

Bicycle SA

RidesPROGRAMME

DECEMBER 2017-FEBRUARY 2018
ISSUE 65

FREE RIDES • EVERY WEEK • FOR EVERYONE!



www.bikesa.asn.au



Love Your Ride.

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

Border BUG

Marcus 0407 978 763

Cobwebs

cobwebsadelaide@yahoo.com.au

'Cycle Salisbury'

Elaine 0422 393 997

GAD-BUG

(Goolwa and District Bicycle User Group)

Gavin 0468 909 397

Peter 0418 820 921

Anne 0431 829 973

Gallery Glides

Warwick 8344 8996

Gawler Wheelers

Paul 0431 866 586

Getonyabike

Michele 0438 010 220

Hills Ride

Rob 0428 990 059

Kangaroo Island BUG

Manfred 8553 0383

Mannum Peddle Wheelers

Louise 0466 789 234

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

Peddalling Parents

Warwick 8344 8996

Peninsula Pedallers

Raelene 8682 3196

Poseurs d'Adelaide

Peter 0407 182 376

Ride with Keith

Rebecca 8232 7277

Riverland Riders

Ruth 0427 752 815

Saturday Express

Patsy 8379 6477

Saturday Sojourn

Chris 0414 802 919

Southern Flinders Rough Riders

Richard 0417 341 462

The Little Red Grape

Nicola 0414 365 477

Tuesday Traverse

Rick 0417 816 372

Tuesday Treadlers

Tony 8388 4730

Wednesday Wheelers

Steve 8271 1140

Advertisements

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

BECOME A BICYCLE SA MEMBER

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

10 great reasons to join

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

Become a Bicycle SA Member

There has never been a better time to become a member of Bicycle SA. Membership now includes personal accident cover worldwide excluding USA and Canada, 24 hours a day, 7 days a week!*

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

Individual membership from \$80 with household and concession rates available.

Contact us to join now.

* Conditions apply. Visit www.bikesa.asn.au 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

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

BICYCLE SA

Phone + 61 8 8168 9999

www.bikesa.asn.au

office@bikesa.asn.au

53 Carrington St
Adelaide 5000

Office open 9am-5pm
Monday-Sunday

Emergency Phone
0409 950 884

FRI 1 DEC

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50 km **3B** Peter 0418 820 921

SAT 2 DEC

ADVERTISEMENT

Audax

Copper Coast Wanderer
Saturday 2 December 2017
7:00 AM Start – Willaston
100km/200km/300km/400km/600km
Unsupported

All rides commence together from Willaston to Templers and Owen, with all returning via Pinery and Mallala back to Willaston. Longer distances explore the Welsh mining towns of the Copper Coast including Maitland, Wallaroo and Bute.

Entry fee applies
Ben Del Fabbro 0414 835 668
bendefab@gmail.com

ADVERTISEMENT

Audax

The Classic 400
Saturday 2 December 2017
7:00 AM Start – Blackwood
400km
Unsupported

Blackwood, Delamere, Goolwa, Wellington, Mannum, Birdwood, Blackwood. Make full use of the favourable winds.

Entry fee applies
Matthew Rawnsley 0427379 640
longdistance1200@hotmail.com

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 and return to Mannum. Bring money for coffee either at Youngusband or back at Mannum at Picklemees Grandma Café. Visitors and new riders are welcome. Look for Mannum Peddle Wheelers on Facebook or mannumpeddlewheelers.weebly.com
35 km **2B-3B** Louise or Wally
0466 789 234 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. Rides are held every Saturday morning. Ride and safety briefing at 7.15 am, roll out at 7.30 am. Ride distances range from 50km to 100km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Ladies Only Ride – First Sunday of each month. Ride and safety briefing at 7.45 am, roll out at 8.00am. Gravel rides - when posted. Last Sunday of the month. Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit – www.facebook.com/groups/210163156066987/
www.adelaidecyclists.com
50 km to 100 km
Geraint 0418 843 491
Paul 0431 866 586

Riverland Riders

7:30 AM, Town Clock, Renmark Ave, Renmark. Distance varies depending on how far the group want to ride.
35-60 km **6B** Steve 0409 696 876

Cobwebs

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

Dry Creek Trailers 'Cycle Salisbury'

8:00 AM, Car park of BMX Club/Skate Park, corner Bridge Rd and South Tce, Pooraka. Beginners ride on good gravel trail, no traffic and great scenery. Coffee at Valley View shops. MTB bikes only please.
15 km **1B** to **2B** Bryce 0432 732 540

Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7.45 am for 8.00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage.
3B and **5C** Michele 0438 010 220

Peninsula Pedallers

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

The Little Red Grape

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

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

Para Districts Pedallers 'Cycle Salisbury'

10:30 AM, Pioneer Park, Commercial Rd, Salisbury. Very slow ride as a Cycle Salisbury promotion in the Salisbury Christmas Pageant. Contact Jim for Pageant starting position.
2 km **1A** Jim 0401 984 767

Saturday Express

1:00 PM, Drage Reserve, Briar Rd, Felixstow. Café stop for afternoon tea.
40 km **3B** Don 0428 566 745

Saturday Sojourn

1:00 PM, Heywood Park, Addiscombe Place, Unley Park. Loop around the city staying mostly in the parklands. An easy paced sociable ride. BYO or buy refreshments.
25 km **2A** Chris 0414 802 919

Southern Flinders Rough Riders

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

SUN 3 DEC

The Little Red Grape

7:45 AM, The Little Red Grape Also meet 8.00 am Clare Oval, Main Rd, Clare.
75 km **4B** Nicola 0414 365 477

Border BUG

8:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.
40 km **6B** Marcus 0407 978 763

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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, Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C.
30 km **2B** Anne 0431 829 973

Posseurs d'Adelaide

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

Hills Ride

9:00 AM, Woodside. Swimming pool car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. If temperature is forecast for 34C ride starts at 8.00 am. If temperature is forecast for 38°C ride is cancelled. Call ride leader to confirm.
50 km **2C** Neil 0429 201 144

Peninsula Pedallers

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

MON 4 DEC

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 DEC

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 Store 28 (next to the Charleston Hotel) for coffee. Please come along and give it a try. Whether you ride 1km or 10km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.
0-38 km **1A** Michele 0438 010 220

Peninsula Pedallers

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

Tuesday Treadlers

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

Tuesday Traverse

10:00 AM, Belair Railway Station, Belair. Ride to Coromandel Valley. Up Acklands Hill to Stirling for lunch. Return to Belair for coffee... HILLS... BYO lunch. 40 km **2C** Sue 0402 880 655

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 DEC

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. Look for Mannum Peddle Wheelers on Facebook or mannumpeddlewheelers.weebly.com 30-80 km **3B** Louise or Wally 0466 789 234 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B. Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C. 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** Rebecca 8232 7277

Northside Cycling Group

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

Wednesday Wheelers

10:00 AM, Gawler Railway Station, Gawler. All bitumen ride to Roseworthy College and Freeling. Pub lunch. Catch the 9:08 am train from Adelaide Railway Station. 50 km **3C** Malcolm 8379 7339

THU 7 DEC

Riverland Riders

9:00 AM, Town Clock, Renmark Ave, Renmark. Flat and easy, riding at the pace of the slowest rider. 60 km **5A** Dennis 0427 971 523

30/30 Beach Streak

6:00 PM, Henley Square, Henley Beach. Start at 6:15 pm. Join the 30kph average for 30km or the 35kph average for 30km 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 DEC

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50 km **3B** Peter 0418 820 921

SAT 9 DEC

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 and return to Mannum. Bring money for coffee either at Younghusband or back at Mannum at Picklemees Grandma Café. Visitors and new riders are welcome. Look for Mannum Peddle Wheelers on Facebook or mannumpeddlewheelers.weebly.com 35 km 2B-3B Louise or Wally 0466 789 234 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. Rides are held every Saturday morning. Ride and safety briefing at 7.15 am, roll out at 7.30 am. Ride distances range from 50km to 100km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Ladies Only Ride - First Sunday of each month. Ride and safety briefing at 7.45 am, roll out at 8.00am. Gravel rides - when posted. Last Sunday of the month. Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit www.facebook.com/groups/210163156066987/ www.adelaidecyclists.com 50 km to 100 km Geraint 0418 843 491 Paul 0431 866 586

Riverland Riders

7:30 AM, Town Clock, Renmark Ave, Renmark. Distance varies depending on how far the group want to ride. 35 - 60 km **6B** Steve 0409 696 876

Cobwebs

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

Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7.45 am for 8.00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage. **3B** and **5C** Michele 0438 010 220

Peninsula Pedallers

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

The Little Red Grape

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

Salisbury Cruizers 'Cycle Salisbury'

9:00 AM, Former Café car park, Cnr Waterloo Corner Rd & Salisbury Hwy, Salisbury. Mainly off road ride along local Salisbury tracks and trails stopping along the way for coffee/refreshments. Mountain/hybrid bikes preferred. 30 km **2B** to **4B** Mark 0456 403 293

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

Saturday Express

1:00 PM, Torrens Weir, Wr Memorial Drive, North Adelaide. Café stop for afternoon tea. 40 km **3B** Bob 8356 096

Saturday Sojourn

1:00 PM, Pt Adelaide - Lighthouse, McLaren Parade. Port Adelaide. Join us for a leisurely ride around the Lefevre Peninsula. An easy paced sociable ride. BYO or buy refreshments. 25 km **2A** Steve 0405 479 344

Southern Flinders Rough Riders

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

SUN 10 DEC

The Little Red Grape

7:45 AM, The Little Red Grape Also meet 8.00 am Clare Oval, Main Rd, Clare. 75 km **4B** Nicola 0414 365 477

Border BUG

8:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards. 40 km **6B** Marcus 0407 978 763

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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, Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C. 30 km **2B** Anne 0431 829 973

Poseurs d'Adelaide

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

Hills Ride

9:00 AM, Thebarton. 28 Ballantyne Street. MTB or Hybrid advised. Annual Christmas ride - bring own food / drinks and a chair for BBQ after. 50 km **2C** Rob 0428 990 059

Peninsula Pedallers

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

Kangaroo Island BUG

10:30AM, BBQ shelter cnr. Wattle and Scenic Drive, American River. Muston Rd to Pennington Bay. Return via American River Rd. BYO Christmas food and drink. Salad or dessert to share. BBQ facilities available. 30% unsealed roads. 28 km **1B** Graeme 0438 830 351

MON 11 DEC

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 DEC

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 Store 28 (next to the Charleston Hotel) for coffee. Please come along and give it a try. Whether you ride 1km or 10km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 0-38 km **1A** Michele 0438 010 220

Peninsula Pedallers

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

Tuesday Treadlers

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

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Ride through six Eastern Suburbs, some hills via Morialta and Rostrevor. BYO lunch. 40 km **2B** Jo 0432 429 922

Border BUG

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

Night Espresso

7:00 PM, Hurtle Square Adelaide. The rides vary from 6A, 5B, 4C usually with a slightly easier option. Good lights essential. Coffee afterwards at a café. 40 km Rob 8299 0230

WED 13 DEC

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. Look for Mannum Peddle Wheelers on Facebook or mannumpeddlewheelers.weebly.com
30-80 km **3B** Louise or Wally 0466 789 234 or 0428 592 282

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8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B. Ride starts 1/2 hour earlier when BOM Victor Harbor forecast >= 32°C. 30 km **1B** Gavin 0468 909 397

Para Pedallers 'Cycle Salisbury'

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

Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St at 9:00 am and returning for coffee by 10:30am, 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** Rebecca 8232 7277

Northside Cycling Group

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

Wednesday Wheelers

10:00 AM, Hindmarsh (Opposite the Brewery). Meet at the Torrens River bike path, opposite the brewery. All bitumen ride. BYO or buy lunch. 50 km **3C** Steve 0401 603 596

THU 14 DEC

Riverland Riders

9:00 AM, Town Clock, Renmark Ave, Renmark. Flat and easy, riding at the pace of the slowest rider. 60 km **5A** Dennis 0427 971 523

30/30 Beach Streak

6:00 PM, Henley Square, Henley Beach. Start at 6:15 pm. Join the 30kph average for 30km or the 35kph average for 30km 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 DEC

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50 km **3B** Peter 0418 820 921

SAT 16 DEC

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 and return to Mannum. Bring money for coffee either at Younghusband or back at Mannum at Picklemees Grandma Café. Visitors and new riders are welcome. Look for Mannum Peddle Wheelers on Facebook or mannumpeddlewheelers.weebly.com
35 km **2B-3B** Louise or Wally 0466 789 234 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. Rides are held every Saturday morning. Ride and safety briefing at 7.15 am, roll out at 7.30 am. Ride distances range from 50km to 100km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Ladies Only Ride - First Sunday of each month. Ride and safety briefing at 7.45 am, roll out at 8.00am. Gravel rides - when posted. Last Sunday of the month. Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit www.facebook.com/groups/210163156066987/ www.adelaidecyclists.com
50 km to 100 km
Geraint 0418 843 491
Paul 0431 866 586

Riverland Riders

7:30 AM, Town Clock, Renmark Ave, Renmark. Distance varies depending on how far the group want to ride. 35-60 km **6B** Steve 0409 696 876

Cobwebs

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

Dry Creek Trailers 'Cycle Salisbury'

8:00 AM, Car park of BMX Club/Skate Park, corner Bridge Rd and South Tce, Pooraka. Beginners ride on good gravel trail, no traffic and great scenery. Coffee at Valley View shops. MTB bikes only please. 15 km **1B-2B** Bryce 0432 732 540

Mishmarsh Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7.45 am for 8.00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage. **3B** and **5C** Michele 0438 010 220

Peninsula Pedallers

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

The Little Red Grape

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

Para Districts Pedallers 'Cycle Salisbury'

9:00 AM, Salisbury Waterwheel Museum car park, Commercial Rd Salisbury (opp. Parabanks.) Easy ride along local roads and bitumen paths, suitable for all types of bikes. 20 -30 km **1A** to **3A** Elaine 0422 393 997

All Women's Bike Rides

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

Saturday Express

1:00 PM, Conyngham St, (Dog Park) Glenside. Christmas party for Saturday Express riders. Patsy will announce details closer to the time. Please wear something red!
40 km **3B** Patsy 0439 332 533

Saturday Sojourn

1:00 PM, Mawson Lakes Railway Station, Metro Parade, Mawson Lakes. Enjoy a leisurely ride through the paths and suburbs in the north. An easy paced sociable ride. BYO or buy refreshments. 25 km **2A** Ash 0418 851 938

Southern Flinders Rough Riders

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

SUN 17 DEC

The Little Red Grape

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

Border BUG

8:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards. 40 km **6B** Marcus 0407 978 763

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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, Ride starts 1/2 hour earlier when BOM Victor Harbor forecast >= 32°C. 30 km **2B** Anne 0431 829 973

Poseurs d'Adelaide

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

Hills Ride

9:00 AM, Willunga. Top of Willunga Hill on Brookman Road, Willunga. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. If temperature is forecast for 34°C ride starts at 8.00 am. If temperature is forecast for 38°C ride is cancelled. Call ride leader to confirm. 50 km **2C** Reno 0414 249 675

Peninsula Pedallers

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

Semaphore Sojourn 'Cycle Salisbury'

9:00 AM, Semaphore Foreshore Clock Tower, end of Semaphore Rd, Semaphore. Relaxed, easy paced ride along foreshore shared path to Outer Harbour and return. Suitable for all types of bikes. Coffee/ refreshments afterwards. 15-20 km **1A** to **3A** Nigel 0431 838 735

MON 18 DEC

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 DEC

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 Store 28 (next to the Charleston Hotel) for coffee. Please come along and give it a try. Whether you ride 1km or 10km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 0-38 km **1A** Michele 0438 010 220

Peninsula Pedallers

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

Tuesday Treaders

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

Tuesday Traverse

10:00 AM, Hallett Cove Railway Station, Hallett Cove. Ride to Port Noarlunga and back. Coffee at Hallett Cove Shopping Centre. BYO lunch. 40 km **2C** 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 20 DEC

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. Look for Mannum Peddle Wheelers on Facebook or mannumpedlewheelers.weebly.com
30-80 km **3B** Louise or Wally 0466 789 234 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B. Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C.
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** Rebecca 8232 7277

Northside Cycling Group

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

Wednesday Wheelers

10:00 AM, Cnr Elizabeth St/ William St, Croydon. Short ride and long lunch, for Christmas.
30 km **3C** John 8346 9765

THU 21 DEC

Riverland Riders

9:00 AM, Town Clock, Renmark Ave, Renmark. Flat and easy, riding at the pace of the slowest rider.
60 km **5A** Dennis 0427 971 523

30/30 Beach Streak

6:00 PM, Henley Square, Henley Beach. Start at 6:15 pm. Join the 30kph average for 30km or the 35kph average for 30km 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 DEC

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.
50 km **3B** Peter 0418 820 921

SAT 23 DEC

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 and return to Mannum. Bring money for coffee either at Youngusband or back at Mannum at Pickleme Grandma Café. Visitors and new riders are welcome. Look for Mannum Peddle Wheelers on Facebook or mannumpedlewheelers.weebly.com
35 km **2B-3B** Louise or Wally 0466 789 234 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. Rides are held every Saturday morning. Ride and safety briefing at 7.15 am, roll out at 7.30 am. Ride distances range from 50km to 100km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Ladies Only Ride – First Sunday of each month. Ride and safety briefing at 7.45 am, roll out at 8.00am. Gravel rides – when posted. Last Sunday of the month. Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit www.facebook.com/groups/210163156066987/ www.adelaidecyclists.com
50 km to 100 km Geraint 0418 843 491 Paul 0431 866 586

Riverland Riders

7:30 AM, Town Clock, Renmark Ave, Renmark. Distance varies depending on how far the group want to ride.
35-60 km **6B** Steve 0409 696 876

Cobwebs

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

Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7.45 am for 8.00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage.
3B and **5C** Michele 0438 010 220

Peninsula Pedallers

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

The Little Red Grape

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

Salisbury Cruizers 'Cycle Salisbury'

9:00 AM, Former Café car park, Cnr Waterloo Corner Rd & Salisbury Hwy, Salisbury. Mainly off road ride along local Salisbury tracks and trails stopping along the way for coffee/refreshments. Mountain/hybrid bikes preferred.
30 km **2B** to **4B** Mark 0456 403 293

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

Saturday Express

1:00 PM, Adam St, (near Brewery) Hindmarsh. Boucle de Burbs re-enactment. Café stop for afternoon tea.
40 km **3B** David 0413 489 927

Saturday Sojourn

1:00 PM, Glenelg Jetty, Moseley Square, Glenelg. Ride through the south western suburbs. An easy paced sociable ride. BYO or buy refreshments.
25 km **2A** Chris 0414 802 919

Southern Flinders Rough Riders

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

SUN 24 DEC

The Little Red Grape

7:45 AM, The Little Red Grape Also meet 8.00 am Clare Oval, Main Rd, Clare.
75 km **4B** Nicola 0414 365 477

Border BUG

8:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.
40 km **6B** Marcus 0407 978 763

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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, Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C.
30 km **2B** Anne 0431 829 973

Poseurs d'Adelaide

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

Hills Ride

9:00 AM, Birdwood. Main street adjacent school. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. If temperature is forecast for 34°C ride starts at 8.00 am. If temperature is forecast for 38°C ride is cancelled. Call ride leader to confirm.
50 km **2C** Joe 0429 694 022

Peninsula Pedallers

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

MON 25 DEC

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 DEC

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 Store 28 (next to the Charleston Hotel) for coffee. Please come along and give it a try. Whether you ride 1km or 10km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.
0 - 38 km **1A** Michele 0438 010 220

Peninsula Pedallers

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

Tuesday Treadlers

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

Tuesday Traverse

10:00 AM, Oaklands Railway Station, Oaklands Park. Mystery ride. 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 27 DEC

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. Look for Mannum Peddle Wheelers on Facebook or mannumpedlewheelers.weebly.com
30-80 km **3B** Louise or Wally 0466 789 234 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B. Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C.
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** Rebecca 8232 7277

Northside Cycling Group

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

Wednesday Wheelers

10:00 AM, Seaford Railway Station, Seaford. All bitumen ride. BYO lunch or buy. 50 km **3C** Paul 8277 4094

THU 28 DEC

ADVERTISEMENT

Audax

TDA Reconnaissance
Thursday 28 December 2017
6:30 AM Start – Norwood
138km/200km
Unsupported

Ride off some Christmas consumption by riding just the 2018 TDU community ride route (138km). Or add in some extra to complete an Audax 200km ride. Meet at Enjoy Bakery, corner The Parade and Osmond Tce, Norwood.

Note: 6.30 am start time.
Entry fee applies
Graham Stucley 0418 993 344
gstucley@gmail.com

Riverland Riders

9:00 AM, Town Clock, Renmark Ave, Renmark. Flat and easy, riding at the pace of the slowest rider. 60 km **5A** Dennis 0427 971 523

30/30 Beach Streak

6:00 PM, Henley Square, Henley Beach. Start at 6:15 pm. Join the 30kph average for 30km or the 35kph average for 30km 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 DEC

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50 km **3B** Peter 0418 820 921

SAT 30 DEC

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 and return to Mannum. Bring money for coffee either at Younghusband or back at Mannum at Picklemees Grandma Café. Visitors and new riders are welcome. Look for Mannum Peddle Wheelers on Facebook or mannumpeddlewheelers.weebly.com. 35 km **2B-3B** Louise or Wally 0466 789 234 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. Rides are held every Saturday morning. Ride and safety briefing at 7.15 am, roll out at 7.30 am. Ride distances range from 50km to 100km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Ladies Only Ride - First Sunday of each month. Ride and safety briefing at 7.45 am, roll out at 8.00am. Gravel rides - when posted. Last Sunday of the month. Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit www.facebook.com/groups/210163156066987/ www.adelaidecyclists.com 50 km to 100 km Geraint 0418 843 491 Paul 0431 866 586

Riverland Riders

7:30 AM, Town Clock, Renmark Ave, Renmark. Distance varies depending on how far the group want to ride. 35-60 km **6B** Steve 0409 696 876

Cobwebs

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

Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7.45 am for 8.00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage. **3B** and **5C** Michele 0438 010 220

Peninsula Pedallers

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

Salisbury Trail Stars 'Cycle Salisbury'

8:00 AM, Former Café car park, Cnr Waterloo Corner Rd & Salisbury Hwy, Salisbury. Mainly off road ride along various local trails including Little Para, Dry Creek, Barker Wetlands and Cobbler Creek. Hydration, spare tube, puncture repair kit and pump a must. We leave and return together. Coffee/refreshments en route. Mountain/hybrid bikes preferred. 50 km **2B** to **4B** Mark 0456 403 293

The Little Red Grape

8:00 AM, Lennon St Car Park, Clare. MTB ride.

50 km Class 2-3 Nicola 0414 365 477

Saturday Express

1:00 PM, Velo Café, Victoria Park, Rose Park. Christmas cake ride and Happy New Year! 40 km **3B** Steve 8339 4368

Saturday Sojourn

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

Southern Flinders Rough Riders

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

SUN 31 DEC

The Little Red Grape

8:00 am Clare Oval, Main Rd, Clare. 75 km **4B** Nicola 0414 365 477

Border BUG

8:00 AM, Caltech Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards. 40 km **6B** Marcus 0407 978 763

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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, Ride starts ½ hour earlier when BOM Victor Harbor forecast $\geq 32^{\circ}\text{C}$. 30 km **2B** Anne 0431 829 973

Poseurs d'Adelaide

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

Hills Ride

9:00 AM, Mylor. Oval car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. If temperature is forecast for 34°C ride starts at 8.00 am. If temperature is forecast for 38°C ride is cancelled. Call ride leader to confirm. 50 km **2C** Steve 0401 603 596

Peninsula Pedallers

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

Salisbury Explorers 'Cycle Salisbury'

9:00 AM, Former Café car park, Cnr Waterloo Corner Rd & Salisbury Hwy, Salisbury. Beginners / Easy Ride along the bitumised path of the Little Para Trail. Mountain/hybrid bikes preferred. 5-10 km **1A** to **2A** Jim 0401 984 767

Southern Flinders Rough Riders

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

MON 1 JAN

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 2 JAN

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 Store 28 (next to the Charleston Hotel) for coffee. Please come along and give it a try. Whether you ride 1km or 10km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 0-38 km **1A** Michele 0438 010 220

Peninsula Pedallers

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

Tuesday Treadlers

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

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Ride to Thornton Park Reservoir via Athelstone for lunch. Coffee at St. Peters Bakery. BYO lunch. 40 km **2B** Ian 0401 770 003

Border BUG

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

Night Espresso

7:00 PM, Hurtle Square Adelaide. An easier ride option for those wishing to join the Espresso 'night riders' Good lights essential. Coffee afterwards at a café 40 km **4A** Rob 8299 0230

Night Espresso

7:00 PM, Hurtle Square Adelaide. The rides vary from 6A, 5B, 4C usually with a slightly easier option. Good lights essential. Coffee afterwards at a café. 40 km Rob 8299 0230

WED 3 JAN

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. Look for Mannum Peddle Wheelers on Facebook or mannumpeddlewheelers.weebly.com 30-80 km **3B** Louise or Wally 0466 789 234 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B. Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C.
30 km **1B** Gavin 0468 909 397

Para Pedallers 'Cycle Salisbury'

8:30 AM, Salisbury Waterwheel Museum car park, Commercial Rd Salisbury (opp. Parabanks). Easy ride along local trails and/or local roads, as decided by the group on the day. Coffee afterwards.
20-30 km **1A** to **3A** Elaine 0422 393 977

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** Rebecca 8232 7277

Northside Cycling Group

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

Wednesday Wheelers

10:00 AM, Tower Hotel, cnr St. Bernards Rd / Magill Rd, Magill. All bitumen hills ride. BYO lunch or buy.
50 km **3C** John 8223 7397

THU 4 JAN

Riverland Riders

9:00 AM, Town Clock, Renmark Ave, Renmark. Flat and easy, riding at the pace of the slowest rider.
60 km **5A** Dennis 0427 971 523

30/30 Beach Streak

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

Border BUG

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

FRI 5 JAN

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.
50 km **3B** Peter 0418 820 921

SAT 6 JAN

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 and return to Mannum. Bring money for coffee either at Younghusband or back at Mannum at Pickleme Grandma Café. Visitors and new riders are welcome. Look for Mannum Peddle Wheelers on Facebook or mannumpeddlewheelers.weebly.com.
35 km **2B-3B** Louise or Wally 0466 789 234 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. Rides are held every Saturday morning. Ride and safety briefing at 7.15 am, roll out at 7.30 am. Ride distances range from 50km to 100km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Ladies Only Ride - First Sunday of each month. Ride and safety briefing at 7.45 am, roll out at 8.00am. Gravel rides - when posted. Last Sunday of the month. Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit www.facebook.com/groups/210163156066987/ www.adelaidecyclists.com
50 km to 100 km
Geraint 0418 843 491
Paul 0431 866 586

Riverland Riders

7:30 AM, Town Clock, Renmark Ave, Renmark. Distance varies depending on how far the group want to ride.
35-60 km **6B** Steve 0409 696 876

Cobwebs

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

Dry Creek Trailers 'Cycle Salisbury'

8:00 AM, Car park of BMX Club/Skate Park, corner Bridge Rd and South Tce, Pooraka. Beginners ride on good gravel trail, no traffic and great scenery. Coffee at Valley View shops. MTB bikes only please.
15 km **1B** to **2B** Bryce 0432 732 540

Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7.45 am for 8.00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed.
40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage.
3B and **5C** Michele 0438 010 220

Peninsula Pedallers

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

The Little Red Grape

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

Para Districts Pedallers 'Cycle Salisbury'

9:00 AM, Salisbury Waterwheel Museum car park, Commercial Rd Salisbury (opp. Parabanks.) Easy ride along the Little Para and Dry Creek Trails. Coffee afterwards. Mountain/hybrid bikes preferred.
20 km **1B** to **3B** 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

Saturday Express

1:00 PM, St Andrews Hospital (front entrance) South Tce, Adelaide. Café stop for afternoon tea.
40 km **3B** Murray 0438 853 507

Saturday Sojourn

1:00 PM, West Beach Surf Life Saving Club, Seaview Road, West Beach. Loop east of the airport across to Grange and return. An easy paced sociable ride. BYO or buy refreshments.
25 km **2A** Chris 0414 802 919

Southern Flinders Rough Riders

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

SUN 7 JAN

The Little Red Grape

7:45 AM, The Little Red Grape Also meet 8.00 am Clare Oval, Main Rd, Clare.
75 km **4B** Nicola 0414 365 477

Border BUG

8:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.
40 km **6B** Marcus 0407 978 763

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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, Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C.
30 km **2B** Anne 0431 829 973

Poseurs d'Adelaide

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

Hills Ride

9:00 AM, Meadows. Oval car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. If temperature is forecast for 34°C ride starts at 8.00 am. If temperature is forecast for 38°C ride is cancelled. Call ride leader to confirm.
50 km **2C** Judith 8298 3131

Peninsula Pedallers

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

Kangaroo Island BUG

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

MON 8 JAN

Northside Cycling Group

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

TUE 9 JAN

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 Store 28 (next to the Charleston Hotel) for coffee. Please come along and give it a try. Whether you ride 1km or 10km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.
0-38 km **1A** Michele 0438 010 220

Peninsula Pedallers

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

Tuesday Treadlers

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

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Ride to Mawson Lakes for lunch. Coffee on way back. BYO lunch.
40 km **2B** Patsy 0439 332 533

Border BUG

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

Night Espresso

7:00 PM, Hurtle Square Adelaide. The rides vary from 6A, 5B, 4C usually with a slightly easier option. Good lights essential. Coffee afterwards at a café.
40 km Rob 8299 0230

WED 10 JAN

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. Look for Mannum Peddle Wheelers on Facebook or mannumpeddlewheelers.weebly.com
30 - 80 km **3B** Louise or Wally 0466 789 234 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B. Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C.
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** Rebecca 8232 7277

Northside Cycling Group

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

Wednesday Wheelers

10:00 AM, Oaklands Estate Reserve, Oaklands Park. All bitumen ride. BYO lunch or buy.
50 km **3C** Peter 0409 675 641

THU 11 JAN

Riverland Riders

9:00 AM, Town Clock, Renmark Ave, Renmark. Flat and easy, riding at the pace of the slowest rider.
60 km **5A** Dennis 0427 971 523

30/30 Beach Streak

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

Border BUG

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

FRI 12 JAN

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.
50 km **3B** Peter 0418 820 921

SAT 13 JAN

ADVERTISEMENT

Audax

The Immortal
Saturday 13 January 2018
7.00 AM Start – Bridgewater
123km/200km/262km
Unsupported

Rides styled to give the same distance and climbing as the Alpine Classic and ACE250. There is also a 123km ride. The ride goes around a number of the hills of Adelaide.

Entry fee applies
Graham Stucley 0418 993 344
gstucley@gmail.com

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 and return to Mannum. Bring money for coffee either at Younghusband or back at Mannum at Pickleme Grandma Café. Visitors and new riders are welcome. Look for Mannum Peddle Wheelers on Facebook or mannumpeddlewheelers.weebly.com
35 km **2B-3B** Louise or Wally
0466 789 234 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. Rides are held every Saturday morning. Ride and safety briefing at 7.15 am, roll out at 7.30 am. Ride distances range from 50km to 100km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Ladies Only Ride – First Sunday of each month. Ride and safety briefing at 7.45 am, roll out at 8.00am. Gravel rides - when posted. Last Sunday of the month. Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit www.facebook.com/groups/210163156066987/ www.adelaidecyclists.com
50 km to 100 km
Geraint 0418 843 491
Paul 0431 866 586

Riverland Riders

7:30 AM, Town Clock, Renmark Ave, Renmark. Distance varies depending on how far the group want to ride.
35-60 km **6B** Steve 0409 696 876

Cobwebs

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

Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7.45 am for 8.00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed.
40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage.
3B and **5C** Michele 0438 010 220

Peninsula Pedallers

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

The Little Red Grape

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

Salisbury Cruisers 'Cycle Salisbury'

9:00 AM, Former Café car park, Cnr Waterloo Corner Rd & Salisbury Hwy, Salisbury. Mainly off road ride along local Salisbury tracks and trails stopping along the way for coffee/refreshments. Mountain/hybrid bikes preferred.
30 km **2B** to **4B** Mark 0456 403 293

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

Saturday Express

1:00 PM, Film Studios (front entrance by Clock Tower) 226 Fullarton Rd, Glenside. Children's school holiday ride. Suitable for younger children. Nik and Henry leading. Please contact Patsy for information. Café stop for afternoon tea.
40 km **3B** Patsy 0439 332 533

Saturday Sojourn

1:00 PM, Seaford Meadows Railway Station, Seaford Road, Seaford Meadows. NOT the last stop on the line. Ride a loop around the southern suburbs. Maybe a few small hills. An easy paced sociable ride. BYO or buy refreshments.
25 km **2B** Chris 0414 802 919

Southern Flinders Rough Riders

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

SUN 14 JAN

The Little Red Grape

7:45 AM, The Little Red Grape Also meet 8.00 am Clare Oval, Main Rd, Clare.
75 km **4B** Nicola 0414 365 477

Border BUG

8:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.
40 km **6B** Marcus 0407 978 763

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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, Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C.
30 km **2B** Anne 0431 829 973

Poseurs d'Adelaide

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

Peninsula Pedallers

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

Semaphore Sojourn

'Cycle Salisbury'
9:00 AM, Semaphore Foreshore Clock Tower, end of Semaphore Rd, Semaphore. Relaxed, easy paced ride along foreshore shared path to Outer Harbour and return. Suitable for all types of bikes. Coffee/refreshments afterwards.
15-20 km **1A** to **3A**
Nigel 0431 838 735

MON 15 JAN

Northside Cycling Group

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

TUE 16 JAN

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 Store 28 (next to the Charleston Hotel) for coffee. Please come along and give it a try. Whether you ride 1km or 10km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.
0-38 km **1A** Michele 0438 010 220

Peninsula Pedallers

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

Tuesday Treadlers

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

Tuesday Traverse

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

Border BUG

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

Night Espresso

7:00 PM, Hurtle Square Adelaide. The rides vary from 6A, 5B, 4C usually with a slightly easier option. Good lights essential. Coffee afterwards at a café.
40 km Rob 8299 0230

WED 17 JAN

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. Look for Mannum Peddle Wheelers on Facebook or mannumpeddlewheelers.weebly.com
30-80 km **3B** Louise or Wally
0466 789 234 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B. Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C.
30 km **1B** Gavin 0468 909 397

Para Pedallers 'Cycle Salisbury'

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

Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St at 9.00 am and returning for coffee by 10.30am, 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** Rebecca 8232 7277

Northside Cycling Group

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

Wednesday Wheelers

10:00 AM, Glen Osmond, Pridmore Rd. All bitumen ride up to Aldgate to watch the TDU. BYO lunch or buy. 50 km **3C** Steve 0401 603 596

THU 18 JAN

Riverland Riders

9:00 AM, Town Clock, Renmark Ave, Renmark. Flat and easy, riding at the pace of the slowest rider. 60 km **5A** Dennis 0427 971 523

30/30 Beach Streak

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

Border BUG

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

FRI 19 JAN

ADVERTISEMENT

Audax

TDAudax Community Ride

Friday 19 January 2018
6.30 AM Start - Norwood
138km/200km
Unsupported

Ride off some Christmas consumption by riding just the 2018 TDU community ride route (138km). Or add in some extra to complete an Audax 200km ride. Meet at Enjoy Bakery, cnr. The Parade and Osmond Tce. Norwood.

Entry fee applies
Graham Stucley 0418 993 344
gstucley@gmail.com

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50 km **3B** Peter 0418 820 921

SAT 20 JAN

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 and return to Mannum. Bring money for coffee either at Younghusband or back at Mannum at Pickleme Grandma Café. Visitors and new riders are welcome. Look for Mannum Peddle Wheelers on Facebook or mannumpeddlewheelers.weebly.com 35 km **2B-3B** Louise or Wally 0466 789 234 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. Rides are held every Saturday morning. Ride and safety briefing at 7.15 am, roll out at 7.30 am. Ride distances range from 50km to 100km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Ladies Only Ride - First Sunday of each month. Ride and safety briefing at 7.45 am, roll out at 8.00am. Gravel rides - when posted. Last Sunday of the month. Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit www.facebook.com/groups/210163156066987/ www.adelaidecyclists.com 50 km to 100 km Geraint 0418 843 491 Paul 0431 866 586

Riverland Riders

7:30 AM, Town Clock, Renmark Ave, Renmark. Distance varies depending on how far the group want to ride. 35-60 km **6B** Steve 0409 696 876

Cobwebs

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

Dry Creek Trailers 'Cycle Salisbury'

8:00 AM, Car park of BMX Club/Skate Park, corner Bridge Rd and South Tce, Pooraka. Beginners ride on good gravel trail, no traffic and great scenery. Coffee at Valley View shops. MTB bikes only please. 15 km **1B** to **2B** Bryce 0432 732 540

Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7.45 am for 8.00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage. **3B** and **5C** Michele 0438 010 220

Peninsula Pedallers

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

The Little Red Grape

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

Para Districts Pedallers 'Cycle Salisbury'

9:00 AM, Salisbury Waterwheel Museum car park, Commercial Rd Salisbury (opp Parabanks.) Easy ride along local roads and bitumen paths, suitable for all types of bikes. 20 -30 km **1A** to **3A** Elaine 0422 393 997

All Women's Bike Rides

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

Saturday Express

1:00 PM, Heywood Park, Addiscombe Place, Unley Park. Café stop for afternoon tea. 40 km **3B** Jane 0402 102 608

Saturday Sojourn

1:00 PM, Victoria Square, Adelaide. Ride to the seaside and return. An easy paced sociable ride. BYO or buy refreshments. 25 km **2A** Ash 0418 851 938

Southern Flinders Rough Riders

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

SUN 21 JAN

The Little Red Grape

7:45 AM, The Little Red Grape Also meet 8.00 am Clare Oval, Main Rd, Clare. 75 km **4B** Nicola 0414 365 477

Border BUG

8:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards. 40 km **6B** Marcus 0407 978 763

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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, Ride starts 1/2 hour earlier when BOM Victor Harbor forecast >= 32°C. 30 km **2B** Anne 0431 829 973

Poseurs d'Adelaide

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

Hills Ride

9:00 AM, Hahndorf. Hahndorf Fruit and Veg car park, main street, city side of town. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. If temperature is forecast for 34°C ride starts at 8.00 am. If temperature is forecast for 38°C ride is cancelled. Call ride leader to confirm. 50 km **2C** Rob 0428 990 059

Peninsula Pedallers

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

MON 22 JAN

Northside Cycling Group

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

TUE 23 JAN

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 Store 28 (next to the Charleston Hotel) for coffee. Please come along and give it a try. Whether you ride 1km or 10km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.

0-38 km **1A** Michele 0438 010 220

Peninsula Pedallers

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

Tuesday Treadlers

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

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Ride up Hallett Cove Bikeway to admire the magic view. BYO lunch. 40 km **2B** 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. The rides vary from 6A, 5B, 4C usually with a slightly easier option. Good lights essential. Coffee afterwards at a café. 40 km Rob 8299 0230

WED 24 JAN

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. Look for Mannum Peddle Wheelers on Facebook or mannumpeddlewheelers.weebly.com 30 -80 km **3B** Louise or Wally 0466 789 234 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B. Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C. 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** Rebecca 8232 7277

Northside Cycling Group

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

Wednesday Wheelers

10:00 AM, Seaford Railway Station, Seaford. All bitumen ride back to Adelaide. BYO lunch or buy. 60 km **3C** Michael 8271 9731

THU 25 JAN

Riverland Riders

9:00 AM, Town Clock, Renmark Ave, Renmark. Flat and easy, riding at the pace of the slowest rider. 60 km **5A** Dennis 0427 971 523

30/30 Beach Streak

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

Border BUG

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

FRI 26 JAN

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50 km **3B** Peter 0418 820 921

SAT 27 JAN

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 and return to Mannum. Bring money for coffee either at Younghusband or back at Mannum at Picklemees Grandma Café. Visitors and new riders are welcome. Look for Mannum Peddle Wheelers on Facebook or mannumpeddlewheelers.weebly.com 35 km **2B-3B** Louise or Wally 0466 789 234 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. Rides are held every Saturday morning. Ride and safety briefing at 7.15 am, roll out at 7.30 am. Ride distances range from 50km to 100km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Ladies Only Ride - First Sunday of each month. Ride and safety briefing at 7.45 am, roll out at 8.00am. Gravel rides - when posted. Last Sunday of the month. Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit www.facebook.com/groups/210163156066987/ www.adelaidecyclists.com 50 km to 100 km Geraint 0418 843 491 Paul 0431 866 586

Riverland Riders

7:30 AM, Town Clock, Renmark Ave, Renmark. Distance varies depending on how far the group want to ride. 35-60 km **6B** Steve 0409 696 876

Cobwebs

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

Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7.45 am for 8.00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage. **3B** and **5C** Michele 0438 010 220

Peninsula Pedallers

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

The Little Red Grape

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

Salisbury Cruisers 'Cycle Salisbury'

9:00 AM, Shelter Shed, Carisbrooke Park, Main North Rd, Salisbury Park. Mainly off road ride along local Salisbury tracks and trails stopping along the way for coffee/refreshments. Mountain/hybrid bikes preferred. 30 km **2B** to **4B** Mark 0456 403 293

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

Saturday Express

1:00 PM, Drage Reserve, Briar Rd, Felixstow. Café stop for afternoon tea. 40 km **3B** Daniel 0418 879 989

Saturday Sojourn

1:00 PM, Unley Soldiers Memorial Gdns, Thomas Street, Unley. (Adjacent Unley Shopping Centre). Ride through the north eastern suburbs An easy paced sociable ride. BYO or buy refreshments. 25 km **2B** Roger 0402 380 172

Southern Flinders Rough Riders

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

SUN 28 JAN

The Little Red Grape

7:45 AM, The Little Red Grape Also meet 8.00 am Clare Oval, Main Rd, Clare. 75 km **4B** Nicola 0414 365 477

Border BUG

8:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards. 40 km **6B** Marcus 0407 978 763

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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, Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C. 30 km **2B** Anne 0431 829 973

Poseurs d'Adelaide

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

Hills Ride

9:00 AM, Woodside. Swimming pool car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. If temperature is forecast for 34°C ride starts at 8.00 am. If temperature is forecast for 38°C ride is cancelled. Call ride leader to confirm. 50 km **2C** Joe 0429 694 022

Peninsula Pedallers

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

Salisbury Explorers 'Cycle Salisbury'

9:00 AM, Shelter Shed, Carisbrooke Park, Main North Road, Salisbury Park. Beginners / Easy Ride along the path of the Little Para Trail. Mountain/hybrid bikes preferred. 5-10 km **1A** to **2A** Jim 0401 984 767

Southern Flinders Rough Riders

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

MON 29 JAN

Northside Cycling Group

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

TUE 30 JAN

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 Store 28 (next to the Charleston Hotel) for coffee. Please come along and give it a try. Whether you ride 1km or 10km, 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, Arterey Hall, Mortlock Terrace, Port Lincoln. Beginners ride, with the group riding at the pace of the slowest rider. Bring money for coffee afterwards. We will meet at a convenient location for the riders on the day! 30 km **1A** Raelene 8682 3196

Tuesday Treadlers

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

Tuesday Traverse

10:00 AM, The Buffalo Ship, Wigley Reserve, Glenelg. An easy part beach ride to Semaphore. BYO lunch. 40 km **2B** Ann 0438 558 941

Bicycle Maintenance Course

Basic Bike Care

5:30 PM-8:30 PM

Tuesday 30 January 2018

Bicycle SA Office, 53 Carrington St, Adelaide

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

Fee applies

Early bookings essential

(maximum 10 registrants per course)

Bicycle office 8168 9999

office@bikesa.asn.au

www.bikesa.asn.au

Border BUG

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

Night Espresso

7:00 PM, Hurtle Square Adelaide. Introducing the Night Espresso rides. The rides vary from 6A, 5B, 4C usually with a slightly easier option. Good lights essential. Coffee afterwards at a café. 40 km Rob 8299 0230

WED 31 JAN

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. Look for Mannum Peddle Wheelers on Facebook or mannumpeddlewheelers.weebly.com
30-80 km **3B** Louise or Wally
0466 789 234 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B. Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C.
30 km **1B** Gavin 0468 909 397

Para Pedallers 'Cycle Salisbury'

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

Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St at 9.00 am and returning for coffee by 10.30am, 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** Rebecca 8232 7277

Northside Cycling Group

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

Wednesday Wheelers

10:00 AM, Old Reynella Shopping Centre, Old South Rd, Reynella. All bitumen ride. BYO lunch or buy.
50 km **3C** Tony 0413 215 494

THU 1 FEB

Riverland Riders

9:00 AM, Town Clock, Renmark Ave, Renmark. Flat and easy, riding at the pace of the slowest rider.
60 km **5A** Dennis 0427 971 523

30/30 Beach Streak

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

Border BUG

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

FRI 2 FEB

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.
50 km **3B** Peter 0418 820 921

ADVERTISEMENT

Audax

Bootlegger 2018
Friday 2 February 2018
8.30 PM Start - North Adelaide
200km/300km/400km
Unsupported

Ride 200km or more at night with a full moon to help you. The Bootlegger 2018 takes you through the Adelaide hills to Murray Bridge and back for breakfast. New this year, extend your ride to 300km or 400km. Perfect preparation for Paris-Brest-Paris.

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

SAT 3 FEB

ADVERTISEMENT

Audax

Corkscrew Climber
Saturday 3 February 2018
7.00 AM Start - Adelaide
200km
Unsupported

Starting in Adelaide, head up the Gorge Rd and climb the Corkscrew then several other climbs in a fairly tough 200km ride.
Entry fee applies
Glen Thompson 0429 168 292
gthomps5@adam.com.au

Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Youngusband Store and return to Mannum. Bring money for coffee either at Youngusband or back at Mannum at Pickleme Grandma Café. Visitors and new riders are welcome. Look for Mannum Peddle Wheelers on Facebook or mannumpeddlewheelers.weebly.com
35 km **2B-3B** Louise or Wally
0466 789 234 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. Rides are held every Saturday morning. Ride and safety briefing at 7.15 am, roll out at 7.30 am. Ride distances range from 50km to 100km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Ladies Only Ride - First Sunday of each month. Ride and safety briefing at 7.45 am, roll out at 8.00am. Gravel rides - when posted. Last Sunday of the month. 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/21016315606987/ www.adelaidecyclists.com
50 km to 100 km
Geraint 0418 843 491
Paul 0431 866 586

Riverland Riders

7:30 AM, Town Clock, Renmark Ave, Renmark. Distance varies depending on how far the group want to ride.
35-60 km **6B** Steve 0409 696 876

Cobwebs

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

Dry Creek Trailers 'Cycle Salisbury'

8:00 AM, Car park of BMX Club/Skate Park, corner Bridge Rd and South Tce, Pooraka. Beginners ride on good gravel trail, no traffic and great scenery. Coffee at Valley View shops. MTB bikes only please.
15 km **1B** to **2B** Bryce 0432 732 540

Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7.45 am for 8.00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage.
3B and **5C** Michele 0438 010 220

Peninsula Pedallers

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

The Little Red Grape

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

Bicycle Maintenance Course

Intermediate Bike Maintenance - Course #1 (Gears and Brakes)
9:00 AM-1:00 PM
Saturday 3 February 2018
Bicycle SA Office, 53 Carrington St, Adelaide

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

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

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

Para Districts Pedallers 'Cycle Salisbury'

9:00 AM, Salisbury Waterwheel Museum car park, Commercial Rd Salisbury (opp. Parabanks.) Easy ride along the Little Para and Dry Creek Trails. Coffee afterwards. Mountain/hybrid bikes preferred.
20 km **1A** to **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

Saturday Express

1:00 PM, Glenelg Town Hall, (adjacent to jettty) Glenelg. Café stop for afternoon tea.
40 km **3B** Alan 0414 392 179

Saturday Sojourn

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. Lots of ride options from the weir. Leader's choice on the day. An easy paced sociable ride. BYO or buy refreshments.
25 km **2A** Joan 0412 181 643

Southern Flinders Rough Riders

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

SUN 4 FEB

The Little Red Grape

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

Border BUG

8:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.
40 km **6B** Marcus 0407 978 763

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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, Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C.
30 km **2B** Anne 0431 829 973

Poseurs d'Adelaide

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

Hills Ride

9:00 AM, Bridgewater. Oval car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. If temperature is forecast for 34°C ride starts at 8.00 am. If temperature is forecast for 38°C ride is cancelled. Call ride leader to confirm.
50 km **2C** Steve 0401 603 596

Peninsula Pedallers

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

Kangaroo Island BUG

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

MON 5 FEB

Northside Cycling Group

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

TUE 6 FEB

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 Store 28 (next to the Charleston Hotel) for coffee. Please come along and give it a try. Whether you ride 1km or 10km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.

0-38 km **1A** Michele 0438 010 220

Peninsula Pedallers

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

30 km **1A** Raelene 8682 3196

Tuesday Treadlers

9:30 AM, Balhannah Oval, Balhannah. Road bike ride, with a mid-way stop for coffee and back by lunchtime. Two options, a longer, more challenging route or a shorter less demanding route, but all meet up for coffee. Usually a different start location on the first Tuesday of each month. Ride Coordinator to confirm.

50-70 km **4B** or **5C** Tony 8388 4730 or 0407 884 730

Tuesday Traverse

10:00 AM, Car park opposite the YHA on The Strand, Port Elliott. Ride to Goolwa Barrage via North Goolwa. Return via Encounter Bikeway. Coffee at Middleton. BYO lunch.

40 km **2B** Paul 8270 5227

Border BUG

6:00 PM, Apex Park, Woolshed Street Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required.

30 km **6A** Marcus 0407 978 763

Night Espresso

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

40 km **4A** Rob 8299 0230

Night Espresso

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

40 km Rob 8299 0230

WED 7 FEB

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. Look for Mannum Peddle Wheelers on Facebook or mannumpeddlewheelers.weebly.com

30-80 km **3B** Louise or Wally

0466 789 234 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B. Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C.

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** Rebecca 8232 7277

Northside Cycling Group

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

30 km **5A** Gary 8255 1979

Wednesday Wheelers

10:00 AM, On Western Bikeway, at end of Kingston Ave, Richmond. All bitumen ride followed by barbecue lunch.

30 km **3C** Ralph 8269 7378

THU 8 FEB

Riverland Riders

9:00 AM, Town Clock, Renmark Ave, Renmark. Flat and easy, riding at the pace of the slowest rider.

60 km **5A** Dennis 0427 971 523

30/30 Beach Streak

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

30 km **6A** Daniel 0433 391 674

Border BUG

6:00 PM, Apex Park, Woolshed Street, Bordertown. Social ride on quiet roads. Ride returns to start point for a chat after. Lights required.

30 km **6A** Marcus 0407 978 763

FRI 9 FEB

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.

50 km **3B** Peter 0418 820 921

SAT 10 FEB

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 and return to Mannum. Bring money for coffee either at Youngusband or back at Mannum at Pickleme Grandma Café. Visitors and new riders are welcome. Look for Mannum Peddle Wheelers on Facebook or mannumpeddlewheelers.weebly.com.

35 km **2B-3B** Louise or Wally

0466 789 234 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. Rides are held every Saturday morning. Ride and safety briefing at 7.15 am, roll out at 7.30 am. Ride distances range from 50km to 100km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Ladies Only Ride - First Sunday of each month. Ride and safety briefing at 7.45 am, roll out at 8.00am. Gravel rides - when posted. Last Sunday of the month. Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit www.facebook.com/groups/210163156066987/ www.adelaidecyclists.com

50 km to 100 km

Geraint 0418 843 491

Paul 0431 866 586

Riverland Riders

7:30 AM, Town Clock, Renmark Ave, Renmark. Distance varies depending on how far the group want to ride.

35-60 km **6B** Steve 0409 696 876

Cobwebs

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

cobwebsadelaide@yahoo.com.au

54 km **6A**

Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7.45 am for 8.00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage.

3B and **5C** Michele 0438 010 220

Peninsula Pedallers

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

40 km **4B** Mary 8683 0915

The Little Red Grape

8:00 AM, Lennon St Car Park, Clare.

MTB ride.

50 km Class **2-3** Nicola 0414 365 477

Advanced Bike Maintenance Course

9:00AM - 4:00PM
Saturday 10, Sunday 11 and Sunday 18 February 2018
Bicycle SA office, 53 Carrington St, Adelaide
The first 2018 session in a series of 3 successive Saturday/Sunday workshops

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

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

Fee applies
Free workshop manual valued at \$40.00 provided to all participants.
Bicycle SA office 8168 9999
office@bikesa.asn.au

Salisbury Cruisers 'Cycle Salisbury'

9:00 AM, Former Café car park, Cnr Waterloo Corner Rd & Salisbury Hwy, Salisbury. Mainly off road ride along local Salisbury tracks and trails stopping along the way for coffee/refreshments. Mountain/hybrid bikes preferred.

30 km **2B** to **4B** Mark 0456 403 293

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

Saturday Express

1:00 PM, Seaford Railway Station, Seaford. Ride to McLaren Vale and then to Hallett Cove Railway Station.

Options - Be at the Adelaide Railway Station by 11.45 am sharp to catch the 12.00 pm train to Seaford; alternatively be at the Edwardstown Railway Station by 12.00 pm or Ascot Park Railway Station by 12.05 pm to catch the same train.

Alternatively, your choice will be to ride to the Hallett Cove Railway station to catch the train back to the city, or, to ride to the Pasadena shopping centre via the Veloway.

If anyone is interested in riding TO Seaford, we will be leaving FOODLAND PASADENA (the front car park), 16 FIVEASH DRIVE, PASADENA, at 10.30 am sharp to ride to Seaford via the South Expressway Veloway. Cafe stop in McLaren Vale.

40 km **3B** Richard 0419 033 140

Saturday Sojourn

1:00 PM, Port Adelaide - Lighthouse. McLaren Parade, Port Adelaide. Take a leisurely ride around the Lefevre Peninsula. An easy paced sociable ride. BYO or buy refreshments.

25 km **2A** Steve 0405 479 344

Southern Flinders Rough Riders

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

20 km Richard 0417 341 462

SUN 11 FEB

The Little Red Grape

7:45 AM, The Little Red Grape Also meet 8.00 am Clare Oval, Main Rd, Clare.

75 km **4B** Nicola 0414 365 477

Border BUG

8:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.

40 km **6B** Marcus 0407 978 763

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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, Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C.

30 km **2B** Anne 0431 829 973

Poseurs d'Adelaide

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

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

Hills Ride

9:00 AM, Oakland Park. Oakland Estate Reserve car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. If temperature is forecast for 34°C ride starts at 8.00 am. If temperature is forecast for 38°C ride is cancelled. Call ride leader to confirm.
50 km **2C** Paul 8277 4094

Peninsula Pedallers

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

Semaphore Sojourn 'Cycle Salisbury'

9:00 AM, Semaphore Foreshore Clock Tower, end of Semaphore Rd, Semaphore. Relaxed, easy paced ride along foreshore shared path to Outer Harbour and return. Suitable for all types of bikes. Coffee/refreshments afterwards.
15-20 km **1A to 3A**
Nigel 0431 838 735

MON 12 FEB

Northside Cycling Group

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

TUE 13 FEB

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 Store 28 (next to the Charleston Hotel) for coffee. Please come along and give it a try. Whether you ride 1km or 10km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.
0 - 38 km **1A** Michele 0438 010 220

Peninsula Pedallers

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

Tuesday Treadlers

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

Tuesday Traverse

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

Border BUG

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

Night Espresso

7:00 PM, Hurtle Square Adelaide. The rides vary from 6A, 5B, 4C usually with a slightly easier option. Good lights essential. Coffee afterwards at a café.
40 km Rob 8299 0230

WED 14 FEB

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. Look for Mannum Peddle Wheelers on Facebook or mannumpeddlewheelers.weebly.com
30-80 km **3B** Louise or Wally 0466 789 234 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B. Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C.
30 km **1B** Gavin 0468 909 397

Para Pedallers 'Cycle Salisbury'

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

Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St at 9.00 am and returning for coffee by 10.30am, 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** Rebecca 8232 7277

Northside Cycling Group

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

Wednesday Wheelers

10:00 AM, Henley Square, Henley Beach. All bitumen ride. BYO lunch or buy.
50 km **3C** Peter 0414 719 296

THU 15 FEB

Riverland Riders

9:00 AM, Town Clock, Renmark Ave, Renmark. Flat and easy, riding at the pace of the slowest rider.
60 km **5A** Dennis 0427 971 523

30/30 Beach Streak

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

Border BUG

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

FRI 16 FEB

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm.
50 km **3B** Peter 0418 820 921

SAT 17 FEB

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 and return to Mannum. Bring money for coffee either at Youngusband or back at Mannum at Picklemees Grandma Café. Visitors and new riders are welcome. Look for Mannum Peddle Wheelers on Facebook or mannumpeddlewheelers.weebly.com.
35 km **2B-3B** Louise or Wally 0466 789 234 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.

Rides are held every Saturday morning. Ride and safety briefing at 7.15 am, roll out at 7.30 am. Ride distances range from 50km to 100km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Ladies Only Ride - First Sunday of each month. Ride and safety briefing at 7.45 am, roll out at 8.00am. Gravel rides - when posted. Last Sunday of the month. Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit www.facebook.com/groups/210163156066987/ www.adelaidecyclists.com
50 km to 100 km
Geraint 0418 843 491
Paul 0431 866 586

Riverland Riders

7:30 AM, Town Clock, Renmark Ave, Renmark. Distance varies depending on how far the group want to ride.
35-60 km **6B** Steve 0409 696 876

Cobwebs

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

Dry Creek Trailers 'Cycle Salisbury'

8:00 AM, Car park of BMX Club/Skate Park, corner Bridge Rd and South Tce, Pooraka. Beginners ride on good gravel trail, no traffic and great scenery. Coffee at Valley View shops. MTB bikes only please.
15 km **1B** to **2B** Bryce 0432 732 540

Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7.45 am for 8.00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed.
40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage.
3B and **5C** Michele 0438 010 220

Peninsula Pedallers

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

The Little Red Grape

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

Para Districts Pedallers 'Cycle Salisbury'

9:00 AM, Salisbury Waterwheel Museum car park, Commercial Rd Salisbury (opp. Parabanks.) Easy ride along local roads and bitumen paths, suitable for all types of bikes.
20-30 km **1A to 3A** Elaine 0422 393 997

All Women's Bike Rides

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

Saturday Express

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

Saturday Sojourn

1:00 PM, Heywood Park, Addiscombe Place, Unley Park. Explore the suburbs south of Unley. An easy paced sociable ride. BYO or buy refreshments.
25 km **2B** Chris 0414 802 919

Southern Flinders Rough Riders

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

SUN 18 FEB

The Little Red Grape

7:45 AM, The Little Red Grape Also meet 8.00 am Clare Oval, Main Rd, Clare.
75 km **4B** Nicola 0414 365 477

Border BUG

8:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.
40 km **6B** Marcus 0407 978 763

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 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, Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C.
30 km **2B** Anne 0431 829 973

Poseurs d'Adelaide

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

Hills Ride

9:00 AM, Blackwood. Train station car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. If temperature is forecast for 34°C ride starts at 8.00 am. If temperature is forecast for 38°C ride is cancelled. Call ride leader to confirm.
50 km **2C** Judith 8298 3131

Peninsula Pedallers

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

MON 19 FEB

Northside Cycling Group

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

TUE 20 FEB

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 Store 28 (next to the Charleston Hotel) for coffee. Please come along and give it a try. Whether you ride 1km or 10km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook. 0-38 km **1A** Michele 0438 010 220

Peninsula Pedallers

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

Tuesday Treadlers

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

Tuesday Traverse

10:00 AM, Henley Square, Henley Beach. Mystery ride. BYO lunch. 40 km **2B** Peter 0414 719 296

Border BUG

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

Night Espresso

7:00 PM, Hurtle Square Adelaide. The rides vary from 6A, 5B, 4C usually with a slightly easier option. Good lights essential. Coffee afterwards at a café. 40 km Rob 8299 0230

WED 21 FEB

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. Look for Mannum Peddle Wheelers on Facebook or mannumpeddlewheelers.weebly.com 30-80 km **3B** Louise or Wally 0466 789 234 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B. Ride starts 1/2 hour earlier when BOM Victor Harbor forecast >= 32°C. 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** Rebecca 8232 7277

Northside Cycling Group

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

Wednesday Wheelers

10:00 AM, Victor Harbor, the Esplanade, near Mills St. Bitumen ride to Waitpinga Beach. BYO picnic lunch. 50 km **3C** Roger 8325 1790

THU 22 FEB

Riverland Riders

9:00 AM, Town Clock, Renmark Ave, Renmark. Flat and easy, riding at the pace of the slowest rider. 60 km **5A** Dennis 0427 971 523

30/30 Beach Streak

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

Border BUG

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

FRI 23 FEB

GAD-BUG (Goolwa & District Bicycle User Group)

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Road bike ride of approximately 50 km with a break for coffee. From time to time location/terrain may change in favour of an off-road mountain bike ride. Please contact Ride Coordinator to confirm. 50 km **3B** Peter 0418 820 921

SAT 24 FEB

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 and return to Mannum. Bring money for coffee either at Younghusband or back at Mannum at Picklemees Grandma Café. Visitors and new riders are welcome. Look for Mannum Peddle Wheelers on Facebook or mannumpeddlewheelers.weebly.com 35 km **2B-3B** Louise or Wally 0466 789 234 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.

Rides are held every Saturday morning. Ride and safety briefing at 7.15 am, roll out at 7.30 am. Ride distances range from 50km to 100km. Three options per week: Short (5A and 6A), Intermediate (5B and 6B) and challenging (5D and 6D). Ladies Only Ride - First Sunday of each month. Ride and safety briefing at 7.45 am, roll out at 8.00am. Gravel rides - when posted. Last Sunday of the month. Riders must have bike fitness (age 16+ only) Refreshments and coffee at the Exchange Hotel. Join us for a chat. All welcome. For ride options and the latest news visit www.facebook.com/groups/210163156066987/ www.adelaidecyclists.com 50 km to 100 km Geraint 0418 843 491 Paul 0431 866 586

Riverland Riders

7:30 AM, Town Clock, Renmark Ave, Renmark. Distance varies depending on how far the group want to ride. 35-60 km **6B** Steve 0409 696 876

Cobwebs

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

Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7.45 am for 8.00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed. 40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage. **3B** and **5C** Michele 0438 010 220

Peninsula Pedallers

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

The Little Red Grape

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

Salisbury Cruisers 'Cycle Salisbury'

9:00 AM, Shelter Shed, Carisbrooke Park, Main North Rd, Salisbury Park. Mainly off road ride along local Salisbury tracks and trails stopping along the way for coffee/refreshments. Mountain/hybrid bikes preferred. 30 km **2B** to **4B** Mark 0456 403 293

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

Saturday Express

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. Café stop for afternoon tea. 40 km **3B** Stuart and Asami 0467 299 259

Saturday Sojourn

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. Lots of ride options from the weir. Leader's choice on the day. An easy paced sociable ride. BYO or buy refreshments. 25 km **2A** Ash 0418 851 938

Southern Flinders Rough Riders

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

SUN 25 FEB

The Little Red Grape

7:45 AM, The Little Red Grape Also meet 8.00 am Clare Oval, Main Rd, Clare. 75 km **4B** Nicola 0414 365 477

Border BUG

8:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards. 40 km **6B** Marcus 0407 978 763

Grand/Mini Slam

Recreational Bike Series of 5 rides Sunday 25 February 2018 8.00am

Mt Torrens, Centenary Park, Mt Torrens

The first event in the Grand/Mini Slam series of on road personal challenge recreational rides for 2018. Choose between 40km or 80km, 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

Members registration for the series of 5 rides and save!

Group (series only), youth and child rates available.

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

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa 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, Ride starts 1/2 hour earlier when BOM Victor Harbor forecast >= 32°C. 30 km **2B** Anne 0431 829 973

Poseurs d'Adelaide

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

Peninsula Pedallers

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

Salisbury Explorers 'Cycle Salisbury'

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

Southern Flinders Rough Riders

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

Better Harts

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

MON 26 FEB

Northside Cycling Group

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

TUE 27 FEB

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 Store 28 (next to the Charleston Hotel) for coffee. Please come along and give it a try. Whether you ride 1km or 10km, you will have a nice ride with friendly people. Ride is weather dependent. Follow us on Facebook.

0-38 km **1A** Michele 0438 010 220

Peninsula Pedallers

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

30 km **1A** Raelene 8682 3196

Tuesday Treadlers

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

Tuesday Traverse

10:00 AM, Torrens Weir, War Memorial Drive, North Adelaide. Ride to Tea Tree Gully via Perseverance Road. Lunch at Civic Park. Coffee at Walkerville. BYO lunch.

40 km **2B** Barry 0403 307 172

Bicycle Maintenance Course

Basic Bike Care
5:30 PM - 8:30 PM
Tuesday 27 February 2018
Bicycle SA Office,
53 Carrington St, Adelaide

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

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

Border BUG

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

Night Espresso

7:00 PM, Hurtle Square Adelaide. The rides vary from 6A, 5B, 4C usually with a slightly easier option. Good lights essential. Coffee afterwards at a café. 40 km Rob 8299 0230

WED 28 FEB

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. Look for Mannum Peddle Wheelers on Facebook or mannumpeddlewheelers.weebly.com 30-80 km **3B** Louise or Wally 0466 789 234 or 0428 592 282

GAD-BUG (Goolwa & District Bicycle User Group)

8:00 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B. Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C. 30 km 1B Gavin 0468 909 397

Para Pedallers 'Cycle Salisbury'

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

Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St at 9.00 am and returning for coffee by 10.30am, 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** Rebecca 8232 7277

Northside Cycling Group

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

Wednesday Wheelers

10:00 AM, Seacliff Railway Station, Seacliff. Some dirt tracks, mountain bike or hybrid bike recommended. BYO or buy lunch. 50 km **3C** Clarry 0424 041 122

COMING EVENTS

March

Intermediate Bike Maintenance

Course #2
(Drive Train and Bearing Systems)
9:00 AM - 1:00pm PM
Saturday 3 March
Bicycle SA Office
53 Carrington St, Adelaide

Learn to check your chain, cassette and chain rings for wear and replace them, before being introduced to the bearing systems in your wheel hubs, bottom bracket and heat set.

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

Coast to Coast

Sunday 18 March 2018
Genelg to Victor Harbor

Start/time/distance options:

Genelg - 120km - 7.30am start

Stirling - 95 km - 8.00am start

Meadows - 65km - 8.00am start

Mini Coast to Coast - 10km/20km 10.00am start

One of the biggest and most beautiful rides you'll get your wheels into.

Entry fee applies
Bicycle SA office +61 8168 9999
office@bikesa.asn.au
www.bikesa.asn.au/coast2coast
www.bikesa.asn.au

Bicycle Maintenance Course

Basic Bike Care
5:30 PM - 8:30 PM
Tuesday 20 March 2018
Bicycle SA Office
53 Carrington St, Adelaide

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

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

Clare Easter Cycle

The Valleys Lifestyle Centre, Clare
30 March - 2 April 2018

Clare, in the picturesque Clare & Gilbert Valley, is the location for the 2018 Easter Cycle.

The campsites located at the Valleys Lifestyle Centre and Oval, is a minute's walk from the main street of Clare.

There will be a variety of rides from a few kilometres to 100kms, including the very popular Riesling Trail.

Whatever you choose to do, Clare will be the perfect place for that 2018 Easter weekend

Entry fee applies
5% discount on registrations
received from groups of 4+ by
COB Friday 2 March 2018.
Children 5 and under - free of charge
Further details and/or enter online
Bicycle SA office +61 8168 9999
office@bikesa.asn.au
rides@bikesa.asn.au
www.bikesa.asn.au