

# RidesPROGRAMME

## Information

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

## On Road Ride Codes

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

## Mountain Bike Ride Codes

**Class 1 (MTB Beginner)** Limited off road experience. Obstacle free. Smooth fire tracks. Ride time 45 minutes. 10% gradient.  
**Class 2 (MTB Intermediate)** Fire Roads, 20–30km. 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

**Bike Melrose**  
Richard 0417 341 462

**Border BUG**  
Marcus 0407 978 763

**Broken Gadgets**  
Stu stu.clement@yahoo.com

**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

**Gawler Wheelers**  
Paul 0431 866 586

**Getonyabike**  
Michele 0438 010 220

**Hills Ride**  
Rob 0428 990 059

**Kangaroo Island BUG**  
Manfred 8553 0383

**Keep On Riding**  
Tony 0407 884 730

**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  
Andrew 0419 817 749  
Doug 0419 813 479

**Ride with Keith**  
Andy 8232 7277

**Riverland Riders**  
Ruth 0427 752 815

**Salisbury Off Road Riders**  
Mark 0490 340 167

**Saturday Express**  
Patsy 8379 6477

**Saturday Sojourn**  
Chris 0414 802 919

**Tuesday Traverse**  
Rick 0417 816 372

**Tuesday Treadlers**  
Tony 8388 4730

**Unley BUG**  
David 0411 268 582

**Wednesday Wheelers**  
Max 0405 191 995

## 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, 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

## SUN 1 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  
Andrew 0419 817 749 or  
Doug 0419 813 479

### 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 when to turn back. Usually coffee afterwards.  
40 km **6B** Marcus 0407 978 763

### Hills Ride

9:00 AM, Oaklands Park. Oaklands Estate car park off Oaklands Rd. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads with some steep hills.  
50 km **2C** Paul 0403 779 411

### Peninsula Pedallers

9:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.  
40 km **4B** Jim 0448 412 992

### Kangaroo Island BUG

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

### Bike Melrose

3:30 PM, Paradise Square, Melrose. A mountain bike ride.  
Richard 0417 341 462

## MON 2 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 3 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 0419 842 007

### 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. River ride to Athelstone with 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 4 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/mannumpedlewheelers](http://www.facebook.com/groups/mannumpedlewheelers) or [mannumpedlewheelers.weebly.com](http://mannumpedlewheelers.weebly.com)  
30-80 km **4B** 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 30 km easy for coffee at Middleton/Port Elliot or 45-70km 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 (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/Hybrid bikes preferred.  
20-30 km **1A** to **2A** 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 10:30am, 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** Andy 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

10:00AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max or Malcolm for more details.  
50 km **3B** or **3C** Max or Malcolm  
0405 191 955 or 8276 9469

### Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or [www.peninsulapedallers.com.au](http://www.peninsulapedallers.com.au).  
Clayton 0447 821 175

## THU 5 SEP

### Keep On Riding

9:30 AM, Balhannah Oval, Balhannah, Onkaparinga Valley Rd, Balhannah. Welcome to the inaugural Keep On riding group. Leisurely social ride of 40km-50km on quiet sealed roads and bike paths. Coffee break mid-ride. Back by lunch time.  
40-50 km **3B** to **4B** Tony 0407 884 730

### 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 6 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** Gavin 0468 909 397

## SAT 7 SEP

### Bike Melrose

7:30 AM, Over the Edge Shop, Melrose. Two ride options – 7:30 am start for the road riders and 8:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information, Bike Melrose facebook page.  
20-55 km Kristen or Richard  
0409 093 649 or 0417 341 462

### 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) For cycling routes in Gawler and surrounds, visit [gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide](http://gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide)  
50-100 km Paul 0431 866 586

### 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 for coffee/ breakfast and a chat at Pickleme Grandma's Cafe. (Bring money for coffee/ breakfast). 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

7:30 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

### Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. This is a longstanding, structured group road ride to Outer Harbour and return. We generally have 70 to 100+ riders in total, who ride in 6+ separate sub-groups to take account of safety and the diversity of rider speeds. Most riders meet for coffee afterwards at the Watermark Hotel, Glenelg. Contact address [cobwebsadelaide@yahoo.com.au](mailto:cobwebsadelaide@yahoo.com.au)  
54 km **6A**

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

## 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. **5B** and **5C** Michele 0438 010 220

## Peninsula Pedallers

8:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

## Unley BUG

9:00 AM Unley Civic Centre, 181 Unley Rd, Unley. (Meet in car park off Oxford St). Cycling in Historic Unley. A leisurely ride for those interested in the historic areas in the City of Unley. Suitable for all ages; families encouraged. Rides are planned for the first Saturday of the month. For those interested we will have coffee at La Scala Café, at the conclusion of the ride, around 10:30 am. If your bike has not been ridden for some time, contact the Ride Coordinator for a voucher for a free bike safety check. (David – david.sutton@live.com.au).

**1A** David 0411 268 582

## 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

## Cycle Salisbury Social Rides Birthday Ride

10:00 AM, Shelter Shed, Carisbrook Park Reserve, Main North Rd. Salisbury Park. Cycle Salisbury Social Rides' 6th birthday celebrations. Various rides all leaving from the Shelter Shed to suit all abilities including (but not limited to) a fast paced and slower paced ride along Little Para and/or Dry Creek Trails; Mountain bike ride to Cobbler 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 Carisbrooke Park) from 12 noon. 5-25 km **1A-4B** Jim 0401 984 767

## Saturday Express

1:00 PM, Drage Reserve, Briar Rd. Felixstow. MTB or Hybrid bikes, please. Ride not suitable for road bikes with slim tyres. Café stop for afternoon tea. 40 km **3B** Don 0428 566 745

## Broken Gadgets

The Broken Gadgets MTB rides occur 2 or 3 times a month at different locations throughout the Adelaide Hills. Rides vary considerably in terrain (sometimes predominantly single-track adventures, sometimes predominantly gravel road tours), duration (from 1.5 riding hours to all-day expeditions) and demeanour (sometimes leisurely and sometimes at least at intermediate-level speeds). BYO nibbles, water, lunch and spares accordingly. Contact Stu Clement at stu.clement@yahoo.com for details.

## SUN 8 SEP

ADVERTISEMENT

### Audax

**Out 'n the Boondocks**  
Sunday 8 September 2019

**7:30 AM**  
**Start - 23 Kinkaid Rd.**  
**50km/104km/106km/157km/160km/210km**  
**Unsupported**

Get out there. Get away from it all, Carefree riding on mostly very quiet farm roads. The rides in this series could be done with a hybrid/cyclo-cross bike on 28s or 35s. Varying distances of unsealed sections. Front shockers would be easier on the body, and the bike.

**Entry fee applies**  
**John Mills 0448 248 974**  
**jhmills4@bigipond.com**

### 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  
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Doug 0419 813 479

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### 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, Echunga. Main street near church. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads with some steep hills. 50 km **2C** Judith 8298 3131

### Peninsula Pedallers

9:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

### Bike Melrose

3:30 PM, Paradise Square, Melrose. A mountain bike ride. Richard 0417 341 462

## MON 9 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 10 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

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## Tuesday Traverse

10:00 AM, Balhannah Oval, Drage Reserve, Briar Rd, Felixstow. North East suburbs ride to Tea Tree Gully. Lunch at Oakden. All bikes suitable. A few brief climbs. BYO lunch. Coffee at Walkerville. 40 km **2B** 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 11 SEP

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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/mannumpedlewheelers](http://www.facebook.com/groups/mannumpedlewheelers) or [mannumpedlewheelers.weebly.com](http://mannumpedlewheelers.weebly.com) 30-80 km **4B** Terry or Wally 0427 319 004 or 0428 592 282

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5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or [www.peninsulapedallers.com.au](http://www.peninsulapedallers.com.au) . Clayton 0447 821 175

## THU 12 SEP

### Keep On Riding

9:30 AM, Balhannah Oval, Balhannah, Onkaparinga Valley Rd, Balhannah. Leisurely social ride of 40km-50km on quiet sealed roads and bike paths. Coffee break mid-ride. Back by lunch time. 40-50 km **3B** to **4B** Tony 0407 884 730

### 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 13 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** Gavin 0468 909 397

## SAT 14 SEP

### Bike Melrose

7:30 AM, Over the Edge Shop, Melrose. Two ride options – 7:30 am start for the road riders and 8:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information, Bike Melrose facebook page. 20-55 km Kristen or Richard 0409 093 649 or 0417 341 462

### 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) For cycling routes in Gawler and surrounds, visit [gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide](http://gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide) 50-100 km Paul 0431 866 586

### 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 for coffee/ breakfast and a chat at Picklemees Grandma's Cafe. (Bring money for coffee/ breakfast). 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

7:30 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

### Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. This is a longstanding, structured group road ride to Outer Harbour and return. We generally have 70 to 100+ riders in total, who ride in 6+ separate sub-groups to take account of safety and the diversity of rider speeds. Most riders meet for coffee afterwards at the Watermark Hotel, Glenelg. Contact address [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. **5B** and **5C** Michele 0438 010 220

### Peninsula Pedallers

8:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

### Salisbury Off Road Riders

8:30 AM, Brickworks Markets, cnr. South Rd and Ashwin Pde. Meet in the car park by the car wash. Off road ride along the River Torrens Linear Park to Glenelg and return. Coffee stop along the way. We leave at 9:00 am prompt. 30 km **2B** to **3B** Mark 0456 403 293

## Bicycle Maintenance Course

Intermediate Bike Maintenance – Session #2 (Drive Train and Bearing Systems)

9:00 AM – 1:00 PM Saturday 14 September 2019

Bicycle SA Office, 53 Carrington St, Adelaide

In Session #2 of the Intermediate Bike Maintenance Course you will learn to:

- Assess the wear in a bicycle drive train system including the chain, cassette and chain rings
- Replace the parts in a bicycle drive train system including the chain, cassette and chain rings
- Check a bicycle's bearing systems including headset, bottom bracket and wheel hubs
- Adjust the headset
- It is essential to complete the Intermediate Bike Maintenance Session #1 (Gears and Bikes) before undertaking this Session #2.

### 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, Car park, BMX Club/Skate 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 Cruisers 'Cycle Salisbury'

9:00 AM, Lindblom Park, Quinlivan Rd, Pooraka. Ride along City/Levels Bikeway to Adelaide and return via same route, coffee stop en route. Some small climbs. Suitable for all types of bikes. 30 km **1A** to **3B** Nigel 0431 838 735

### 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. Café stop for afternoon tea. 40 km **3B** Bob 0409 091 183

### Saturday Sojourn

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. Ride through a mix of suburbs and parklands adjacent to the city. An easy paced, sociable ride. BYO or buy refreshments. 25 km **2A** Helen 0428 511 724

## SUN 15 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 Andrew 0419 817 749 or Doug 0419 813 479

### 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, Tanunda. Elizabeth Street adjacent to Oval. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads with some steep hills. 50 km **2C** Steve 0401 603 596

### Peninsula Pedallers

9:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Mystery Ride. Please phone for details. Coffee afterwards. 40 km **4B** Jim 0448 412 992

### Semaphore Sojourn 'Cycle Salisbury'

9:00 AM, North Adelaide Railway Station, War Memorial Drive, North Adelaide. Easy paced ride along Outer Harbour Greenway, bike paths and some roads to Semaphore for coffee/refreshments before returning via same route. Suitable for all types of bikes. 25-30 km **2A-4A** Nigel 0431 838 735

### Bike Melrose

3:30 PM, Paradise Square, Melrose. A mountain bike ride. Richard 0417 341 462

### ADVERTISEMENT

## MTB Orienteering

Sunday 15 September 2019

Mt Crawford

State Championships

Further details:

sa.orienteeing.asn.au

## MON 16 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 17 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 0419 842 007

### 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, Old Reynella Shopping Centre car park, Old Reynella. Ride towards Aberfoyle Park and Flagstaff Hill. Some Hills. BYO lunch. 40 km **2B** Robyn 0401 364 019

## Bicycle Maintenance Course

### Basic Bike Care

5:30 PM – 8:30 PM Tuesday 17

September 2019

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

7:00 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 18 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/mannumpedlewheelers or mannumpedlewheelers.weebly.com 30-80 km **4B** 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 30 km easy for coffee at Middleton/Port Elliot or 45-70km 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 (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/Hybrid bikes preferred. 20-30 km **1A** to **2A** 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 10:30am, 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** Andy 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

10:00AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max or Malcolm for more details. 50 km **3B** or **3C** Max or Malcolm 0405 191 955 or 8276 9469

### Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or www.peninsulapedallers.com.au . Clayton 0447 821 175

## THU 19 SEP

### Keep On Riding

9:30 AM, Balhannah Oval, Balhannah, Onkaparinga Valley Rd, Balhannah. Leisurely social ride of 40km-50km on quiet sealed roads and bike paths. Coffee break mid-ride. Back by lunch time. 40-50 km **3B** to **4B** Tony 0407 884 730

### 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 20 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** Gavin 0468 909 397

## SAT 21 SEP

## 2019 Annual Tour

### Lower Eyre Peninsula 21-29 September 2019

The 2019 Annual Tour ventures west to South Australia's Eyre Peninsula region of diverse landscapes, wild coastlines, unique flora and fauna, great hospitality and arguably some of Australia's best seafood.

With a maximum of 200 riders you can spend each day with a small group of like-minded cyclists and relax each evening in the company of new friends. If you have tried the big rides, come and discover that 'Small is Beautiful'.

### Entry fee applies

Enter online or for further information contact:

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

www.bikesa.asn.au/annualtour

### ADVERTISEMENT

## Audax

### Roads Less Travelled

Saturday 21 September 2019

7:00 AM

Start – Bici Café, Hutt St, Adelaide

100km/150km/202km

Unsupported

Roads less travelled takes us along some less common roads through the picturesque Adelaide Hills.

Includes 1km to 9km of unsealed surface.

Entry fee applies

Natasha Bysterveld 0404 246 600 tashstylen@gmail.com

## Bike Melrose

7:30 AM, Over the Edge Shop, Melrose. Two ride options – 7:30 am start for the road riders and 8:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information, Bike Melrose facebook page. 20-55 km Kristen or Richard 0409 093 649 or 0417 341 462

## 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) For cycling routes in Gawler and surrounds, visit [gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide](http://gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide) 50-100 km Paul 0431 866 586

## 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 for coffee/breakfast and a chat at Pickleme Grandma's Cafe. (Bring money for coffee/breakfast). 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

7:30 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

## Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. This is a longstanding, structured group road ride to Outer Harbour and return. We generally have 70 to 100+ riders in total, who ride in 6+ separate sub-groups to take account of safety and the diversity of rider speeds. Most riders meet for coffee afterwards at the Watermark Hotel, Glenelg. Contact address [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. **5B** and **5C** Michele 0438 010 220

## Peninsula Pedallers

8:30 AM, Artereya Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

## Para District Pedallers 'Cycle Salisbury'

9:00 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury. (opposite Parabanks. Easy ride along the Little Para Trail and Dry Creek Trail. Coffee afterwards. MTB/hybrid bikes preferred. 20-30 km **1A-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, Velo Café, Victoria Park, 140 Fullarton Rd, Rose Park. Afternoon tea at West Beach. Nik leading the ride. 40 km **3B** Patsy 0439 332 533

## Saturday Sojourn

1:00 PM, Heywood Park, Addiscombe Place, Unley Park. Loop around the airport to Glenelg and return via the Westside Bikeway. An easy paced, sociable ride. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

## Broken Gadgets

The Broken Gadgets MTB rides occur 2 or 3 times a month at different locations throughout the Adelaide Hills. Rides vary considerably in terrain (sometimes predominantly single-track adventures, sometimes predominantly gravel road tours), duration (from 1.5 riding hours to all-day expeditions) and demeanour (sometimes leisurely and sometimes at least at intermediate-level speeds). BYO nibbles, water, lunch and spares accordingly. Contact Stu Clement at [stu.clement@yahoo.com](mailto:stu.clement@yahoo.com) for details.

## SUN 22 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 Andrew 0419 817 749 or Doug 0419 813 479

### 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 with some steep hills. 50 km **2C** Joe 0429 694 022

### Peninsula Pedallers

9:00 AM, Artereya Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

### Bike Melrose

3:30 PM, Paradise Square, Melrose. A mountain bike ride. Richard 0417 341 462

## MON 23 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 24 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 0419 842 007

### 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 – A tribute ride to our dear friend Jo Smet. 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

### 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 25 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/mannumpedlewheelers](http://www.facebook.com/groups/mannumpedlewheelers) or [mannumpedlewheelers.weebly.com](http://mannumpedlewheelers.weebly.com) 30-80 km **4B** 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 30 km easy for coffee at Middleton/Port Elliot or 45-70km 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 10:30am, 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** Andy 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

10:00AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max or Malcolm for more details. 50 km **3B** or **3C** Max or Malcolm 0405 191 955 or 8276 9469

## Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and [www.peninsulapedallers.com.au](http://www.peninsulapedallers.com.au) Clayton 0447 821 175

## THU 26 SEP

### Keep On Riding

9:30 AM, Balhannah Oval, Balhannah, Onkaparinga Valley Rd, Balhannah. Leisurely social ride of 40km-50km on quiet sealed roads and bike paths. Coffee break mid-ride. Back by lunch time. 40-50 km **3B** to **4B** Tony 0407 884 730

### 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 27 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** Gavin 0468 909 397

## SAT 28 SEP

### Bike Melrose

7:30 AM, Over the Edge Shop, Melrose. Two ride options – 7:30 am start for the road riders and 8:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information, Bike Melrose facebook page. 20-55 km Kristen or Richard 0409 093 649 or 0417 341 462

### 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) For cycling routes in Gawler and surrounds, visit [gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide](http://gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide) 50-100 km Paul 0431 866 586

### 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 for coffee/breakfast and a chat at Picklemees Grandma's Cafe. (Bring money for coffee/breakfast). 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

7:30 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

### Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. This is a longstanding, structured group road ride to Outer Harbour and return. We generally have 70 to 100+ riders in total, who ride in 6+ separate sub-groups to take account of safety and the diversity of rider speeds. Most riders meet for coffee afterwards at the Watermark Hotel, Glenelg. Contact address 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.  
**5B** and **5C** Michele 0438 010 220

### Peninsula Pedallers

8:30 AM, Arterya Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.  
40 km **4B** Jim 0448 412 992

### Salisbury Off Road Riders

8:50 AM, Little Para Golf Course, 62 Martins Rd, Paralowie. Meet at bottom car park. Mainly off road ride along local tracks and trails in the Salisbury area, stopping for refreshments along the way. Mountain/hybrid bikes, no slick tyres please. We leave at 9:00 am prompt.  
30 km **2B** to **3B** Mark 0456 403 293

### Dry Creek Trailers 'Cycle Salisbury'

9:00 AM, Car park, BMX Club/Skate 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 Albany 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

### Para Cruisers 'Cycle Salisbury'

9:30 AM, Bethany Reserve, Bethany Rd, Bethany. Tour of the Barossa, Bethany, Angaston, Nuriootpa and Tanunda. Coffee en route. Hybrid/MTB bikes preferred.  
35 km **2B** to **3B** Des 0408 086 545

### 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, Brighton Railway Station, Brighton. Café stop for afternoon tea.  
40 km **3B** Jeff 0407 191 958

### 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

## SUN 29 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  
Andrew 0419 817 749 or  
Doug 0419 813 479

### 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 with some steep hills.  
50 km **2C** Rob 0428 990 059

### Peninsula Pedallers

9:00 AM, Arterya Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.  
40 km **4B** Jim 0448 412 992

### Salisbury Explorers 'Cycle Salisbury'

9:00 AM, Car park, corner Waterloo Corner Rd. and Davis St, Salisbury North. Beginners/easy ride along the bitumised path of the Little Para Trail.  
5-10 km MTB **1-2A** Jim 0401 984 767

### Bike Melrose

3:30 PM, Paradise Square, Melrose. A mountain bike 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 sharonholmes@ozemail.com.au  
Sharon 8723 0805

## MON 30 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 1 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 0419 842 007

### 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. North Eastern suburbs. A few hills and off road tracks. Hybrid and/or mountain bikes preferred. BYO lunch.  
40 km **2B** Don 0428 566 745

### 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 2 OCT

### 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/mannumpedlewheelers or mannumpedlewheelers.weebly.com  
30-80 km **4B** 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 30 km easy for coffee at Middleton/Port Elliot or 45-70km 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 (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/Hybrid bikes preferred.  
20-30 km **1A** to **2A** 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 10:30am, 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** Andy 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, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max or Malcolm for more details.  
50 km **3B** or **3C** Max or Malcolm  
0405 191 955 or 8276 9469

### Peninsula Pedallers

5:45 PM, Cluster Cycles. 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or www.penisulapedallers.com.au  
Clayton 0447 821 175

## THU 3 OCT

### Keep On Riding

9:30 AM, Balhannah Oval, Balhannah, Onkaparinga Valley Rd, Balhannah. Leisurely social ride of 40km-50km on quiet sealed roads and bike paths. Coffee break mid-ride. Back by lunch time.  
40-50 km **3B** to **4B** Tony 0407 884 730

### 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 4 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** Gavin 0468 909 397

## SAT 5 OCT

ADVERTISEMENT

### Audax

**Southern 123**  
**Saturday 5 October 2019**  
**7:00 AM**

**Start - Norwood**  
**102km/151km/202km/306km**  
**Unsupported**

All rides depart from Adelaide via the South Eastern bikeway to Craters then Meadows. The 200km and 300km routes continue to Ashbourne with all rides returning via the Southern Veloway.  
**Entry fee applies**  
**Ben Del Fabbro 0414 835 668**  
**bendelfab@gmail.com**

### Bike Melrose

7:30 AM, Over the Edge Shop, Melrose. Two ride options - 7:30 am start for the road riders and 8:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information, Bike Melrose facebook page.  
20-55 km Kristen or Richard  
0409 093 649 or 0417 341 462

## 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) For cycling routes in Gawler and surrounds, visit [gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide](http://gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide) 50-100 km Paul 0431 866 586

## 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 for coffee/breakfast and a chat at Picklemees Grandma's Cafe. (Bring money for coffee/breakfast). 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

## Riverland Riders

7:30 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

## Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. This is a longstanding, structured group road ride to Outer Harbour and return. We generally have 70 to 100+ riders in total, who ride in 6+ separate sub-groups to take account of safety and the diversity of rider speeds. Most riders meet for coffee afterwards at the Watermark Hotel, Glenelg. Contact address [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. **5B** and **5C** Michele 0438 010 220

## Peninsula Pedallers

8:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

## Para District Pedallers 'Cycle Salisbury'

9:00 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury. (opposite Parabanks. Easy ride along the Little Para Trail and Dry Creek Trail. Coffee afterwards. MTB/hybrid bikes preferred. 20 km MTB **1-3A** Jim 0401 984 767

## Unley BUG

9:00 AM Unley Civic Centre, 181 Unley Rd, Unley. (Meet in car park off Oxford St). Cycling in Historic Unley. A leisurely ride for those interested in the historic areas in the City of Unley. Suitable for all ages; families encouraged. Rides are planned for the first Saturday of the month. For those interested we will have coffee at La Scala Café, at the conclusion of the ride, around 10:30 am. If your bike has not been ridden for some time, contact the Ride Coordinator for a voucher for a free bike safety check. (David - david.sutton@live.com.au).

**1A** David 0411 268 582

## 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

12:00 Noon, Balhannah Oval, Onkaparinga Valley Rd, Balhannah. A ride on the Amy Gillett Bikeway. Café stop in Balhannah after the ride. 40 km **3B** Hal 0427 084 097

## Broken Gadgets

The Broken Gadgets MTB rides occur 2 or 3 times a month at different locations throughout the Adelaide Hills. Rides vary considerably in terrain (sometimes predominantly single-track adventures, sometimes predominantly gravel road tours), duration (from 1.5 riding hours to all-day expeditions) and demeanour (sometimes leisurely and sometimes at least at intermediate-level speeds). BYO nibbles, water, lunch and spares accordingly. Contact Stu Clement at [stu.clement@yahoo.com](mailto:stu.clement@yahoo.com) for details.

## SUN 6 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 Andrew 0419 817 749 or Doug 0419 813 479

### 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, Meadows. Oval car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads with some steep hills. 50 km **2C** Judith 8298 3131

### Peninsula Pedallers

9:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

### Kangaroo Island BUG

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

### Bike Melrose

5:00 PM, Paradise Square, Melrose. A mountain bike ride. Richard 0417 341 462

## MON 7 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, Crafrers Hotel, 8 Main St, Crafrers. A Labour Day Holiday Mountain Bike Ride. Ride the tracks around Mt George, Mylor and Stirling. A three hour ride with riders of all abilities welcome. Coffee stop at Stirling after the ride. Mountain bikes required - no slim road tyres please. Contact Patsy for details if required 0439 332 533 Patsy 0439 332 533

## TUE 8 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 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 0419 842 007

### 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, 'Harvest the Fleurieu' Mount Compass. From Mount Compass ride the back roads to Myponga for lunch, including riding around the Myponga Reservoir Trail. Then back via Pages Flat Road to Mount Compass for coffee. Some dirt and a few hills. BYO or buy lunch. 40 km **2B** Paul 0427 537 836

### 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 9 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/mannumpeddlers](http://www.facebook.com/groups/mannumpeddlers) or [mannumpeddlers.weebly.com](http://mannumpeddlers.weebly.com) 30-80 km **4B** 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 30 km easy for coffee at Middleton/Port Elliot or 45-70km 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 10:30am, 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** Andy 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

10:00AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max or Malcolm for more details. 50 km **3B** or **3C** Max or Malcolm 0405 191 955 or 8276 9469

## Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or [www.peninsulapedallers.com.au](http://www.peninsulapedallers.com.au) Clayton 0447 821 175

## THU 10 OCT

### Keep On Riding

9:30 AM, Balhannah Oval, Balhannah, Onkaparinga Valley Rd, Balhannah. Leisurely social ride of 40km-50km on quiet sealed roads and bike paths. Coffee break mid-ride. Back by lunch time. 40-50 km **3B** to **4B** Tony 0407 884 730

### 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 11 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** Gavin 0468 909 397



## SAT 12 OCT

### Bike Melrose

6:30 AM, Over the Edge Shop, Melrose. Two ride options – 6:30 am start for the road riders and 7:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information, Bike Melrose facebook page. 20-55 km Kristen or Richard 0409 093 649 or 0417 341 462

### 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 for coffee/breakfast and a chat at Pickleme Grandma's Cafe. (Bring money for coffee/breakfast). Visitors and new riders are welcome. Visit us on face book. [www.facebook.com/groups/mannumpedawheelers](http://www.facebook.com/groups/mannumpedawheelers) or [mannumpedawheelers.weebly.com](http://mannumpedawheelers.weebly.com) 35 km **2B-3B** Terry or Wally 0427 319 004 or 0428 592 282

### 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) For cycling routes in Gawler and surrounds, visit [gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide](http://gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide) 50-100 km Paul 0431 866 586

### Riverland Riders

7:30 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

### Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. This is a longstanding, structured group road ride to Outer Harbour and return. We generally have 70 to 100+ riders in total, who ride in 6+ separate sub-groups to take account of safety and the diversity of rider speeds. Most riders meet for coffee afterwards at the Watermark Hotel, Glenelg. Contact address [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. 5B and 5C Michele 0438 010 220

### Peninsula Pedallers

8:30 AM, Arterya Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

### Salisbury Off Road Riders

8:50 AM, St Kilda Tackle & Tucker, Cockle St, St Kilda. Meet in car park. Mainly off road ride along the local tracks and trails around St Kilda. Coffee and refreshments on return. Mountain/hybrid bikes, no slick tires please. We leave at 9:00 am prompt. 30 km **2B to 3B** Mark 0456 403 293

### Dry Creek Trailers 'Cycle Salisbury'

9:00 AM, Car park, BMX Club/Skate 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

### Para Cruizers 'Cycle Salisbury'

9:30 AM, Beefacres car park, Pittwater Drive, Windsor Gardens. Ride along the Torrens Linear Park to Adelaide Oval for coffee and return via North Adelaide Parklands and Linear Park. Suit any type of bike. 30 km **2B to 3B** Des 0408 086 545

### 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, Conyngam St, Glenside. Café stop for afternoon tea at St Georges Bakery. 40 km **3B** Patsy 0439 332 533

### Saturday Sojourn

1:00 PM, Heywood Park, Addiscombe Place, Unley Park. Ride to Glenelg following the railway line and Sturt Creek Linear Park and return along the Mike Turtur Bikeway. An easy paced, sociable ride. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

## SUN 13 OCT

### Grand/Mini Slam

Recreational Bike Series of 5 rides  
Sunday 13 October 2019  
6.30 AM Echunga Memorial Hall,  
Adelaide Rd Echunga

The final event in the Grand/Mini Slam series of on road personal challenge recreational rides for 2019. 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 Andrew 0419 817 749 or Doug 0419 813 479

### 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, Nairne. Millies car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads with some steep hills. 50 km **2C** Paul 0403 779 411

### Peninsula Pedallers

9:00 AM, Arterya Hall, Mortlock Terrace, Port Lincoln. Mystery Ride. Please phone for details. Coffee afterwards 40 km **4B** Jim 0448 412 992

### Bike Melrose

5:00 PM, Paradise Square, Melrose. A mountain bike ride. Richard 0417 341 462

## MON 14 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 15 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 0419 842 007

### 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, Seaford Railway Station, Seaford. Ride the Southern Vales. BYO lunch. 40 km **2B** Alan 0414 392 179

### 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 16 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/mannumpedawheelers](http://www.facebook.com/groups/mannumpedawheelers) or [mannumpedawheelers.weebly.com](http://mannumpedawheelers.weebly.com) 30-80 km **4B** 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 30 km easy for coffee at Middleton/Port Elliot or 45-70km 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 (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/Hybrid bikes preferred. 20-30 km **1A to 2A** 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 10:30am, 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** Andy 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

10:00AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max or Malcolm for more details. 50 km **3B** or **3C** Max or Malcolm 0405 191 955 or 8276 9469

### Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or [www.peninsulapedallers.com.au](http://www.peninsulapedallers.com.au) Clayton 0447 821 175

## THU 17 OCT

### Keep On Riding

9:30 AM, Balhannah Oval, Balhannah, Onkaparinga Valley Rd, Balhannah. Leisurely social ride of 40km-50km on quiet sealed roads and bike paths. Coffee break mid-ride. Back by lunch time. 40-50 km **3B to 4B** Tony 0407 884 730

### 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 18 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** Gavin 0468 909 397

## SAT 19 OCT

### Bike Melrose

6:30 AM, Over the Edge Shop, Melrose. Two ride options – 6:30 am start for the road riders and 7:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information, Bike Melrose facebook page. 20-55 km Kristen or Richard 0409 093 649 or 0417 341 462

### 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 for coffee/breakfast and a chat at Pickleme Grandma's Cafe. (Bring money for coffee/breakfast). 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

### 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) For cycling routes in Gawler and surrounds, visit [gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide](http://gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide) 50-100 km Paul 0431 866 586

### Riverland Riders

7:30 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

### Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. This is a longstanding, structured group road ride to Outer Harbour and return. We generally have 70 to 100+ riders in total, who ride in 6+ separate sub-groups to take account of safety and the diversity of rider speeds. Most riders meet for coffee afterwards at the Watermark Hotel, Glenelg. Contact address [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. **5B** and **5C** Michele 0438 010 220

### Peninsula Pedallers

8:30 AM, Artereyra Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

### Para District Pedallers 'Cycle Salisbury'

9:00 AM, Shopping Centre car park, corner Stebonheath Rd. and Pethererton Rd, Andrews Farm. All bitumen ride along Stuart O'Grady bikeway to Gawler for coffee and return via same route. Suitable for all types of bikes. 33 km **1A-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, Drage Reserve, Briar Rd. Felixstow. Afternoon tea stop at the Duck Pond. 40 km **3B** Daryl 0411 474 096

### Saturday Sojourn

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. Follow the Outer Harbour rail line for a sub, then south through the western suburbs to return along the River Torrens Linear Park. An easy paced, sociable ride. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

### Broken Gadgets

The Broken Gadgets MTB rides occur 2 or 3 times a month at different locations throughout the Adelaide Hills. Rides vary considerably in terrain (sometimes predominantly single-track adventures, sometimes predominantly gravel road tours), duration (from 1.5 riding hours to all-day expeditions) and demeanour (sometimes leisurely and sometimes at least at intermediate-level speeds). BYO nibbles, water, lunch and spares accordingly. Contact Stu Clement at [stu.clement@yahoo.com](mailto:stu.clement@yahoo.com) for details.

## SUN 20 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 Andrew 0419 817 749 or Doug 0419 813 479

### 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

## Dirty Days

### Mountain Bike Series Cudlee Creek Forest - Event 4 9:00 AM Sunday 20 October 2019

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 the series of three events. With supported loops from 6 km to 30 km there is something for everyone.

- Mechanical support
- Sausage sizzle
- Award for juniors who complete all 4 events

**Entry fee applies**  
**Enter online or for further information contact:**  
**Bicycle SA office 8168 9999**  
**[office@bikesa.asn.au](mailto:office@bikesa.asn.au)**  
**[www.bikesa.asn.au/DirtyDays](http://www.bikesa.asn.au/DirtyDays)**

### 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, Oaklands Park. Oaklands Estate car park off Oaklands Rd. Road Bikes. Coffee stop en route. 50 km **2C** Neil 0429 201 144

### Peninsula Pedallers

9:00 AM, Artereyra Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

### Semaphore Sojourn 'Cycle Salisbury'

9:00 AM, North Adelaide Railway Station, War Memorial Drive, North Adelaide. Easy paced ride along Outer Harbour Greenway, bike paths and some roads to Semaphore for coffee/refreshments before returning via same route. Suitable for all types of bikes. 25-30 km **2A-4A** Nigel 0431 838 735

### Bike Melrose

5:00 PM, Paradise Square, Melrose. A mountain bike ride. Richard 0417 341 462

## MON 21 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 22 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, Artereyra 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 0419 842 007

### 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, Car park opposite the YHA on the Strand, Port Elliott. Depending on the weather – Ride the coastal ride to Victor Harbor and the Bluff or to the Goolwa Barrage. Lunch along the way. Coffee at Port Elliott. 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 23 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 **4B** 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 30 km easy for coffee at Middleton/Port Elliot or 45-70km 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 10:30am, 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** Andy 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

10:00AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max or Malcolm for more details. 50 km **3B** or **3C** Max or Malcolm 0405 191 955 or 8276 9469

### Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or [www.peninsulapedallers.com.au](http://www.peninsulapedallers.com.au) Clayton 0447 821 175

## THU 24 OCT

### Keep On Riding

9:30 AM, Balhannah Oval, Balhannah, Onkaparinga Valley Rd, Balhannah. Leisurely social ride of 40km-50km on quiet sealed roads and bike paths. Coffee break mid-ride. Back by lunch time. 40-50 km **3B** to **4B** Tony 0407 884 730

### 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 25 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** Gavin 0468 909 397

## SAT 26 OCT

### Bike Melrose

6:30 AM, Over the Edge Shop, Melrose. Two ride options – 6:30 am start for the road riders and 7:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information, Bike Melrose facebook page. 20-55 km Kristen or Richard 0409 093 649 or 0417 341 462

### 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 for coffee/breakfast and a chat at Picklemees Grandma's Cafe. (Bring money for coffee/breakfast). 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

### 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) For cycling routes in Gawler and surrounds, visit [gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide](http://gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide) 50-100 km Paul 0431 866 586

### Riverland Riders

7:30 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

### Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. This is a longstanding, structured group road ride to Outer Harbour and return. We generally have 70 to 100+ riders in total, who ride in 6+ separate sub-groups to take account of safety and the diversity of rider speeds. Most riders meet for coffee afterwards at the Watermark Hotel, Glenelg. Contact address [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. **5B** and **5C** Michele 0438 010 220

### Peninsula Pedallers

8:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

### Salisbury Off Road Riders

8:50 AM, Little Para Golf Course, 62 Martins Rd, Paralowie. Meet at bottom car park. Mainly off road ride along local tracks and trails in the Salisbury area, stopping for refreshments along the way. Mountain/hybrid bikes, no slick tyres please. We leave at 9:00 am prompt. 30 km **2B** to **3B** Mark 0456 403 293

## Bicycle Maintenance Course

### Intermediate Bike Maintenance –

#### Session #1 (Gears and Brakes)

9:00 AM – 1:00 PM Saturday

26 October 2019

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. The class sizes are limited to 10 participants to maximise learning and the course structured to include content relevant to both road and mountain bike enthusiasts, as well as everyday riders.

Please book into both parts of the course on the dates suitable for you.

#### Fee applies

Early bookings essential (maximum 10 registrants per course)

Bicycle office 8168 9999

office@bikesa.asn.au

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

### Dry Creek Trailers 'Cycle Salisbury'

9:00 AM, Car park, BMX Club/Skate 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 Cruisers 'Cycle Salisbury'

9:00 AM, Car park near dog park, cnr. Waterloo Corner Rd. and Davis St, Salisbury. Ride along Little Para and Dry Creek Trails to Wynn Vale Dam. Coffee at Prices Bakery, Golden Grove, before returning to the start via Cobbler Creek, Saints Rd. and Little Para Trail. Some small steep pinches and gradual climb to Wynn Vale from Pooraka and technical descent into Cobbler Creek. Best suited to MTB bikes. 45 km **1B** to **3B** Nigel 0431 838 735

### 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, Henley Square, Henley Beach. Café stop at the beach for afternoon tea. 40 km **3B** Peter 0414 719 296

## SUN 27 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 Andrew 0419 817 749 or Doug 0419 813 479

### 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 St. car park, behind Coles. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads with some steep hills. 50 km **2C** Bruce 0417 895 249

### Peninsula Pedallers

9:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

### 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

### Bike Melrose

5:00 PM, Paradise Square, Melrose. A mountain bike 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 28 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 29 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 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 0419 842 007

### 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. Steady hill ride to Norton Summit – Lunch at the top. Tom Playford has missed us. 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. 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 30 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 [mannumpeddlewheelers.weebly.com](http://mannumpeddlewheelers.weebly.com) 30-80 km **4B** 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 30 km easy for coffee at Middleton/Port Elliot or 45-70km 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 10:30am, 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** Andy 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, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max or Malcolm for more details. 50 km **3B** or **3C** Max or Malcolm 0405 191 955 or 8276 9469

### Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or [www.peninsulapedallers.com.au](http://www.peninsulapedallers.com.au) Clayton 0447 821 175

## THU 31 OCT

### Keep On Riding

9:30 AM, Balhannah Oval, Balhannah, Onkaparinga Valley Rd, Balhannah. Leisurely social ride of 40km-50km on quiet sealed roads and bike paths. Coffee break mid-ride. Back by lunch time. 40-50 km **3B** to **4B** Tony 0407 884 730

### 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 1 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** Gavin 0468 909 397

## SAT 2 NOV

### Bike Melrose

6:30 AM, Over the Edge Shop, Melrose. Two ride options – 6:30 am start for the road riders and 7:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information, Bike Melrose facebook page. 20-55 km Kristen or Richard 0409 093 649 or 0417 341 462

### 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 for coffee/breakfast and a chat at Pickleme Grandma's Cafe. (Bring money for coffee/breakfast). 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

### 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) For cycling routes in Gawler and surrounds, visit [gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide](http://gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide) 50-100 km Paul 0431 866 586

### Riverland Riders

7:30 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

### Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. This is a longstanding, structured group road ride to Outer Harbour and return. We generally have 70 to 100+ riders in total, who ride in 6+ separate sub-groups to take account of safety and the diversity of rider speeds. Most riders meet for coffee afterwards at the Watermark Hotel, Glenelg. Contact address [cobwebsadelaide@yahoo.com](mailto:cobwebsadelaide@yahoo.com) 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. **5B** and **5C** Michele 0438 010 220

### Peninsula Pedallers

8:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

### Para District Pedallers 'Cycle Salisbury'

9:00 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury. (opposite Parabanks). Easy ride along the Little Para Trail and Dry Creek Trail. Coffee afterwards. MTB/hybrid bikes preferred. 20 km MTB **1-3A** Jim 0401 984 767

### Unley BUG

9:00 AM Unley Civic Centre, 181 Unley Rd, Unley. (Meet in car park off Oxford St). Cycling in Historic Unley. A leisurely ride for those interested in the historic areas in the City of Unley. Suitable for all ages; families encouraged. Rides are planned for the first Saturday of the month. For those interested we will have coffee at La Scala Café, at the conclusion of the ride, around 10:30 am. If your bike has not been ridden for some time, contact the Ride Coordinator for a voucher for a free bike safety check. (David – [david.sutton@live.com.au](mailto:david.sutton@live.com.au)). **1A** David 0411 268 582

### 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, Heywood Park, Addiscombe Place, Unley Park. If temperature 35° C or more the ride will commence at 10:00 am, Torrens Weir, War Memorial Drive, North Adelaide. Liz leading the ride. Café stop for coffee afterwards. 40 km **3B** Patsy 0439 332 533

### Saturday Sojourn

1:00 PM, Glenelg Jetty, Moseley Square, Glenelg. Ride along the coast? Or inland? Maybe both. Come along and find out. An easy paced, sociable ride. BYO or buy refreshments. 25 km **2A** Joan 0412 181 643

### Broken Gadgets

The Broken Gadgets MTB rides occur 2 or 3 times a month at different locations throughout the Adelaide Hills. Rides vary considerably in terrain (sometimes predominantly single-track adventures, sometimes predominantly gravel road tours), duration (from 1.5 riding hours to all-day expeditions) and demeanour (sometimes leisurely and sometimes at least at intermediate-level speeds). BYO nibbles, water, lunch and spares accordingly. Contact Stu Clement at [stu.clement@yahoo.com](mailto:stu.clement@yahoo.com) for details.

## SUN 3 NOV

### 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 Andrew 0419 817 749 or Doug 0419 813 479

### 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. Pool car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads with some steep hills. 50 km **2C** Joe 0429 694 022

### Peninsula Pedallers

9:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

### Kangaroo Island BUG

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

### Bike Melrose

5:00 PM, Paradise Square, Melrose. A mountain bike ride. Richard 0417 341 462

## Fleurieu Fondo

### Sunday 3 November 2019

#### Choose your ride – Road or Gravel

Test yourself with the optional timed SExy Sprint

Ride the Southern Expressway through the mighty Southern Vales to Serafino Winery, McLaren Vale.

Ride options from 12 km to 125 km including on-road and off-road routes

#### Entry fee applies

Enter online or for further information contact:

**Bicycle SA office 8168 9999**

**office@bikesa.asn.au**

**www.bikesa.asn.au/Fleurieu-Fondo**

## MON 4 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 5 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 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 0419 842 007

### 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** Graham and Judy 0448 883 947 or 0401 000 641

### 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 6 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](http://www.facebook.com/groups/mannumpedlewheelers) or [mannumpedlewheelers.weebly.com](http://mannumpedlewheelers.weebly.com) 30-80 km **4B** 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 30 km easy for coffee at Middleton/Port Elliot or 45-70km 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 (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/Hybrid bikes preferred. 20-30 km **1A** to **2A** 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 10:30am, 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** Andy 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

10:00AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max or Malcolm for more details.  
50 km **3B** or **3C** Max or Malcolm  
0405 191 955 or 8276 9469

## Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or [www.peninsulapedallers.com.au](http://www.peninsulapedallers.com.au).  
Clayton 0447 821 175

## THU 7 NOV

### Keep On Riding

9:30 AM, Balhannah Oval, Balhannah, Onkaparinga Valley Rd, Balhannah. Leisurely social ride of 40km-50km on quiet sealed roads and bike paths. Coffee break mid-ride. Back by lunch time.  
40-50 km **3B** to **4B** Tony 0407 884 730

### 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 8 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** Gavin 0468 909 397

## SAT 9 NOV

### Bike Melrose

6:30 AM, Over the Edge Shop, Melrose. Two ride options – 6:30 am start for the road riders and 7:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information, Bike Melrose facebook page.  
20-55 km Kristen or Richard  
0409 093 649 or 0417 341 462

### 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 for coffee/breakfast and a chat at Picklemees Grandma's Cafe. (Bring money for coffee/breakfast). 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

### 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) For cycling routes in Gawler and surrounds, visit [gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide](http://gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide)  
50-100 km Paul 0431 866 586

## Riverland Riders

7:30 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

## Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. This is a longstanding, structured group road ride to Outer Harbour and return. We generally have 70 to 100+ riders in total, who ride in 6+ separate sub-groups to take account of safety and the diversity of rider speeds. Most riders meet for coffee afterwards at the Watermark Hotel, Glenelg. Contact address [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.  
**5B** and **5C** Michele 0438 010 220

## Peninsula Pedallers

8:30 AM, Artereya Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards.  
40 km **4B** Jim 0448 412 992

## Salisbury Off Road Riders

8:50 AM, Mawson Lakes. Meet at the train station car park under Elder Smith Rd. Mainly off road ride along local tracks and trails in the Salisbury area, stopping for refreshments along the way. Mountain/hybrid bikes, no slick tyres please. We leave at 9:00 am prompt.  
30 km **2B** to **3B** Mark 0456 403 293

## Dry Creek Trailers 'Cycle Salisbury'

9:00 AM, Car park, BMX Club/Skate 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

## Para Cruisers 'Cycle Salisbury'

9:30 AM, Rotary Park, Main Rd, McLaren Vale. Ride a loop from McLaren Vale, Pt Noarlunga, Moana, McLaren Vale. Coffee at Becks Cafe and lunch in McLaren Vale, if required. Hybrid/MTB bikes preferred.  
30 km **2B** to **3B** Des 0408 086 545

## 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. If temperature 35°C or more the ride will commence at 10:00 am. Café stop for coffee afterwards.  
40 km **3B** Bob 0409 091 183

## Saturday Sojourn

1:00 PM, Pt Adelaide – Lighthouse, McLaren Parade, Pt Adelaide. Ride around the LeFevre Peninsula, checking out the big ships and the pleasure craft. An easy paced, sociable ride. BYO or buy refreshments.  
25 km **2A** Steve 0405 479 344

## SUN 10 NOV

### 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  
Andrew 0419 817 749 or  
Doug 0419 813 479

### 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, Williamstown. Adjacent to old bakery. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads with some steep hills.  
50 km **2C** Rob 0428 990 059

## Peninsula Pedallers

9:00 AM, Artereya Hall, Mortlock Terrace, Port Lincoln. Mystery Ride. Please phone for details. Coffee afterwards.  
40 km **4B** Jim 0448 412 992

## Bike Melrose

5:00 PM, Paradise Square, Melrose. A mountain bike ride.  
Richard 0417 341 462

## MON 11 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 12 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 0419 842 007

## 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 car park, McLaren Vale. Ride Southern area to Aldinga, the beach, wet lands and Willunga. Then back to visitor centre for coffee. BYO lunch.  
40 km **2B** Peter 0418 844 963

## Bicycle Maintenance Course

### Basic Bike Care – Women Only

5:30 PM – 8:30 PM Tuesday 12

November 2019

**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 13 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](http://www.facebook.com/groups/mannumpedalwheelers) or [mannumpeddlewheelers.weebly.com](http://mannumpeddlewheelers.weebly.com)  
30-80 km **4B** 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 30 km easy for coffee at Middleton/Port Elliot or 45-70km 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 10:30am, 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** Andy 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

10:00AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max or Malcolm for more details.  
50 km **3B** or **3C** Max or Malcolm  
0405 191 955 or 8276 9469

## Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or [www.peninsulapedallers.com.au](http://www.peninsulapedallers.com.au).  
Clayton 0447 821 175

**www.bikesa.asn.au**

## THU 14 NOV

### Keep On Riding

9:30 AM, Balhannah Oval, Balhannah, Onkaparinga Valley Rd, Balhannah. Leisurely social ride of 40km-50km on quiet sealed roads and bike paths. Coffee break mid-ride. Back by lunch time. 40-50 km **3B** to **4B** Tony 0407 884 730

### 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 15 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** Gavin 0468 909 397

## SAT 16 NOV

### Bike Melrose

6:30 AM, Over the Edge Shop, Melrose. Two ride options – 6:30 am start for the road riders and 7:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information, Bike Melrose facebook page. 20-55 km Kristen or Richard 0409 093 649 or 0417 341 462

### 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 for coffee/breakfast and a chat at Pickleme Grandma's Cafe. (Bring money for coffee/breakfast). 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

### 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) For cycling routes in Gawler and surrounds, visit [gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide](http://gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide) 50-100 km Paul 0431 866 586

### Riverland Riders

7:30 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

### Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. This is a longstanding, structured group road ride to Outer Harbour and return. We generally have 70 to 100+ riders in total, who ride in 6+ separate sub-groups to take account of safety and the diversity of rider speeds. Most riders meet for coffee afterwards at the Watermark Hotel, Glenelg. Contact address [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. **5B** and **5C** Michele 0438 010 220

### Peninsula Pedallers

8:30 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

### Para District Pedallers 'Cycle Salisbury'

9:00 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury (opposite Parabanks). All bitumen ride on paths and roads to St Kilda for coffee and return via same route. Suitable for all types of bikes. 29 km **1A-3A** Elaine 0422 393 997

### 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, Velo Café, Victoria Park, 140 Fullarton Rd, Rose Park. If temperature 35° C or more the ride will commence at 10:00 am, Torrens Weir, War Memorial Drive, North Adelaide. Café stop for coffee afterwards. 40 km **3B** Rosalind 0448 741 556

### Saturday Sojourn

1:00 PM, Victoria Square, Adelaide. Ride through a mix of suburbs and parklands adjacent to the city. An easy paced, sociable ride. BYO or buy refreshments. 25 km **2A** Helen 0428 511 724

### Broken Gadgets

The Broken Gadgets MTB rides occur 2 or 3 times a month at different locations throughout the Adelaide Hills. Rides vary considerably in terrain (sometimes predominantly single-track adventures, sometimes predominantly gravel road tours), duration (from 1.5 riding hours to all-day expeditions) and demeanour (sometimes leisurely and sometimes at least at intermediate-level speeds). BYO nibbles, water, lunch and spares accordingly. Contact Stu Clement at [stu.clement@yahoo.com](mailto:stu.clement@yahoo.com) for details.

## SUN 17 NOV

### 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 Andrew 0419 817 749 or Doug 0419 813 479

### 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, Nairne. Millies car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads with some steep hills. 50 km **2C** Steve 0401 603 596

### Peninsula Pedallers

9:00 AM, Arteyrea Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

### Bike Melrose

5:00 PM, Paradise Square, Melrose. A mountain bike ride. Richard 0417 341 462

## MON 18 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 19 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 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 0419 842 007

### 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 (Beach side) Ride to Henley Square, Henley Beach, for lunch then back via river and rear of airport to Brighton for coffee. BYO lunch. 40 km **2B** Sue 0411 029 628

### 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 20 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](http://www.facebook.com/groups/mannumpedlewheelers) or [mannumpedlewheelers.weebly.com](http://mannumpedlewheelers.weebly.com) 30-80 km **4B** 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 30 km easy for coffee at Middleton/Port Elliot or 45-70km 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 (opposite Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards. MTB/Hybrid bikes preferred. 20-30 km **1A** to **2A** 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 10:30am, 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** Andy 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

10:00AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max or Malcolm for more details. 50 km **3B** or **3C** Max or Malcolm 0405 191 955 or 8276 9469

### Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or [www.peninsulapedallers.com.au](http://www.peninsulapedallers.com.au) Clayton 0447 821 175

## THU 21 NOV

### Keep On Riding

9:30 AM, Balhannah Oval, Balhannah, Onkaparinga Valley Rd, Balhannah. Leisurely social ride of 40km-50km on quiet sealed roads and bike paths. Coffee break mid-ride. Back by lunch time. 40-50 km **3B** to **4B** Tony 0407 884 730

### 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 22 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** Gavin 0468 909 397

## SAT 23 NOV

### Bike Melrose

6:30 AM, Over the Edge Shop, Melrose. Two ride options – 6:30 am start for the road riders and 7:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information, Bike Melrose facebook page. 20-55 km Kristen or Richard 0409 093 649 or 0417 341 462

### 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 for coffee/breakfast and a chat at Pickleme Grandma's Cafe. (Bring money for coffee/breakfast). 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

### 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) For cycling routes in Gawler and surrounds, visit [gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide](http://gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide) 50-100 km Paul 0431 866 586

### Riverland Riders

7:30 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

### Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. This is a longstanding, structured group road ride to Outer Harbour and return. We generally have 70 to 100+ riders in total, who ride in 6+ separate sub-groups to take account of safety and the diversity of rider speeds. Most riders meet for coffee afterwards at the Watermark Hotel, Glenelg. Contact address [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. **5B** and **5C** Michele 0438 010 220

### Peninsula Pedallers

8:30 AM, Artereya Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

### Salisbury Off Road Riders

8:50 AM, Jenkins Reserve, Saints Rd, Salisbury Park. Meet in car park. Mainly off road ride along local tracks and trails in the Salisbury area, stopping for refreshments along the way. Mountain/hybrid bikes, no slick tyres please. We leave at 9:00 am prompt. 30 km **2B** to **3B** Mark 0456 403 293

### Dry Creek Trailers 'Cycle Salisbury'

9:00 AM, Car park, BMX Club/Skate 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 Cruisers 'Cycle Salisbury'

9:00 AM, Coff-Tea Cafe, Commercial Rd, Salisbury. (Please park in side streets nearby). Ride along Diment/Mill Rds. and Stuart O'Grady Bikeway to Petheron Rd and return to start via Andrews Rd. and bikeway next to DSTO/RAAF Base. Coffee on return. Suitable for all types of bikes. 40 km **1A** to **3A** Nigel 0431 838 735

### 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, Drage Reserve, Briar Rd, Felixstow. MTB or Hybrid bikes please. Ride not suitable for road bikes with slim tyres. If temperature 35° C or more the ride will commence at 10:00 am, Torrens Weir, War Memorial Drive, North Adelaide. Café stop for coffee afterwards. 40 km **3B** Don 0428 566 745

### Saturday Sojourn

1:00 PM, Glenelg Jetty, Moseley Square, Glenelg. Loop around the airport on the way to Grange and return through the coastal suburbs. An easy paced, sociable ride. BYO or buy refreshments. 25 km **2A** Chris 0414 802 919

## SUN 24 NOV

### 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 Andrew 0419 817 749 or Doug 0419 813 479

### 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, Birdwood. Main street near school. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads with some steep hills. 50 km **2C** Neil 0429 201 144

### Peninsula Pedallers

9:00 AM, Artereya Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

### 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

### Bike Melrose

5:00 PM, Paradise Square, Melrose. A mountain bike ride. Richard 0417 341 462

## Gear Up Girl SA

Sunday 24 November 2019  
Bonython Park, Adelaide.

A community bike ride specifically for women.

Choose between a 15 km River Ride, a 40 km Beach Ride or the 55 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!

Entry fee applies

Enter online or for further information

contact:

Bicycle SA office 8168 9999

office@bikesa.asn.au

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

### 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 25 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 26 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 0419 842 007

### 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

### 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 27 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](http://www.facebook.com/groups/mannumpedlewheelers) or [mannumpedlewheelers.weebly.com](http://mannumpedlewheelers.weebly.com) 30-80 km **4B** 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 30 km easy for coffee at Middleton/Port Elliot or 45-70km 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 10:30am, 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** Andy 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

10:00AM, 10:00 am start at different locations around Adelaide and environs, usually grade 3B or 3C, usually about 50 km, stopping somewhere en route for lunch. New riders welcome. Sometimes there is an alternative easier ride starting at the same time and place. Contact Max or Malcolm for more details. 50 km **3B** or **3C** Max or Malcolm 0405 191 955 or 8276 9469

## Peninsula Pedallers

5:45 PM, Cluster Cycles, 4/60 Liverpool St, Port Lincoln. We usually have road rides in summer (to be confirmed on the day). Intermediate level, 2-3 hour rides and we re-group at specific points. Clusters Cycles facebook page for further information about the rides and or [www.peninsulapedallers.com.au](http://www.peninsulapedallers.com.au). Clayton 0447 821 175

## THU 28 NOV

### Keep On Riding

9:30 AM, Balhannah Oval, Balhannah, Onkaparinga Valley Rd, Balhannah. Leisurely social ride of 40km-50km on quiet sealed roads and bike paths. Coffee break mid-ride. Back by lunch time. 40-50 km **3B** to **4B** Tony 0407 884 730

## Bicycle SA

### Annual General Meeting

6:00 PM Thursday

28 November 2019

53 Carrington St

Adelaide

Bicycle SA office 8168 9999

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

### 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 29 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** Gavin 0468 909 397

## SAT 30 NOV

### Bike Melrose

6:30 AM, Over the Edge Shop, Melrose. Two ride options – 6:30 am start for the road riders and 7:30 am for the gravel grinders. Meet afterwards at Over the Edge Shop for a coffee and a chat. Further information, Bike Melrose facebook page. 20-55 km Kristen or Richard 0409 093 649 or 0417 341 462

### 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 for coffee/breakfast and a chat at Pickleme Grandmother's Cafe. (Bring money for coffee/breakfast). 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

### 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)

For cycling routes in Gawler and surrounds, visit [gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide](http://gawler.org.au/portfolio-item/gawler-surrounds-cycling-guide) 50-100 km Paul 0431 866 586

### Riverland Riders

7:30 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

### Cobwebs

8:00 AM, Tarniwarra Park, Cygnet Court, North Glenelg. This is a longstanding, structured group road ride to Outer Harbour and return. We generally have 70 to 100+ riders in total, who ride in 6+ separate sub-groups to take account of safety and the diversity of rider speeds. Most riders meet for coffee afterwards at the Watermark Hotel, Glenelg. Contact address [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. 5B and **5C** Michele 0438 010 220

### Salisbury Off Road Riders

8:00 AM, Little Para Golf Course, 62 Martins Rd, Paralowie. Meet at bottom car park. Mainly off road ride along various local trails including Little Para, Dry Creek, Barker Wetlands and Cobbler Creek; stopping for refreshments along the way. Mountain/hybrid bikes, no slick tyres please. We leave at 8:00 am prompt. 50 km **2B** to **4B** Mark 0456 403 293

### Peninsula Pedallers

8:30 AM, Artereyra Hall, Mortlock Terrace, Port Lincoln. Coffee afterwards. 40 km **4B** Jim 0448 412 992

## Bicycle Maintenance Course

### Intermediate Bike Maintenance – Session #2

(Drive Train and Bearing Systems)

9:00 AM – 1:00 PM

Saturday 30 November 2019

Bicycle SA Office

53 Carrington St, Adelaide

In Session #2 of the Intermediate Bike Maintenance Course you will learn to:

- Assess the wear in a bicycle drive train system including the chain, cassette and chain rings
- Replace the parts in a bicycle drive train system including the chain, cassette and chain rings
- Check a bicycle's bearing systems including headset, bottom bracket and wheel hubs
- Adjust the headset

It is essential to complete the Intermediate Bike Maintenance Session #1 (Gears and Bakes) before undertaking this Session #2.

### Fee applies

Early bookings essential (maximum 10 registrants per course)

Bicycle office 8168 9999

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

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

### Cogs & Coffee

10:00 AM, Japanese Gardens, corner South Tee 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 – Christmas Parade

10:00 AM, Salisbury Waterwheel Museum car park, Commercial Rd, Salisbury (opposite Parabanks. Help us promote cycling and the Cycle Salisbury Social rides programme by joining us for a short/ slow ride, enjoying the day and the crowds. Dress yourself and your bike up in a Christmas theme! 3 km **1A** Jim 0401 984 767

### Saturday Express

1:00 PM, Adam St, Hindmarsh (by Brewery). If temperature 35C or more the ride will commence at 10:00 am, Torrens Weir, War Memorial Drive, North Adelaide. Cafe stop for coffee afterwards. 40 km **3B** Hal 0427 084 097



## 2019 Annual Tour

Lower Eyre Peninsula  
21-29 September 2019

The 2019 Annual Tour ventures west to South Australia's Eyre Peninsula region of diverse landscapes, wild coastlines, unique flora and fauna, great hospitality and arguably some of Australia's best seafood.

With a maximum of 200 riders you can spend each day with a small group of like-minded cyclists and relax each evening in the company of new friends.

If you have tried the big rides, come and discover that 'Small is Beautiful'.

### Entry fee applies

Enter online or further details

and/or entry forms available from:

Bicycle SA office 8168 9999

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

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