tce and Glen Osmond Rd, Adelaide. A morning ride with the obligatory coffee stop. The Japanese Gardens is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608 Richard 0419 033 140 50 km **4B** Jane 0402 102 608

## Cycle Salisbury Social Rides

10:00 AM, Shelter Shed, Carisbrook Park Reserve, Main North Rd, Salisbury Park. Cycle Salisbury Social Rides 5<sup>th</sup> birthday celebrations: Various rides all leaving from shelter shed to suit all abilities including (but not limited to) a fast pace and slower paced ride along Little Para and/or Dry Creek Trails; Mountain bike ride to Cobblers Creek to explore trails. Riders and their partners are then invited to join us for lunch (at own cost) in the beer garden of the Old Spot Hotel, Main North Rd, Salisbury Park (opposite Carisbrook Park) from 12:00 pm. 5-50 km **1A** to **4B** Jim 0401 984 767

## Saturday Express

1:00 PM, Glenelg Town Hall, Mosley Square, Glenelg. Celebrating Alan's birthday. Café stop for afternoon tea. 40 km **3B** Alan 0414 392 179

## Saturday Sojourn

1:00 PM, Heywood Park, Addiscombe Place, Unley Park. Ride through the eastern and southern suburbs, picking up the southwest corner of the parklands but staying mostly south of the city. An easy paced sociable ride. BYO or buy refreshments. 25 km **2B** Chris 0414 802 919

## Southern Flinders Rough Riders

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

## SUN 9 SEP

### 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

### The Little Red Grape

8:15 AM, The Little Red Grape Also meet 8:30 am Clare Oval, Main Rd, Clare. 75 km **4B** Nicola 0414 365 477

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. 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. Usually coffee afterwards. 30 km **2B** Gavin 0468 909 397

### Border BUG

9:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards. 40 km **6B** Marcus 0407 978 763

### Hills Ride

9:00 AM, Balhannah. North end of oval. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. 50 km **2C** Rob 0428 990 059

### Peninsula Pedallers

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

### ADVERTISEMENT

## MTB Orienteering

Sunday 9 September 2018  
Kuitpo Forest

3 hr mass start event from 10.30am.

Ride may ride or less than 3 hours and can go solo; pairs or groups.

MTB/CX bikes suitable.

### Enquiries:

Kay Haarsma 0403 565 534

or Peter Mayer

[petermayer4@me.com](mailto:petermayer4@me.com)

## MON 10 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

## TUE 11 SEP

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike wont fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 0-38 km **1A** Michele 0438 010 220

### Peninsula Pedallers

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day! 30 km **1A** Raelene 8682 3196

### Tuesday Treaders

9:30 AM, Balhannah Oval, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Two options, a longer, more challenging route or a shorter less demanding route, but all meet up for coffee. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm. 50-70 km **4B** or **5C** Tony 8388 4730 or 0407 884 730

### Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Eastern Suburbs mystery ride. BYO lunch. 40 km **2B** Helen 0428 511 724

### 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 8299 0230

## WED 12 SEP

### Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book. [www.facebook.com/groups/mannumpedalwheelers](http://www.facebook.com/groups/mannumpedalwheelers) or [mannumpeddlewheelers.weebly.com](http://mannumpeddlewheelers.weebly.com) 30-80 km **3B** Terry or Wally 0427 319 004 or 0428 592 282

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B. 30 km **1B** Gavin 0468 909 397

### Para Pedallers 'Cycle Salisbury'

8:30 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury (opp. Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. 20-30 km **1A** to **3A** Elaine 0422 393 997

### Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St. at 9:00 am and returning for coffee by 10:30 am, this ride is informative and fun, and open to all riders of any age and ability. Pace is steady and the rides are flat, often taking in the Linear Park and parklands of Adelaide.  
20-25 km **3A** Rebecca 8232 7277

### 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, Greenock, at the oval off Sir Condon Lauke Way. All bitumen ride. BYO or buy lunch.  
50 km **3C** Ralph 0424 079 223

## THU 13 SEP

### 30/30 Beach Streak

6:00 PM, Henley Square, Henley Beach. Start at 6:15 pm. Join the 30kph average for 30 km or the 35kph average for 30 km graduates (40kph often). Refreshments at the Adelaide Sailing Club, West Beach, afterwards.  
30 km **6A** Daniel 0433 391 674

## FRI 14 SEP

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, 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 Coordinator to confirm.  
50 km **3B** Peter 0418 820 921

## SAT 15 SEP

ADVERTISEMENT

### Audax

**Northern Run**  
**Saturday 15 September 2018**  
**7:00 AM Start – Willaston**  
**200 km/300 km**  
**Unsupported**

Starting from Willaston, a run heading north through Balaklava and Auburn. Here the 200 km heads through to Eudunda and back to Willaston via Kapunda. The 300 km heads north again to Clare before then turn East to Burra, then back to Willaston via Eudunda.

#### Entry fee applies

**Ben Del Fabbro 0414 935 668**  
**bendefab@gmail.com**

### Riverland Riders

7:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.  
35-50 km **6B** Ruth 0427 752 815

### Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit [www.facebook.com/groups/210163156066987](http://www.facebook.com/groups/210163156066987) [www.adelaidecyclists.com](http://www.adelaidecyclists.com)  
50-100 km Paul 0431 866 586  
Geraint 0418 8443 491

### Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Youngusband Store. Return to Mannum after coffee and a chat at Youngusband Store. Bring money for coffee. Visitors and new riders are welcome. Visit us on face book. [www.facebook.com/groups/mannumpeddlwheelers](http://www.facebook.com/groups/mannumpeddlwheelers) or [mannumpeddlwheelers.weebly.com](http://mannumpeddlwheelers.weebly.com)  
35 km **2B-3B** Terry or Wally  
0427 319 004 or 0428 592 282

### Cobwebs

8:00 AM, Buffalo Tall Ship, Wigley Reserve, Adelphi Tce, Glenelg. Group road ride to Outer Harbour and return. Generally 70 to 100+ riders with 6 plus sub-groups. Coffee afterwards at the Watermark Hotel. [cobwebsadelaide@yahoo.com.au](mailto:cobwebsadelaide@yahoo.com.au)  
54 km **6A**

### Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am for 8:00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage. 3B and **5C** Michele 0438 010 220

### Peninsula Pedallers

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

### The Little Red Grape

8:30 AM, Lennon St Car Park, Clare. MTB ride.  
50 km **Class 2-3** Nicola 0414 365 477

### Dry Creek Trailers 'Cycle Salisbury'

9:00 AM, BMX Club/Skate Park car park, cnr. Bridge Rd and South Tce, Pooraka. Beginners ride on good gravel trail, no traffic and great scenery. Coffee at Valley View shops. MTB bikes please.  
15 km MTB Class 1 **3B**  
Bryce 0432 732 540

### Para Districts Pedallers 'Cycle Salisbury'

9:00 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury (opp. Parabanks). Easy ride along bitumen paths and roads around Salisbury and surrounding areas. Coffee afterwards. Suit any bike.  
20-30 km **1A** to **3A** Elaine 0422 393 997

### All Women's Bike Rides

9:30 AM, Cycle On' 2/19 Albyn Tce, Strathalbyn. An all women's social bike ride with coffee afterwards. Various start locations Contact Lanie for details.  
20 km **2B** Lanie 0406 452 117

### Cogs & Coffee

10:00 AM, Japanese Gardens, corner South Tce and Glen Osmond Rd, Adelaide. A morning ride with the obligatory coffee stop. The Japanese Gardens is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608  
Richard 0419 033 140  
50 km **4B** Jane 0402 102 608

### Saturday Express

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. Ride to the beach. Café stop for afternoon tea.  
40 km **3B** Bob 8356 0906

### Saturday Sojourn

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. Explore north and east from the city. Maybe some small hills. An easy paced sociable ride. BYO or buy refreshments.  
25 km **2B** Helen 0428 511 724

### Southern Flinders Rough Riders

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

## SUN 16 SEP

### 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

### The Little Red Grape

8:15 AM, The Little Red Grape Also meet 8:30 am Clare Oval, Main Rd, Clare. 75 km **4B** Nicola 0414 365 477

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. 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. Usually coffee afterwards.  
30 km **2B** Gavin 0468 909 397

## Bicycle Maintenance Course

### Advanced Bike Maintenance Course

**9:00 AM – 4:00 PM**

**Sunday 16, 23 and 30 September 2018**

**Bicycle SA office**

**53 Carrington St, Adelaide**

**The final 2018 session in a series of 3 successive Sunday workshops**

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**

### Border BUG

9:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.  
40 km **6B** Marcus 0407 978 763

### Hills Ride

9:00 AM, Oaklans Park. Oaklands estate reserve. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.  
50 km **2C** Paul 8277 4094

### Peninsula Pedallers

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

## Dirty Days Mountain Bike Series Event 3

**9:30 AM Sunday 16 September 2018**  
**Kuitpo Forest**

Fun in the forest for family and friends, supported rides for beginners to experienced mountain bikers.

Build mountain bike confidence, discover new trails, or simply build your bike fitness over a series three events.

With supported loops from 6 km to 30 km there is something for everyone.

- On-site mechanic
- Sausage sizzle
- Award for juniors who complete all 3 events

**Entry fee applies**

**Enter online or for further information:**

**Bicycle SA office 8168 9999**

**www.bikesa.asn.au**

**geoffrey@bikesa.asn.au**

## MON 17 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

## TUE 18 SEP

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.  
0-38 km **1A** Michele 0438 010 220

### Peninsula Pedallers

9:30 AM, Arteryrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day!  
30 km **1A** Raelene 8682 3196

### Tuesday Treadlers

9:30 AM, Balhannah Oval, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Two options, a longer, more challenging route or a shorter less demanding route, but all meet up for coffee. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm.  
50-70 km **4B** or **5C**  
Tony 8388 4730 or 0407 884 730

### Tuesday Traverse

10:00 AM, IKEA Car Park 397 Sir Donald Bradman Drive, Adelaide Airport.. JOE SMET MEMORIAL RIDE' – As a tribute to our dear friend Jo Smet who died on 16 September 2017, we will ride to Semaphore for lunch via Cheltenham and back along the coast to IKEA for coffee. BYO lunch.  
40 km **2B** Trevor 0434 961 488

## Bicycle Maintenance Course

**Basic Bike Care**  
**5:30 PM – 8:30 PM**  
**Tuesday 18 September 2018**  
**Bicycle SA Office**  
**53 Carrington 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 office 8168 9999**  
**office@bikesa.asn.au**  
**www.bikesa.asn.au**

### Night Espresso

7:30 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 8299 0230

## WED 19 SEP

### Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book.  
[www.facebook.com/groups/mannumpeddlwheelers](http://www.facebook.com/groups/mannumpeddlwheelers)  
[mannumpeddlwheelers.weebly.com](http://mannumpeddlwheelers.weebly.com)  
 30-80 km **3B** Terry or Wally  
 0427 319 004 or 0428 592 282

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B. 30 km **1B** Gavin 0468 909 397

### Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St. at 9:00 am and returning for coffee by 10:30 am, this ride is informative and fun, and open to all riders of any age and ability. Pace is steady and the rides are flat, often taking in the Linear Park and parklands of Adelaide. 20-25 km **3A** Rebecca 8232 7277

### 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, Old Reynella Shopping Centre, Old South Rd, Reynella. All bitumen ride. BYO or buy lunch. 50 km **3C** Tony 0413 215 494

## THU 20 SEP

### 30/30 Beach Streak

6:00 PM, Henley Square, Henley Beach. Start at 6:15 pm. Join the 30kph average for 30 km or the 35kph average for 30 km graduates (40kph often). Refreshments at the Adelaide Sailing Club, West Beach, afterwards. 30 km **6A** Daniel 0433 391 674

## FRI 21 SEP

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, 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 Coordinator to confirm. 50 km **3B** Peter 0418 820 921

## SAT 22 SEP

### Riverland Riders

7:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride. 35-50 km **6B** Ruth 0427 752 815

### Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit [www.facebook.com/groups/210163156066987](http://www.facebook.com/groups/210163156066987)  
[www.adelaidecyclists.com](http://www.adelaidecyclists.com)  
 50-100 km Paul 0431 866 586  
 Geraint 0418 8443 491

### Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum after coffee and a chat at Younghusband Store. Bring money for coffee. Visitors and new riders are welcome. Visit us on face book.  
[www.facebook.com/groups/mannumpeddlwheelers](http://www.facebook.com/groups/mannumpeddlwheelers)  
[mannumpeddlwheelers.weebly.com](http://mannumpeddlwheelers.weebly.com)  
 35 km **2B-3B** Terry or Wally  
 0427 319 004 or 0428 592 282

### Cobwebs

8:00 AM, Buffalo Tall Ship, Wigley Reserve, Adelphi Tce, Glenelg. Group road ride to Outer Harbour and return. Generally 70 to 100+ riders with 6 plus sub-groups. Coffee afterwards at the Watermark Hotel. [cobwebsadelaide@yahoo.com.au](mailto:cobwebsadelaide@yahoo.com.au)  
 54 km **6A**

### Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am for 8:00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage. **3B** and **5C** Michele 0438 010 220

### Peninsula Pedallers

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

## Wine, Wheels and Whiting

**Clare to the Copper Coast**  
**Saturday 22 September 2018**

A weekend of activities in the Clare & Gilbert Valley and Copper Coast regions – including great food, great wines and on the Saturday.

3 great ride options:

8:00 AM – Clare to Wallaroo – 125 km  
 9:30 AM – Snowtown to Wallaroo – 70 km  
 9:30 AM – Bute to Wallaroo – 45 km

Family ride along the Wallaroo foreshore

**Entry fee applies**  
**Enter online or further details and/or entry forms available from:**  
**Bicycle SA office 8168 9999**  
**www.bikesa.asn.au/newwheelswhiting**  
**office@bikesa.asn.au**

### The Little Red Grape

8:30 AM, Lennon St Car Park, Clare. MTB ride. 50 km **Class 2-3** Nicola 0414 365 477

### Salisbury Off Road Riders 'Cycle Salisbury'

8:50 AM, Shelter Shed, Carisbrooke Park, Main North Rd, Salisbury Park. Mainly off road ride along the various tracks and trails of Salisbury and surrounding areas, stopping along the way for coffee/refreshments. Mountain/hybrid bikes preferred. Please note – meeting time of 8:50 am and the ride will leave at 9:00 am prompt. 30 km **2B** to **3B** Mark 0491 034 167

## Intermediate Bike Maintenance

**Course #1 and Course #2**  
**(Gears and Brakes and Drive Train and Bearings Overview)**

**9:00 AM – 4:00 PM**  
**Saturday 22 September 2018**  
**Bicycle SA Office**  
**53 Carrington St, Adelaide**

The next step after Basic Bike Care, this full day course comprising Intermediate Bike Maintenance Courses #1 and #2 will provide you with the skills and knowledge required to confidently carry out the basic scheduled maintenance tasks that are essential for a well maintained bike.

Get up close and personal with the gear and brake systems on your bike. Discuss and practice the skills required to:

**Repair**, replace and adjust all parts of the brakes and gear systems

You will also learn how to:

**Assess** the wear in the drive train system including the chain, cassette and chain rings;

**Replace** the parts in the drive train system including the chain, cassette and chain rings;

**Check** the bearing systems including the headset, bottom bracket and wheel hubs;

**Adjust** the headset

(This course does not include repairing punctures or other skills taught in Basic Bike Care, or hydraulic disc brake bleeding)

**Fee applies**  
**Early bookings essential**  
**(maximum 10 registrants per course)**  
**Bicycle office 8168 9999**  
**office@bikesa.asn.au**  
**www.bikesa.asn.au**

### All Women's 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 0406 452 117

### Cogs & Coffee

10:00 AM, Japanese Gardens, corner South Tce and Glen Osmond Rd, Adelaide. A morning ride with the obligatory coffee stop. The Japanese Gardens is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608  
 Richard 0419 033 140  
 50 km **4B** Jane 0402 102 608

### Saturday Express

1:00 PM, Conyngnam St, (Dog Park) Glenside. Ride to Brownhill Creek and Sturt Creek. Café stop for afternoon tea. 40 km **3B** Patsy 0439 332 533

### Saturday Sojourn

1:00 PM, Pt Adelaide – Lighthouse, McLaren Parade, Pt Adelaide. Enjoy the sea air around the LeFevre Peninsula. An easy paced sociable ride. BYO or buy refreshments. 25 km **2A** Steve 0405 479 344

### Southern Flinders Rough Riders

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

## SUN 23 SEP

### 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

### The Little Red Grape

8:15 AM, The Little Red Grape Also meet 8:30 am Clare Oval, Main Rd, Clare. 75 km **4B** Nicola 0414 365 477

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. 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. Usually coffee afterwards. 30 km **2B** Gavin 0468 909 397

### Border BUG

9:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards. 40 km **6B** Marcus 0407 978 763

### Hills Ride

9:00 AM, St Kilda playground carpark. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. 50 km **2C** Steve 0401 603 596

### Peninsula Pedallers

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

### Semaphore Sojourn 'Cycle Salisbury'

9:00 AM, Semaphore Foreshore Clock Tower, end of Semaphore Rd, Semaphore. Easy ride along foreshore shared path to Outer Harbour and return. Suitable for all types of bikes. Coffee/refreshments afterwards. 15-20 km **MTB Class 1**  
 Nigel 0431 838 735

ADVERTISEMENT

## MTB Orienteering

**MTBO Championships**  
**Sunday 23 September 2018**  
**Fox Creek**

Starts from 10:00 am – 10:30 am  
Pre-entry required.

Point to point line course format

MTB/CX bikes suitable

**Enquiries:**

**Kay Haarsma 0403 565 534 or**

**Peter Mayer petermayer4@me.com**

## MON 24 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

## TUE 25 SEP

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 0-38 km **1A** Michele 0438 010 220

### Peninsula Pedallers

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day! 30 km **1A** Raelene 8682 3196

### Tuesday Treadlers

9:30 AM, Balhannah Oval, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Two options, a longer, more challenging route or a shorter less demanding route, but all meet up for coffee. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm. 50-70 km **4B** or **5C**  
Tony 8388 4730 or 0407 884 730

### Tuesday Traverse

10:00 AM, Drage Reserve Briar Rd, Felixstow. Ride to Tea Tree Gully via Perseverance Road. Lunch at Civic Park. Coffee at Walkerville. Hilly ride. BYO lunch. 40 km **2C** Barry 0403 307 172

### 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 8299 0230

## WED 26 SEP

### Mannum Peddle Wheelers

7:30 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book.  
www.facebook.com/groups/mannumpeddlers or mannumpeddlers.weebly.com  
30-80 km **3B** Terry or Wally  
0427 319 004 or 0428 592 282

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8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B. 30 km **1B** Gavin 0468 909 397

### Para Pedallers 'Cycle Salisbury'

8:30 AM, Salisbury Waterwheel Museum Car Park, Commercial Rd, Salisbury. Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards.  
20-30 km **1A** to **3A** Elaine 0422 393 997

### Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St. at 9:00 am and returning for coffee by 10:30 am, this ride is informative and fun, and open to all riders of any age and ability. Pace is steady and the rides are flat, often taking in the Linear Park and parklands of Adelaide.  
20-25 km **3A** Rebecca 8232 7277

### 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, Henley Square, Henley Beach. All bitumen ride. BYO or buy lunch. 50 km **3C** Peter 0414 719 296

## THU 27 SEP

### 30/30 Beach Streak

6:00 PM, Henley Square, Henley Beach. Start at 6:15 pm. Join the 30kph average for 30 km or the 35kph average for 30 km graduates (40kph often). Refreshments at the Adelaide Sailing Club, West Beach, afterwards.  
30 km **6A** Daniel 0433 391 674

## FRI 28 SEP

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, 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 Coordinator to confirm. 50 km **3B** Peter 0418 820 921

## SAT 29 SEP

ADVERTISEMENT

## Audax

**Barossa and Hills Ramble**  
**Saturday 29 September 2018**  
**7:00 AM Start - Modbury**  
**100 km/150 km/200 km**  
**Unsupported**

Climb the Adelaide Hills to Williamstown and return via Springton, Birdwood, Gumeracha and Tea Tree Gully.

**Entry fee applies**  
**David Fairweather 0401 528 563**  
**div.fw@bigpond.net.au**

### Riverland Riders

7:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride. 35-50 km **6B** Ruth 0427 752 815

### Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit [www.facebook.com/groups/210163156066987](http://www.facebook.com/groups/210163156066987) [www.adelaidecyclists.com](http://www.adelaidecyclists.com)  
50-100 km Paul 0431 866 586  
Geraint 0418 8443 491

### Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum after coffee and a chat at Younghusband Store. Bring money for coffee. Visitors and new riders are welcome. Visit us on face book.  
[www.facebook.com/groups/mannumpeddlers](http://www.facebook.com/groups/mannumpeddlers) or [mannumpeddlers.weebly.com](http://mannumpeddlers.weebly.com)  
35 km **2B-3B** Terry or Wally  
0427 319 004 or 0428 592 282

### Salisbury Trail Stars 'Cycle Salisbury'

7:50 AM, Little Para Golf Course, 62 Martins Rd, Paralowie. (Meet at the bottom car park). Mainly off road ride along various tracks and trails of Salisbury and surrounding areas. Coffee/refreshments en route. We leave at 8:00 am prompt. Mountain/hybrid bikes preferred. 50 km **2B** to **3B** Mark 0491 034 167

### Cobwebs

8:00 AM, Buffalo Tall Ship, Wigley Reserve, Adelphi Tce, Glenelg. Group road ride to Outer Harbour and return. Generally 70 to 100+ riders with 6 plus sub-groups. Coffee afterwards at the Watermark Hotel. [cobwebsadelaide@yahoo.com.au](mailto:cobwebsadelaide@yahoo.com.au)  
54 km **6A**

### Mishmarsh Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am for 8:00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage. **3B** and **5C** Michele 0438 010 220

### Peninsula Pedallers

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

### The Little Red Grape

8:30 AM, Lennon St Car Park, Clare. MTB ride. 50 km **Class 2-3** Nicola 0414 365 477

### Dry Creek Trailers 'Cycle Salisbury'

9:00 AM, BMX Club/Skate Park car park, cnr. Bridge Rd and South Tce, Pooraka. Beginners ride on good gravel trail, no traffic and great scenery. Coffee at Valley View shops. MTB bikes please. 15 km **MTB Class 1 3B**  
Bryce 0432 732 540

### Cogs & Coffee

10:00 AM, Japanese Gardens, corner South Tce and Glen Osmond Rd, Adelaide. A morning ride with the obligatory coffee stop. The Japanese Gardens is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608  
Richard 0419 033 140  
50 km **4B** Jane 0402 102 608

### Saturday Express

1:00 PM, Velo Café, Victoria Park, Rose Park. Celebrating Bob's birthday. Café stop for afternoon tea. 40 km **3B** Steve 8339 4368

### Saturday Sojourn

1:00 PM, Mawson Lakes Railway Station, Metro Parade, Mawson Lakes. Ride the Dry Creek trails to Valley View, and return. An easy paced sociable ride. BYO or buy refreshments. 25 km **2B** Ashley 0418 851 938

### Southern Flinders Rough Riders

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

## SUN 30 SEP

### 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

### The Little Red Grape

8:15 AM, The Little Red Grape Also meet 8:30 am Clare Oval, Main Rd, Clare. 75 km **4B** Nicola 0414 365 477

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. 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. Usually coffee afterwards. 30 km **2B** Gavin 0468 909 397

### Border BUG

9:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards. 40 km **6B** Marcus 0407 978 763

### Hills Ride

9:00 AM, Woodside. Swimming pool car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. 50 km **2C** Joe 0429 694 022

### Peninsula Pedallers

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

### Salisbury Explorers 'Cycle Salisbury'

9:00 AM, North East corner, Watershed car park, Salisbury Highway, Greenfields. Beginners/Easy Ride along the Dry Creek Trail. Mountain/hybrid bikes preferred. 5-10 km MTB **1 3A** Jim 0401 984 767

### Southern Flinders Rough Riders

9:00 AM, Over The Edge Shop, Melrose. The Enthusiasts Ride. Richard 0417 341 462

### Better Harts

Mt Gambier. Rides to various locations and varying distances are organised during the month on an ad hoc basis, depending on who is interested, available, and riders' ability. We ride at the speed of the slowest rider. Our aim to get people to start riding and help them connect with other riders. If interested please contact Sharon Holmes on 8723 0805 or email [sharonholmes@ozemail.com.au](mailto:sharonholmes@ozemail.com.au) Sharon 8723 0805

## MON 1 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

## Saturday Express

10:00 AM, Aldgate Hotel car park, Aldgate. Monday Holiday Mountain Bike Ride. An Adelaide Hills Ride. All bikes must have suitable off road tyres. Ride to Hahndorf off road; creek crossing and a few small hills. Lunch at Hahndorf and return via Mylor. Ride will take approximately 3 hours – all levels of riders. welcome. Contact Patsy for details 0439 332 533  
Patsy 0439 332 533

## TUE 2 OCT

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.  
0-38 km **1A** Michele 0438 010 220

### Peninsula Pedallers

9:30 AM, Arterya Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day!  
30 km **1A** Raelene 8682 3196

### Tuesday Treadlers

9:30 AM, Balhannah Oval, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Two options, a longer, more challenging route or a shorter less demanding route, but all meet up for coffee. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm.  
50-70 km **4B** or **5C**  
Tony 8388 4730 or 0407 884 730

### Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Ride to Norton Summit to have lunch with Tom Playford. (Hopefully it will be dry this time). Steady hill climb. Great ride back for coffee. BYO lunch.  
40 km **2C** Jane 0402 102 608

### Border BUG

6:00 PM, Apex Park, Woolshed Street Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required.  
30 km **6A** Marcus 0407 978 763

### 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 8299 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 8299 0230

## WED 3 OCT

### Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book.  
[www.facebook.com/groups/mannumpedalwheelers](http://www.facebook.com/groups/mannumpedalwheelers) or [mannumpedlewheelers.weebly.com](http://mannumpedlewheelers.weebly.com)  
30-80 km **3B** Terry or Wally  
0427 319 004 or 0428 592 282

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B.  
30 km **1B** Gavin 0468 909 397

### Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St. at 9:00 am and returning for coffee by 10:30 am, this ride is informative and fun, and open to all riders of any age and ability. Pace is steady and the rides are flat, often taking in the Linear Park and parklands of Adelaide.  
20-25 km **3A** Rebecca 8232 7277

### 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, Noarlunga Railway Station, east side. All bitumen ride. BYO or buy lunch.  
50 km **3C** Clarry 0424 041 122

## THU 4 OCT

### 30/30 Beach Streak

6:00 PM, Henley Square, Henley Beach. Start at 6:15 pm. Join the 30kph average for 30 km or the 35kph average for 30 km graduates (40kph often). Refreshments at the Adelaide Sailing Club, West Beach, afterwards.  
30 km **6A** Daniel 0433 391 674

### Border BUG

6:00 PM, Apex Park, Woolshed Street, Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required.  
30 km **6A** Marcus 0407 978 763

## FRI 5 OCT

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, 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 Coordinator to confirm.  
50 km **3B** Peter 0418 820 921

## SAT 6 OCT

### Riverland Riders

7:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.  
35-50 km **6B** Ruth 0427 752 815

### Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit [www.adelaidecyclists.com](http://www.adelaidecyclists.com)  
50-100 km Paul 0431 866 586  
Geraint 0418 8443 491

### Mannum Peddle Wheelers

7:30 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum after coffee and a chat at Younghusband Store. Bring money for coffee. Visitors and new riders are welcome. Visit us on face book.  
[www.facebook.com/groups/mannumpedalwheelers](http://www.facebook.com/groups/mannumpedalwheelers) or [mannumpedlewheelers.weebly.com](http://mannumpedlewheelers.weebly.com)  
35 km **2B-3B** Terry or Wally  
0427 319 004 or 0428 592 282

### ADVERTISEMENT

## Audax

**30th Anniversary Ride**  
**Saturday 6 October 2018**  
**8.00 AM Start**  
**Gawler Railway Station, Gawler.**  
**200 km**  
**Unsupported**

Follow the wheel tracks of the first ever Audax SA ride on this 3200km ride to the beautiful township of Clare and back.  
**Entry fee applies**  
**David Fairweather 0401 528 563**  
**div.fw@bigpond.net.au**

### Cobwebs

8:00 AM, Buffalo Tall Ship, Wigley Reserve, Adelphi Tce, Glenelg. Group road ride to Outer Harbour and return. Generally 70 to 100+ riders with 6 plus sub-groups. Coffee afterwards at the Watermark Hotel.  
[cobwebsadelaide@yahoo.com.au](mailto:cobwebsadelaide@yahoo.com.au)  
54 km **6A**

### Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am for 8:00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed.  
40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage.  
**3B** and **5C** Michele 0438 010 220

### Peninsula Pedallers

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

### The Little Red Grape

8:30 AM, Lennon St Car Park, Clare. MTB ride.  
50 km **Class 2-3** Nicola 0414 365 477

## Para Districts Pedallers 'Cycle Salisbury'

9:00 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury (opp. Parabanks). Easy ride along bitumen paths and roads around Salisbury and surrounding areas. Coffee afterwards. Suit any bike.  
20-30 km **1A** to **3A** Elaine 0422 393 997

## All Women's Bike Rides

9:30 AM, Cycle On' 2/19 Albyn Tce, Strathalbyn. An all women's social bike ride with coffee afterwards. Various start locations Contact Lanie for details.  
20 km **2B** Lanie 0406 452 117

## Cogs & Coffee

10:00 AM, Japanese Gardens, corner South Tce and Glen Osmond Rd, Adelaide. A morning ride with the obligatory coffee stop. The Japanese Gardens is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off.  
Jane 0402 102 608  
Richard 0419 033 140  
50 km **4B** Jane 0402 102 608

## Saturday Express

1:00 PM, Hackney Hotel car park, Hackney Rd (near Torrens Bridge) Hackney. Café stop for afternoon tea.  
40 km **3B** Don 0428 566 745

## Saturday Sojourn

1:00 PM, Glenelg Jetty, Moseley Square, Glenelg. Ride east of the airport through Brooklyn Park and Fulham Gardens, then off to the seaside to return along the coast. An easy paced sociable ride. BYO or buy refreshments.  
25 km **2A** Chris 0414 802 919

## Southern Flinders Rough Riders

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

## SUN 7 OCT

## Grand/Mini Slam

**Recreational Bike Series of 5 rides**  
**Sunday 7 October 2018**  
**6.30 AM Mt Pleasant Show Hall/ Grounds, Mt Pleasant**

The final event in the Grand/Mini Slam series of on road personal challenge recreational rides for 2018. Choose between 100 km or 200 km, with the opportunity to ride at your own pace. Morning and afternoon refreshments, freshly cut salad rolls, fruit slice and fruit for lunch.

**On road support**  
**Enter online or further details and/or entry forms available from:**  
**Bicycle SA office 8168 9999**  
[www.bikesa.asn.au](http://www.bikesa.asn.au)  
[rides@bikesa.asn.au](mailto:rides@bikesa.asn.au)

## 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

## The Little Red Grape

8:15 AM, The Little Red Grape Also meet 8:30 am Clare Oval, Main Rd, Clare.  
75 km **4B** Nicola 0414 365 477



## **GAD-BUG (Goolwa & District Bicycle User Group)**

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. 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. Usually coffee afterwards.  
30 km **2B** Gavin 0468 909 397

## **Border BUG**

9:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.  
40 km **6B** Marcus 0407 978 763

## **Hills Ride**

9:00 AM, McLaren Vale. Field Street car park behind Coles supermarket. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.  
50 km **2C** Bruce 0417 895 249

## **Peninsula Pedallers**

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

## **Kangaroo Island BUG**

10:00AM, Start location and ride details to be advised.  
25-35 km **1B** Manfred 8553 0383

## **MON 8 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

## **TUE 9 OCT**

### **Getonyabike**

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1m or 10m, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.  
0-38 km **1A** Michele 0438 010 220

### **Peninsula Pedallers**

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day!  
30 km **1A** Raelene 8682 3196

### **Tuesday Treadlers**

9:30 AM, Balhannah Oval, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Two options, a longer, more challenging route or a shorter less demanding route, but all meet up for coffee. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm.  
50-70 km **4B** or **5C**  
Tony 8388 4730 or 0407 884 730

### **Tuesday Traverse**

10:00 AM, Southern end of Marion Railway Station at Rick's place. Ride inland to Grange area then back along coastal trails to Rick's for coffee. BYO lunch.  
40 km **2B** Rick 0417 816 372

### **Border BUG**

6:00 PM, Apex Park, Woolshed Street Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required.  
30 km **6A** Marcus 0407 978 763

## **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 8299 0230

## **WED 10 OCT**

### **Mannum Peddle Wheelers**

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book.  
www.facebook.com/groups/mannumpedalwheelers or mannumpeddlewheelers.weebly.com  
30-80 km **3B** Terry or Wally  
0427 319 004 or 0428 592 282

### **GAD-BUG (Goolwa & District Bicycle User Group)**

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B.  
30 km **1B** Gavin 0468 909 397

### **Para Pedallers 'Cycle Salisbury'**

8:30 AM, Salisbury Waterwheel Museum Car Park, Commercial Rd, Salisbury. Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards.  
20-30 km **1A** to **3A** Elaine 0422 393 997

### **Ride with Keith**

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St. at 9:00 am and returning for coffee by 10:30 am, this ride is informative and fun, and open to all riders of any age and ability. Pace is steady and the rides are flat, often taking in the Linear Park and parklands of Adelaide.  
20-25 km **3A** Rebecca 8232 7277

### **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, Blackwood Railway Station. All bitumen ride. BYO or buy lunch.  
50 km **3C** Pete 0409 675 641

## **THU 11 OCT**

### **30/30 Beach Streak**

6:00 PM, Henley Square, Henley Beach. Start at 6:15 pm. Join the 30kph average for 30 km or the 35kph average for 30 km graduates (40kph often). Refreshments at the Adelaide Sailing Club, West Beach, afterwards.  
30 km **6A** Daniel 0433 391 674

### **Border BUG**

6:00 PM, Apex Park, Woolshed Street, Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required.  
30 km **6A** Marcus 0407 978 763

## **FRI 12 OCT**

### **GAD-BUG (Goolwa & District Bicycle User Group)**

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, 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 Coordinator to confirm.  
50 km **3B** Peter 0418 820 921

## **SAT 13 OCT**

### **Mannum Peddle Wheelers**

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum after coffee and a chat at Younghusband Store. Bring money for coffee. Visitors and new riders are welcome. Visit us on face book.  
www.facebook.com/groups/mannumpedalwheelers or mannumpeddlewheelers.weebly.com  
35 km **2B-3B** Terry or Wally  
0427 319 004 or 0428 592 282

### **Riverland Riders**

7:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.  
35-50 km **6B** Ruth 0427 752 815

### **Gawler Wheelers**

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit  
www.facebook.com/groups/210163156066987  
www.adelaidecyclists.com  
50-100 km Paul 0431 866 586  
Geraint 0418 8443 491

### **Cobwebs**

8:00 AM, Buffalo Tall Ship, Wigley Reserve, Adelphi Tce, Glenelg. Group road ride to Outer Harbour and return. Generally 70 to 100+ riders with 6 plus sub-groups. Coffee afterwards at the Watermark Hotel.  
cobwebsadelaide@yahoo.com.au  
54 km **6A**

### **Mishmash Cycling**

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am for 8:00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage.  
**3B** and **5C** Michele 0438 010 220

### **Peninsula Pedallers**

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

### **The Little Red Grape**

8:30 AM, Lennon St Car Park, Clare. MTB ride.  
50 km Class **2-3** Nicola 0414 365 477

### **Salisbury Off Road Riders 'Cycle Salisbury'**

8:50 AM, Little Para Golf Course, 62 Martins Rd, Paralowie. (Meet at the bottom car park). Mainly off road ride along the various tracks and trails of Salisbury and surrounding areas, stopping along the way for coffee/refreshments. Mountain/hybrid bikes preferred. Please note – meeting time of 8:50 am and the ride will leave at 9:00 am prompt.  
30 km **2B** to **3B** Mark 0491 034 167

ADVERTISEMENT

**Audax**

### **Marino Rocks Greenway Bikeway**

**Saturday 13 October 2018**

**9:00 AM Start – Red House Café, War Memorial Drive, North Adelaide.**

**50 km**

**Unsupported**

Group ride led by Matt, following the bike paths to Hallett Cove and back.

Entry fee applies

**Matthew Rawnsley**

**0427 379 640**

**longdistance1200@hotmail.com**

## **Bicycle Maintenance Course**

### **Intermediate Bike Maintenance Course #1 (Gears and Brakes)**

**9:00 AM – 1:00pm PM**

**Saturday 13 October 2018**

**Bicycle SA Office**

**53 Carrington St, Adelaide**

The next step after Basic Bike Care, this course will provide you with the skills and knowledge needed to confidently carry out the basic scheduled maintenance tasks that are essential for a well maintained bike. To maximise value for participants the course is split into two and run on alternate months as there is a lot to cover (recommended). An option is also available every 3 months to participate in both courses on the one day for those with further to travel.

Get up close and personal with the gear and brake systems on your bike. Discuss and practice the skills required to repair, replace and adjust your brakes and gears.

**Fee applies**

**Early bookings essential**

**(maximum 10 registrants per course)**

**Bicycle office 8168 9999**

**office@bikesa.asn.au**

**www.bikesa.asn.au**

### **Dry Creek Trailers 'Cycle Salisbury'**

9:00 AM, BMX Club/Skate Park car park, cnr. Bridge Rd and South Tce, Pooraka. Beginners ride on good gravel trail, no traffic and great scenery. Coffee at Valley View shops. MTB bikes please.  
15 km MTB Class **1 3B**  
Bryce 0432 732 540

### **All Women's 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 0406 452 117

### **Cogs & Coffee**

10:00 AM, Japanese Gardens, corner South Tce and Glen Osmond Rd, Adelaide. A morning ride with the obligatory coffee stop. The Japanese Gardens is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608  
Richard 0419 033 140  
50 km **4B** Jane 0402 102 608

### **Saturday Express**

1:00 PM, St Andrews Hospital (front entrance) South Tce, Adelaide. Celebrating Henry's birthday. Café stop for afternoon tea.  
40 km **3B** Hal 0427 084 097

### **Saturday Sojourn**

1:00 PM, Victoria Square, Adelaide. A central start with plenty of ride options. An easy paced sociable ride. BYO or buy refreshments.  
25 km **2A** Ashley 0418 851 938

## Southern Flinders Rough Riders

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

## SUN 14 OCT

### 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

### The Little Red Grape

8:15 AM, The Little Red Grape. Also meet 8:30 am Clare Oval, Main Rd, Clare. 75 km **4B** Nicola 0414 365 477

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. 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. Usually coffee afterwards. 30 km **2B** Gavin 0468 909 397

### Border BUG

9:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards. 40 km **6B** Marcus 0407 978 763

### Hills Ride

9:00 AM, Echungu. Main street adjacent church. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. 50 km **2C** Judith 8298 3131

### 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

## MON 15 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

## TUE 16 OCT

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 0-38 km **1A** Michele 0438 010 220

### Peninsula Pedallers

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day! 30 km **1A** Raelene 8682 3196

## Tuesday Treadlers

9:30 AM, Balhannah Oval, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Two options, a longer, more challenging route or a shorter less demanding route, but all meet up for coffee. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm. 50-70 km **4B** or **5C** Tony 8388 4730 or 0407 884 730

## Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Parklands route around the CBD then down the Mike Turtur Bikeway and on to Somerton Beach and eventually lunch at the Old Gum Tree. Ride back to the Weir via Western Bikeway with coffee at Adelaide Oval. Rated easy. BYO lunch. 40 km **2B** Graham & Judy 0448 833 947 or 0401 000 641

## Basic Bike Care

**5:30 PM - 8:30 PM**  
**Tuesday 16 October 2018**  
**Bicycle SA Office**  
**53 Carrington 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 office 8168 9999**  
**office@bikesa.asn.au**  
**www.bikesa.asn.au**

## Border BUG

6:00 PM, Apex Park, Woolshed Street Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required. 30 km **6A** Marcus 0407 978 763

## 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 8299 0230

## WED 17 OCT

### Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book. [www.facebook.com/groups/mannumpedlewheelers](http://www.facebook.com/groups/mannumpedlewheelers) or [mannumpedlewheelers.weebly.com](http://mannumpedlewheelers.weebly.com) 30-80 km **3B** Terry or Wally 0427 319 004 or 0428 592 282

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B. 30 km **1B** Gavin 0468 909 397

## Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St. at 9:00 am and returning for coffee by 10:30 am, this ride is informative and fun, and open to all riders of any age and ability. Pace is steady and the rides are flat, often taking in the Linear Park and parklands of Adelaide. 20-25 km **3A** Rebecca 8232 7277

## 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, Hallett Cove Railway Station. All bitumen ride. BYO or buy lunch. 50 km **3C** Alan 0414 392 179

## THU 18 OCT

### 30/30 Beach Streak

6:00 PM, Henley Square, Henley Beach. Start at 6:15 pm. Join the 30kph average for 30 km or the 35kph average for 30 km graduates (40kph often). Refreshments at the Adelaide Sailing Club, West Beach, afterwards. 30 km **6A** Daniel 0433 391 674

### Border BUG

6:00 PM, Apex Park, Woolshed Street, Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required. 30 km **6A** Marcus 0407 978 763

## FRI 19 OCT

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, 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 Coordinator to confirm. 50 km **3B** Peter 0418 820 921

## SAT 20 OCT

### Kangaroo Island Annual Tour

**20-27 October 2018**

The 2018 Annual Tour will have you exploring the unique beauty of Kangaroo Island, discover its wilderness and abundant wildlife with time to enjoy the island's local food and wines.

Together with a maximum of 100 riders, each day is spent with a group of like minded people and the evenings relaxing with friends old and new.

Come and experience with us that 'Small is what counts'.

**Entry applies**  
**Entry online or further details and/or entry forms available from:**  
**Bicycle SA office 8168 9999**  
**www.bikesa.asn.au/annaultour**  
**office@bikesa.asn.au**

### Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum after coffee and a chat at Younghusband Store. Bring money for coffee. Visitors and new riders are welcome. Visit us on face book. [www.facebook.com/groups/mannumpedlewheelers](http://www.facebook.com/groups/mannumpedlewheelers) or [mannumpedlewheelers.weebly.com](http://mannumpedlewheelers.weebly.com) 35 km **2B-3B** Terry or Wally 0427 319 004 or 0428 592 282

## Riverland Riders

7:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride. 35-50 km **6B** Ruth 0427 752 815

## Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit [www.facebook.com/groups/210163156066987](http://www.facebook.com/groups/210163156066987) [www.adelaidecyclists.com](http://www.adelaidecyclists.com) 50-100 km Paul 0431 866 586 Geraint 0418 8443 491

## Cobwebs

8:00 AM, Buffalo Tall Ship, Wigley Reserve, Adelphi Tce, Glenelg. Group road ride to Outer Harbour and return. Generally 70 to 100+ riders with 6 plus sub-groups. Coffee afterwards at the Watermark Hotel. [cobwebsadelaide@yahoo.com.au](mailto:cobwebsadelaide@yahoo.com.au) 54 km **6A**

## Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am for 8:00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage. **3B** and **5C** Michele 0438 010 220

## Peninsula Pedallers

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

## The Little Red Grape

8:30 AM, Lennon St Car Park, Clare. MTB ride. 50 km Class **2-3** Nicola 0414 365 477

## Para Districts Pedallers 'Cycle Salisbury'

9:00 AM, North East corner of Watershed car park, Salisbury Highway, Greenfields. Easy ride along the Little Para Trail and Dry Creek Trail. Coffee afterwards. Mountain/hybrid bikes preferred. 22 km **MTB 1-3A** Jim 0401 984 767

## All Women's Bike Rides

9:30 AM, Cycle On! 2/19 Albany Tce, Strathalbyn. An all women's social bike ride with coffee afterwards. Various start locations Contact Lanie for details. 20 km **2B** Lanie 0406 452 117

## Cogs & Coffee

10:00 AM, Japanese Gardens, corner South Tce and Glen Osmond Rd, Adelaide. A morning ride with the obligatory coffee stop. The Japanese Gardens is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608 Richard 0419 033 140 50 km **4B** Jane 0402 102 608

## Saturday Express

1:00 PM, Henley Square, Henley Beach. Café stop for afternoon tea. 40 km **3B** Peter 0414 719 296

## Saturday Sojourn

1:00 PM, Brighton Jetty, Jetty Road, Brighton. Enjoy a leisurely ride through the south western and seaside suburbs. An easy paced sociable ride. BYO or buy refreshments.  
25 km **2A** Joan 0412 181 643

## Southern Flinders Rough Riders

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

## SUN 21 OCT

### 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

### The Little Red Grape

8:15 AM, The Little Red Grape Also meet 8:30 am Clare Oval, Main Rd, Clare.  
75 km **4B** Nicola 0414 365 477

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. 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. Usually coffee afterwards.  
30 km **2B** Gavin 0468 909 397

### Border BUG

9:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.  
40 km **6B** Marcus 0407 978 763

### Hills Ride

9:00 AM, Myponga. Memorial hall south end of town. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.  
50 km **2C** Steve 0401 603 596

### Peninsula Pedallers

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

ADVERTISEMENT

## MTB Orienteering

**Sunday 21 October 2018**  
**Mt Crawford Forest: Three Chain Break**  
**3 hour mass start event from 10.30 am**

Riders may ride for less than 3 hours and can go solo; in pairs or groups

MTB/CX bikes suitable

Enquiries:

Kay Haarsma 0403 565 534 or

Peter Mayer

petermayer4@me.com

## MON 22 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

## TUE 23 OCT

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.  
0-38 km **1A** Michele 0438 010 220

### Peninsula Pedallers

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day!  
30 km **1A** Raelene 8682 3196

### Tuesday Treadlers

9:30 AM, Balhannah Oval, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Two options, a longer, more challenging route or a shorter less demanding route, but all meet up for coffee. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm.  
50-70 km **4B** or **5C**  
Tony 8388 4730 or 0407 884 730

### Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Ride to Skye Ridge overlooking Adelaide and return via Second Creek Trail. MTB and Hybrid bikes are best on dirt trails. Must BYO lunch at Perryman Reserve. Coffee at Hutt Street, Adelaide.  
35 km **2C** Jo 0432 429 922

### Border BUG

6:00 PM, Apex Park, Woolshed Street Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required.  
30 km **6A** Marcus 0407 978 763

### 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 8299 0230

## WED 24 OCT

### Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book.  
www.facebook.com/groups/mannumpedlewheelers or mannumpedlewheelers.weebly.com  
30-80 km **3B** Terry or Wally  
0427 319 004 or 0428 592 282

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B.  
30 km **1B** Gavin 0468 909 397

### Para Pedallers 'Cycle Salisbury'

8:30 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury. Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards.  
20-30 km **1A** to **3A** Des 0408 086 545

### Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St. at 9:00 am and returning for coffee by 10:30 am, this ride is informative and fun, and open to all riders of any age and ability. Pace is steady and the rides are flat, often taking in the Linear Park and parklands of Adelaide.  
20-25 km **3A** Rebecca 8232 7277

### 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, Mawson Lakes Railway Station. All bitumen ride. BYO or buy lunch.  
50 km **3C** Bob 8261 9545

## THU 25 OCT

### 30/30 Beach Streak

6:00 PM, Henley Square, Henley Beach. Start at 6:15 pm. Join the 30kph average for 30 km or the 35kph average for 30 km graduates (40kph often). Refreshments at the Adelaide Sailing Club, West Beach, afterwards.  
30 km **6A** Daniel 0433 391 674

### Border BUG

6:00 PM, Apex Park, Woolshed Street, Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required.  
30 km **6A** Marcus 0407 978 763

## FRI 26 OCT

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, 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 Coordinator to confirm.  
50 km **3B** Peter 0418 820 921

## SAT 27 OCT

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## Audax

### The Goyder

**Saturday 27 October 2018**

**7.00 AM Start - Bakery on O'Connell, O'Connell St, North Adelaide.**

**600 km**

**Unsupported**

Starting in North Adelaide, ride north through Auburn, Clare and Jamestown to Boolaroo Centre, then return through Pt Pirie, Pt Broughton and Pt Wakefield.

As this is an unsupported ride, you will have to secure your own accommodation.

Motel/hotel options include Jamestown (215 km), Wirrabara (285 km), Laura (303 km), Pt Pirie (340 km), and Pt Broughton (400 km).

**Entry fee applies**

**Mick Sturges 0419 859 227**

**Register - Online registration via Audax Portal**

### Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Youngusband Store. Return to Mannum after coffee and a chat at Youngusband Store. Bring money for coffee. Visitors and new riders are welcome. Visit us on face book.  
www.facebook.com/groups/mannumpedlewheelers or mannumpedlewheelers.weebly.com  
35 km **2B-3B** Terry or Wally  
0427 319 004 or 0428 592 282

### Riverland Riders

7:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.  
35-50 km **6B** Ruth 0427 752 815

### Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit  
www.facebook.com/groups/210163156066987  
www.adelaidecyclists.com  
50-100 km Paul 0431 866 586  
Geraint 0418 8443 491

### Cobwebs

8:00 AM, Buffalo Tall Ship, Wigley Reserve, Adelphi Tce, Glenelg. Group road ride to Outer Harbour and return. Generally 70 to 100+ riders with 6 plus sub-groups. Coffee afterwards at the Watermark Hotel. cobwebsadelaide@yahoo.com.au  
54 km **6A**

### Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am for 8:00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed.  
40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage.  
**3B** and **5C** Michele 0438 010 220

### Peninsula Pedallers

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

### The Little Red Grape

8:30 AM, Lennon St Car Park, Clare. MTB ride.  
50 km **Class 2-3** Nicola 0414 365 477

### Salisbury Off Road Riders 'Cycle Salisbury'

8:50 AM, Railway Station car park, under Elder Smith Rd, Mawson Lakes. Mainly off road ride along the various tracks and trails of Salisbury and surrounding areas, stopping along the way for coffee/refreshments. Mountain/hybrid bikes preferred. Please note - meeting time of 8:50 am and the ride will leave at 9:00 am prompt.  
30 km **2B** to **3B** Mark 0491 034 167

### Dry Creek Trailers 'Cycle Salisbury'

9:00 AM, BMX Club/Skate Park car park, cnr. Bridge Rd and South Tce, Pooraka. Beginners ride on good gravel trail, no traffic and great scenery. Coffee at Valley View shops. MTB bikes please.  
15 km **MTB Class 1 3B**  
Bryce 0432 732 540

## All Women's 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 0406 452 117

## Cogs & Coffee

10:00 AM, Japanese Gardens, corner South Tce and Glen Osmond Rd, Adelaide. A morning ride with the obligatory coffee stop. The Japanese Gardens is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608  
Richard 0419 033 140  
50 km **4B** Jane 0402 102 608

## Saturday Express

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. Ride to Mitcham. Café stop for afternoon tea.  
40 km **3B** Jeff 0407 191 958

## Saturday Sojourn

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. Off to the seaside? Or explore the city and near suburbs? An easy paced sociable ride. BYO or buy refreshments.  
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 28 OCT

### 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

### The Little Red Grape

8:15 AM, The Little Red Grape. Also meet 8:30 am Clare Oval, Main Rd, Clare.  
75 km **4B** Nicola 0414 365 477

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. 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. Usually coffee afterwards.  
30 km **2B** Gavin 0468 909 397

### Border BUG

9:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.  
40 km **6B** Marcus 0407 978 763

### Hills Ride

9:00 AM, Balhannah. North end of oval. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.  
50 km **2C** Rob 0428 990 059

### Peninsula Pedallers

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

### Salisbury Explorers 'Cycle Salisbury'

9:00 AM, Shelter Area, Carisbrooke Park, Main North Rd, Salisbury Park. Beginners/Easy Ride along the path of the Little Para Trail.  
5-10 km **MTB 1-2A** Jim 0401 984 767

## Semaphore Sojourn 'Cycle Salisbury'

9:00 AM, Semaphore Foreshore Clock Tower, end of Semaphore Rd, Semaphore. Easy ride along foreshore shared path to Outer Harbour and return. Suitable for all types of bikes. Coffee/refreshments afterwards.  
15-20 km **MTB Class 1**  
Nigel 0431 838 735

## Southern Flinders Rough Riders

9:00 AM, Over The Edge Shop, Melrose. The Enthusiasts Ride.  
Richard 0417 341 462

## Better Harts

Mt Gambier. Rides to various locations and varying distances are organised during the month on an ad hoc basis, depending on who is interested, available, and riders' ability. We ride at the speed of the slowest rider. Our aim to get people to start riding and help them connect with other riders. If interested please contact Sharon Holmes on 8723 0805 or email sharonholmes@ozemail.com.au Sharon 8723 0805

## MON 29 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

## TUE 30 OCT

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.  
0-38 km **1A** Michele 0438 010 220

### Peninsula Pedallers

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day!  
30 km **1A** Raelene 8682 3196

### Tuesday Treadlers

9:30 AM, Balhannah Oval, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Two options, a longer, more challenging route or a shorter less demanding route, but all meet up for coffee. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm.  
50-70 km **4B** or **5C**  
Tony 8388 4730 or 0407 884 730

### Tuesday Traverse

10:00 AM, Brighton Railway Station (West/Beach side). Ride to Henley Square for lunch then back to Brighton for coffee. Depending on weather as to coastal or inland route. BYO lunch.  
40 km **2B** Sue 0411 029 628

### Border BUG

6:00 PM, Apex Park, Woolshed Street Bordertown. Social ride on quiet roads. Lights returns to start point for a chat after. Lights required.  
30 km **6A** Marcus 0407 978 763

## 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 8299 0230

## WED 31 OCT

### Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book.  
www.facebook.com/groups/mannumpedlewheelers or mannumpedlewheelers.weebly.com  
30-80 km **3B** Terry or Wally  
0427 319 004 or 0428 592 282

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B.  
30 km **1B** Gavin 0468 909 397

### Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St. at 9:00 am and returning for coffee by 10:30 am, this ride is informative and fun, and open to all riders of any age and ability. Pace is steady and the rides are flat, often taking in the Linear Park and parklands of Adelaide.  
20-25 km **3A** Rebecca 8232 7277

### 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, Mt Barker, Keith Stephenson Park, off Flaxley Rd. All bitumen ride. BYO or buy lunch.  
50 km **3C** Max 0405 191 955

## THU 1 NOV

### 30/30 Beach Streak

6:00 PM, Henley Square, Henley Beach. Start at 6:15 pm. Join the 30kph average for 30 km or the 35kph average for 30 km graduates (40kph often). Refreshments at the Adelaide Sailing Club, West Beach, afterwards.  
30 km **6A** Daniel 0433 391 674

### Border BUG

6:00 PM, Apex Park, Woolshed Street, Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required.  
30 km **6A** Marcus 0407 978 763

## FRI 2 NOV

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, 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 Coordinator to confirm.  
50 km **3B** Peter 0418 820 921

## SAT 3 NOV

### Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Youngusband Store. Return to Mannum after coffee and a chat at Youngusband Store. Bring money for coffee. Visitors and new riders are welcome. Visit us on face book.  
www.facebook.com/groups/mannumpedlewheelers or mannumpedlewheelers.weebly.com  
35 km **2B-3B** Terry or Wally  
0427 319 004 or 0428 592 282

### Riverland Riders

7:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.  
35-50 km **6B** Ruth 0427 752 815

### Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit  
www.facebook.com/groups/210163156066987 or www.adelaidecyclists.com  
50-100 km Paul 0431 866 586  
Geraint 0418 8443 491

### Cobwebs

8:00 AM, Buffalo Tall Ship, Wigley Reserve, Adelphi Tce, Glenelg. Group road ride to Outer Harbour and return. Generally 70 to 100+ riders with 6 plus sub-groups. Coffee afterwards at the Watermark Hotel.  
cobwebsadelaide@yahoo.com.au  
54 km **6A**

### Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am for 8:00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage.  
**3B** and **5C** Michele 0438 010 220

### Peninsula Pedallers

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

### The Little Red Grape

8:00 AM, Lennox St Car Park, Clare. MTB ride.  
50 km **Class 2-3** Nicola 0414 365 477

### Para Districts Pedallers 'Cycle Salisbury'

9:00 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury (opp. Parabanks). Easy ride along the Little Para Trail and Dry Creek Trail. Coffee afterwards. Mountain/hybrid bikes preferred.  
22 km **MTB 1-3A** Jim 0401 984 767

### All Women's Bike Rides

9:30 AM, Cycle On' 2/19 Albyn Tce, Strathalbyn. An all women's social bike ride with coffee afterwards. Various start locations Contact Lanie for details.  
20 km **2B** Lanie 0406 452 117

## Cogs & Coffee

10:00 AM, Japanese Gardens, corner South Tce and Glen Osmond Rd, Adelaide. A morning ride with the obligatory coffee stop. The Japanese Gardens is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608  
Richard 0419 033 140  
50 km **4B** Jane 0402 102 608

## Saturday Express

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. Torrens Weir to Semaphore to welcome Spring. Café stop for afternoon tea.  
40 km **3B** Jane 0402 102 608

## Saturday Sojourn

1:00 PM, Heywood Pk, Addiscombe Place, Unley Park. Loop the loop in a big circuit around the airport and nearby suburbs, with refreshments at Glenelg. BYO or buy refreshments.  
25 km **2A** Chris 0414 802 919

## Southern Flinders Rough Riders

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

## SUN 4 NOV

### Fleurieu Fondo

#### Sunday 4 November 2018

Three exciting ride disciplines – Road, Gravel and Cyclocross  
Ride the Southern Expressway through the mighty Southern Vales to Serafino Winery, McLaren Vale.  
Ride options from 12km to 125km including on-road and off-road routes  
**Registrations open soon**  
**Go to [www.bikesa.asn.au](http://www.bikesa.asn.au) to register your interest and keep up to date on the latest**

#### The Little Red Grape

7:45 AM, The Little Red Grape Also meet 8:00 am Clare Oval, Main Rd, Clare.  
75 km **4B** Nicola 0414 365 477

#### 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 Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. 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. Usually coffee afterwards.  
30 km **2B** Gavin 0468 909 397

#### Border BUG

9:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.  
40 km **6B** Marcus 0407 978 763

#### Hills Ride

9:00 AM, Woodside. Swimming pool car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.  
50 km **2C** Neil 0429 201 144

#### Peninsula Pedallers

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

#### Kangaroo Island BUG

10:00 AM, Start location and ride details to be advised.  
25-35 km **1B** Manfred 8553 0383

## MON 5 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

## TUE 6 NOV

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.  
0-38 km **1A** Michele 0438 010 220

### Peninsula Pedallers

9:30 AM, Artereya Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day!  
30 km **1A** Raelene 8682 3196

### Tuesday Treadlers

9:30 AM, Balhannah Oval, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Two options, a longer, more challenging route or a shorter less demanding route, but all meet up for coffee. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm.  
50-70 km **4B** or **5C**  
Tony 8388 4730 or 0407 884 730

### Tuesday Traverse

10:00 AM, McLaren Vale Visitor Centre, McLaren Vale. Ride parts of the Southern Vales area. It's Melbourne Cup Day – hopefully watch race at The Brewery. BYO lunch. Coffee at Visitor Information Centre.  
40 km **2B** Peter 0418 844 963

### Border BUG

6:00 PM, Apex Park, Woolshed Street Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required.  
30 km **6A** Marcus 0407 978 763

### 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 8299 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 8299 0230

## WED 7 NOV

### Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book.  
[www.facebook.com/groups/mannumpeddlwheels](http://www.facebook.com/groups/mannumpeddlwheels) or [mannumpeddlwheels.weebly.com](http://mannumpeddlwheels.weebly.com)  
30-80 km **3B** Terry or Wally  
0427 319 004 or 0428 592 282

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B.  
30 km **1B** Gavin 0468 909 397

### Para Pedallers 'Cycle Salisbury'

8:30 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury. Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards  
20-30 km **1A** to **3A** Elaine 0422 393 997

### Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St. at 9:00 am and returning for coffee by 10:30 am, this ride is informative and fun, and open to all riders of any age and ability. Pace is steady and the rides are flat, often taking in the Linear Park and parklands of Adelaide.  
20-25 km **3A** Rebecca 8232 7277

### 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, Unley Oval, Frederick St, Unley. All bitumen hills ride. BYO or buy lunch.  
50 km **3C** Michael 8271 9731

## THU 8 NOV

### 30/30 Beach Streak

6:00 PM, Henley Square, Henley Beach. Start at 6:15 pm. Join the 30kph average for 30 km or the 35kph average for 30 km graduates (40kph often). Refreshments at the Adelaide Sailing Club, West Beach, afterwards.  
30 km **6A** Daniel 0433 391 674

### Border BUG

6:00 PM, Apex Park, Woolshed Street, Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required.  
30 km **6A** Marcus 0407 978 763

## FRI 9 NOV

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, 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 Coordinator to confirm.  
50 km **3B** Peter 0418 820 921

## SAT 10 NOV

### Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum after coffee and a chat at Younghusband Store. Bring money for coffee. Visitors and new riders are welcome. Visit us on face book.  
[www.facebook.com/groups/mannumpeddlwheels](http://www.facebook.com/groups/mannumpeddlwheels) or [mannumpeddlwheels.weebly.com](http://mannumpeddlwheels.weebly.com)  
35 km **2B-3B** Terry or Wally  
0427 319 004 or 0428 592 282

### Riverland Riders

7:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.  
35-50 km **6B** Ruth 0427 752 815

### Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit [www.facebook.com/groups/210163156066987](http://www.facebook.com/groups/210163156066987) [www.adelaidecyclists.com](http://www.adelaidecyclists.com)  
50-100 km Paul 0431 866 586  
Geraint 0418 8443 491

### Cobwebs

8:00 AM, Buffalo Tall Ship, Wigley Reserve, Adelphi Tce, Glenelg. Group road ride to Outer Harbour and return. Generally 70 to 100+ riders with 6 plus sub-groups. Coffee afterwards at the Watermark Hotel. [cobwebsadelaide@yahoo.com.au](mailto:cobwebsadelaide@yahoo.com.au)  
54 km **6A**

### Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am for 8:00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage.  
**3B** and **5C** Michele 0438 010 220

### Peninsula Pedallers

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

### The Little Red Grape

8:00 AM, Lennon St Car Park, Clare. MTB ride.  
50 km **Class 2-3** Nicola 0414 365 477

### Salisbury Off Road Riders 'Cycle Salisbury'

8:50 AM, Little Para Golf Course, 62 Martins Rd, Paralowie. (Meet at the bottom car park). Mainly off road ride along the various tracks and trails of Salisbury and surrounding areas, stopping along the way for coffee/refreshments. Mountain/hybrid bikes preferred. Please note – meeting time of 8:50 am and the ride will leave at 9:00 am prompt.  
30 km **2B** to **3B** Mark 0491 034 167

### Dry Creek Trailers 'Cycle Salisbury'

9:00 AM, BMX Club/Skate Park car park, cnr. Bridge Rd and South Tce, Pooraka. Beginners ride on good gravel trail, no traffic and great scenery. Coffee at Valley View shops. MTB bikes please.  
15 km **MTB Class 1 3B**  
Bryce 0432 732 540

### All Women's 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 0406 452 117

### Cogs & Coffee

10:00 AM, Japanese Gardens, corner South Tce and Glen Osmond Rd, Adelaide. A morning ride with the obligatory coffee stop. The Japanese Gardens is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off. Jane 0402 102 608  
Richard 0419 033 140  
50 km **4B** Jane 0402 102 608

## Saturday Express

1:00 PM, Film Studios (front entrance by Clock Tower), 226 Fullarton Rd, Glenside. Henry and Nik leading the ride. Café stop for afternoon tea. Contact Patsy for information.  
40 km **3B** Patsy 0439 332 533

## Saturday Sojourn

1:00 PM, Pt Adelaide – Lighthouse, McLaren Parade, Pt Adelaide. Ride a leisurely loop to Outer harbour and return. An easy paced sociable ride. BYO or buy refreshments.  
25 km **2A** Steve 0405 479 344

## Southern Flinders Rough Riders

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

## SUN 11 NOV

### The Little Red Grape

7:45 AM, The Little Red Grape Also meet 8:00 am Clare Oval, Main Rd, Clare.  
75 km **4B** Nicola 0414 365 477

### 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 Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. 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. Usually coffee afterwards.  
30 km **2B** Gavin 0468 909 397

### Border BUG

9:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.  
40 km **6B** Marcus 0407 978 763

### Hills Ride

9:00 AM, Lobethal. Bakery car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.  
50 km **2C** Joe 0429 694 022

### 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

## MON 12 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

## TUE 13 NOV

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.  
0-38 km **1A** Michele 0438 010 220

### Peninsula Pedallers

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day!  
30 km **1A** Raelene 8682 3196

### Tuesday Treadlers

9:30 AM, Balhannah Oval, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Two options, a longer, more challenging route or a shorter less demanding route, but all meet up for coffee. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm.  
50-70 km **4B** or **5C**  
Tony 8388 4730 or 0407 884 730

### Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Mystery Ride. BYO lunch.  
40 km **2B** Helen 8356 1607

### Border BUG

6:00 PM, Apex Park, Woolshed Street Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required.  
30 km **6A** Marcus 0407 978 763

### 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 8299 0230

## WED 14 NOV

### Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book.  
www.facebook.com/groups/mannumpedlewheelers or mannumpedlewheelers.weebly.com  
30-80 km **3B** Terry or Wally  
0427 319 004 or 0428 592 282

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B.  
30 km **1B** Gavin 0468 909 397

### Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St. at 9:00 am and returning for coffee by 10:30 am, this ride is informative and fun, and open to all riders of any age and ability. Pace is steady and the rides are flat, often taking in the Linear Park and parklands of Adelaide.  
20-25 km **3A** Rebecca 8232 7277

### 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, Hazelwood Park, cnr. Greenhill Rd/Howard Tce. Some dirt tracks in the hills. MTB recommended. BYO or buy lunch at end of the ride.  
30 km **3C** Peter 0419 804 775

## THU 15 NOV

### 30/30 Beach Streak

6:00 PM, Henley Square, Henley Beach. Start at 6:15 pm. Join the 30kph average for 30 km or the 35kph average for 30 km graduates (40kph often). Refreshments at the Adelaide Sailing Club, West Beach, afterwards.  
30 km **6A** Daniel 0433 391 674

### Border BUG

6:00 PM, Apex Park, Woolshed Street, Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required.  
30 km **6A** Marcus 0407 978 763

## FRI 16 NOV

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, 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 Coordinator to confirm.  
50 km **3B** Peter 0418 820 921

## SAT 17 NOV

### Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Youngusband Store. Return to Mannum after coffee and a chat at Youngusband Store. Bring money for coffee. Visitors and new riders are welcome. Visit us on face book.  
www.facebook.com/groups/mannumpedlewheelers or mannumpedlewheelers.weebly.com  
35 km **2B-3B** Terry or Wally  
0427 319 004 or 0428 592 282

### Riverland Riders

7:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.  
35-50 km **6B** Ruth 0427 752 815

### Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit [www.facebook.com/groups/210163156066987](http://www.facebook.com/groups/210163156066987) [www.adelaidecyclists.com](http://www.adelaidecyclists.com)  
50-100 km Paul 0431 866 586  
Geraint 0418 8443 491

### Cobwebs

8:00 AM, Buffalo Tall Ship, Wigley Reserve, Adelphi Tce, Glenelg. Group road ride to Outer Harbour and return. Generally 70 to 100+ riders with 6 plus sub-groups. Coffee afterwards at the Watermark Hotel. [cobwebsadelaide@yahoo.com.au](mailto:cobwebsadelaide@yahoo.com.au)  
54 km **6A**

### Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am for 8:00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage.  
**3B** and **5C** Michele 0438 010 220

### Peninsula Pedallers

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

### The Little Red Grape

8:00 AM, Lennon St Car Park, Clare. MTB ride.  
50 km **Class 2-3** Nicola 0414 365 477

## Intermediate Bike Maintenance

### Course #2 (Drive System and Bearing Overview)

**9:00 AM – 1:00pm PM**  
**Saturday 17 November 2018**  
**Bicycle SA Office**  
**53 Carrington St, Adelaide**

In this second component of the 4 hour Intermediate Bike Maintenance Course you will learn how to assess the wear in a bicycle train system including the chain, cassette and chain rings; check a bicycle bearing system including headset, bottom bracket and wheel hubs; and adjust the headset.

Please note – It is essential that the Intermediate Maintenance Course #1 'Gears and Brakes' (13 October 2018) has been completed before undertaking this course.

### Fee applies

**Early bookings essential**  
**(maximum 10 registrants per course)**  
**Bicycle office 8168 9999**  
**office@bikesa.asn.au**  
**www.bikesa.asn.au**

## Para Districts Pedallers 'Cycle Salisbury'

9:00 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury (opp. Parabanks). Easy ride along bitumen paths and roads around Salisbury and surrounding areas. Coffee afterwards. Suit any bike.  
20-30 km **1A** to **3A** Elaine 0422 393 997

## All Women's Bike Rides

9:30 AM, Cycle On' 2/19 Albyn Tce, Strathalbyn. An all women's social bike ride with coffee afterwards. Various start locations Contact Lanie for details.  
20 km **2B** Lanie 0406 452 117

## Cogs & Coffee

10:00 AM, Japanese Gardens, corner South Tce and Glen Osmond Rd, Adelaide. A morning ride with the obligatory coffee stop. The Japanese Gardens is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off.  
Jane 0402 102 608  
Richard 0419 033 140  
50 km **4B** Jane 0402 102 608

## Saturday Express

1:00 PM, Seaford Railway Station. Alternatively: Meet at the Adelaide Railway Station at 11.45 am; or catch the train at Edwardstown by 12:00 noon. A ride to McLaren Vale and then stopping there for coffee.  
40 km **3B** Daryl 0411 474 096

## Saturday Sojourn

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. We could go in any direction from the centre. An easy paced sociable ride. BYO or buy refreshments.  
25 km **2A** Ashley 0418 851 938

## Southern Flinders Rough Riders

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

## SUN 18 NOV

### The Little Red Grape

7:45 AM, The Little Red Grape. Also meet 8:00 am Clare Oval, Main Rd, Clare.  
75 km **4B** Nicola 0414 365 477

### 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 Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. 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. Usually coffee afterwards.  
30 km **2B** Gavin 0468 909 397

### Border BUG

9:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.  
40 km **6B** Marcus 0407 978 763

### Hills Ride

9:00 AM, Tower Hotel Magill car park. MTB or Hybrid advised. Coffee stop after. Mainly dirt roads.  
50 km **2C** Paul 0403 779 411

### Peninsula Pedallers

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

## MON 19 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

## TUE 20 NOV

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will go to the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.  
0-38 km **1A** Michele 0438 010 220

### Peninsula Pedallers

9:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day!  
30 km **1A** Raelene 8682 3196

### Tuesday Treadlers

9:30 AM, Balhannah Oval, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Two options, a longer, more challenging route or a shorter less demanding route, but all meet up for coffee. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm.  
50-70 km **4B** or **5C**  
Tony 8388 4730 or 0407 884 730

### Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Mystery Ride. BYO lunch.  
40 km **2B** Richard 0438 805 901

## Bicycle Maintenance Course

### Basic Bike Care - Women Only

5:30 PM - 8:30 PM

Tuesday 20 November 2018

### Bicycle SA Office

53 Carrington 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 office 8168 9999

office@bikesa.asn.au

www.bikesa.asn.au

### Border BUG

6:00 PM, Apex Park, Woolshed Street Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required.  
30 km **6A** Marcus 0407 978 763

### 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 8299 0230

## WED 21 NOV

### Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book.  
www.facebook.com/groups/mannumpedalwheelers or mannumpeddlewheelers.weebly.com  
30-80 km **3B** Terry or Wally  
0427 319 004 or 0428 592 282

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B.  
30 km **1B** Gavin 0468 909 397

### Para Pedallers 'Cycle Salisbury'

8:30 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury. Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards  
20-30 km **1A** to **3A** Elaine 0422 393 997

### Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St. at 9:00 am and returning for coffee by 10:30 am, this ride is informative and fun, and open to all riders of any age and ability. Pace is steady and the rides are flat, often taking in the Linear Park and parklands of Adelaide.  
20-25 km **3A** Rebecca 8232 7277

### 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, Oaklands Estate Reserve, Oaklands Park. All bitumen ride. BYO or buy lunch.  
50 km **3C** Paul 8277 4094

## THU 22 NOV

### 30/30 Beach Streak

6:00 PM, Henley Square, Henley Beach. Start at 6:15 pm. Join the 30kph average for 30 km or the 35kph average for 30 km graduates (40kph often). Refreshments at the Adelaide Sailing Club, West Beach, afterwards.  
30 km **6A** Daniel 0433 391 674

### Border BUG

6:00 PM, Apex Park, Woolshed Street, Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required.  
30 km **6A** Marcus 0407 978 763

## FRI 23 NOV

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, 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 Coordinator to confirm.  
50 km **3B** Peter 0418 820 921

## SAT 24 NOV

### Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum after coffee and a chat at Younghusband Store. Bring money for coffee. Visitors and new riders are welcome. Visit us on face book.  
www.facebook.com/groups/mannumpedalwheelers or mannumpeddlewheelers.weebly.com  
35 km **2B-3B** Terry or Wally  
0427 319 004 or 0428 592 282

### Riverland Riders

7:00 AM, Renmark Fountain/Lion car park, Renmark. Distance varies depending on how far the group want to ride.  
35-50 km **6B** Ruth 0427 752 815

### Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 50 km to 100 km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit www.facebook.com/groups/210163156066987 www.adelaidecyclists.com  
50-100 km Paul 0431 866 586  
Geraint 0418 8443 491

### Cobwebs

8:00 AM, Buffalo Tall Ship, Wigley Reserve, Adelphi Tce, Glenelg. Group road ride to Outer Harbour and return. Generally 70 to 100+ riders with 6 plus sub-groups. Coffee afterwards at the Watermark Hotel. cobwebsadelaide@yahoo.com.au  
54 km **6A**

### Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7:45 am for 8:00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage.  
**3B** and **5C** Michele 0438 010 220

### Peninsula Pedallers

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

### The Little Red Grape

8:00 AM, Lennon St Car Park, Clare. MTB ride.  
50 km **Class 2-3** Nicola 0414 365 477

### Salisbury Off Road Riders 'Cycle Salisbury'

8:50 AM, St Kilda Tackle and Tucker, St Kilda. Mainly off road ride along local tracks and trails around St Kilda. Coffee/refreshments on return. We leave at 9:00 am prompt. Mountain/hybrid bikes preferred.  
30 km **2B** to **3B** Mark 0491 034 167

### Dry Creek Trailers 'Cycle Salisbury'

9:00 AM, BMX Club/Skate Park car park, cnr. Bridge Rd and South Tce, Pooraka. Beginners ride on good gravel trail, no traffic and great scenery. Coffee at Valley View shops. MTB bikes please.  
15 km **MTB Class 1 3B**  
Bryce 0432 732 540

## All Women's 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 0406 452 117

## Cogs & Coffee

10:00 AM, Japanese Gardens, corner South Tce and Glen Osmond Rd, Adelaide. A morning ride with the obligatory coffee stop. The Japanese Gardens is our usual meeting point but if you are a new or intermittent rider, please ring on Friday (latest) to double-check. There is no pre-planned direction or route each week; this is decided by everyone before we head off.  
Jane 0402 102 608  
Richard 0419 033 140  
50 km **4B** Jane 0402 102 608

## Saturday Express

1:00 PM, Adam St, Hindmarsh. Café stop for afternoon tea.  
40 km **3B** Stuart 07 4298 4038

## Saturday Sojourn

1:00 PM, Noarlunga Railway Station, Burgess Drive, Noarlunga Centre. Ride the southern suburbs and trails to McLaren Vale and return. Some small hills. Approximately 32 km. BYO or buy refreshments.  
32 km **2B** Chris 0414 802 919

## Southern Flinders Rough Riders

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

## SUN 25 NOV

### The Little Red Grape

7:45 AM, The Little Red Grape. Also meet 8:00 am Clare Oval, Main Rd, Clare.  
75 km **4B** Nicola 0414 365 477

### 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 Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. 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. Usually coffee afterwards.  
30 km **2B** Gavin 0468 909 397

### Border BUG

9:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.  
40 km **6B** Marcus 0407 978 763

### Hills Ride

9:00 AM, Willunga. Top of Willunga Hill, Brookman Rd. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.  
50 km **2C** Reno 0414 259 675

### Peninsula Pedallers

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

### Salisbury Explorers 'Cycle Salisbury'

9:00 AM, Little Para Trail, next to Hausler Reserve, Paralowie. Beginners/Easy Ride along the bitumised path of the Little Para Trail.  
5-10 km **MTB 1-2A** Jim 0401 984 767

## Southern Flinders Rough Riders

9:00 AM, Over The Edge Shop, Melrose. The Enthusiasts Ride.  
Richard 0417 341 462

## Gear Up Girl SA

**Sunday 25 November 2018**  
**9:30 AM, Bonython Park, Adelaide.**  
**A community bike ride specifically for women.**

Choose between a 15 km River Ride, a 35 km Beach Ride or the 50 km Outer Harbour option. Wear the exclusive Gear Up Girl 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/gearupgirl**  
**office@bikesa.asn.au**

## Better Harts

Mt Gambier. Rides to various locations and varying distances are organised during the month on an ad hoc basis, depending on who is interested, available, and riders' ability. We ride at the speed of the slowest rider. Our aim to get people to start riding and help them connect with other riders. If interested please contact Sharon Holmes on 8723 0805 or email sharonholmes@ozemail.com.au Sharon 8723 0805

## MON 26 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

## TUE 27 NOV

### Getonyabike

9:00 AM, Charleston Tennis Courts, Charleston. GETONYABIKE is a group aimed at encouraging people of all ages and stages of fitness to get back on their bikes. You don't need to wear lycra, be skinny, fit or young. It does not matter whether you have an old bike that has been in your shed for 40 years or a new bike that you have not gotten around to riding. If your bike won't fit in your car, take the front wheel off. We will help you put it back on. We will ride on the Amy Gillett Bikeway. After the ride we will head to the Charleston Hotel for coffee. Please come along and give it a try. Whether you ride 1 km or 10 km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.  
0-38 km **1A** Michele 0438 010 220

### Peninsula Pedallers

9:30 AM, Arteryrea Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day!  
30 km **1A** Raelene 8682 3196

### Tuesday Treadlers

9:30 AM, Balhannah Oval, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Two options, a longer, more challenging route or a shorter less demanding route, but all meet up for coffee. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm.  
50-70 km **4B** or **5C**  
Tony 8388 4730 or 0407 884 730

## Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Flat ride to Semaphore for lunch and return. BYO lunch.  
40 km **2B** Angela 0418 844 963

## Border BUG

6:00 PM, Apex Park, Woolshed Street Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required.  
30 km **6A** Marcus 0407 978 763

## 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 8299 0230

## WED 28 NOV

### Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book.  
www.facebook.com/groups/mannumpedawheelers or mannumpedawheelers.weebly.com  
30-80 km **3B** Terry or Wally  
0427 319 004 or 0428 592 282

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B.  
30 km **1B** Gavin 0468 909 397

### Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St. at 9:00 am and returning for coffee by 10:30 am, this ride is informative and fun, and open to all riders of any age and ability. Pace is steady and the rides are flat, often taking in the Linear Park and parklands of Adelaide.  
20-25 km **3A** Rebecca 8232 7277

### 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, Willunga Rose Garden, Aldinga Rd, Willunga. All bitumen ride. BYO or buy lunch.  
50 km **3C** Roger 8325 1790

## THU 29 NOV

### 30/30 Beach Streak

6:00 PM, Henley Square, Henley Beach. Start at 6:15 pm. Join the 30kph average for 30 km or the 35kph average for 30 km graduates (40kph often). Refreshments at the Adelaide Sailing Club, West Beach, afterwards.  
30 km **6A** Daniel 0433 391 674

## Bicycle SA

### Annual General Meeting

**6:00 PM**  
**Thursday 29 November 2018**  
**53 Carrington St, Adelaide**  
**Bicycle SA office 8168 9999**  
**www.bikesa.asn.au**

### Border BUG

6:00 PM, Apex Park, Woolshed Street, Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required.  
30 km **6A** Marcus 0407 978 763

## FRI 30 NOV

### GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, 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 Coordinator to confirm.  
50 km **3B** Peter 0418 820 921

## COMING EVENTS DECEMBER

### Intermediate Bike Maintenance

**Course #1 and Course #2 (Gears and Brakes and Drive Train and Bearings Overview)**  
**9:00 AM - 4:00 PM**  
**Saturday 1 December 2018**  
**Bicycle SA Office**  
**53 Carrington St, Adelaide**

The next step after Basic Bike Care, this full day course comprising Intermediate Bike Maintenance Courses #1 and #2 will provide you with the skills and knowledge required to confidently carry out the basic scheduled maintenance tasks that are essential for a well maintained bike.

Get up close and personal with the gear and brake systems on your bike. Discuss and practice the skills required to:

**Repair**, replace and adjust all parts of the brakes and gear systems

You will also learn how to:

**Assess** the wear in the drive train system including the chain, cassette and chain rings;

**Replace** the parts in the drive train system including the chain, cassette and chain rings;

**Check** the bearing systems including the headset, bottom bracket and wheel hubs;

**Adjust** the headset

(This course does not include repairing punctures or other skills taught in Basic Bike Care, or hydraulic disc brake bleeding)

**Fee applies**

**Early bookings essential (maximum 10 registrants per course)**  
**Bicycle office 8168 9999**  
**office@bikesa.asn.au**  
**www.bikesa.asn.au**