

Bicycle SA

# RidesPROGRAMME

MARCH-MAY 2018  
ISSUE 65

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

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

### 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](http://www.bikesa.asn.au) for full details.



# WELCOME

Each year, over 2,000 organised rides are delivered as part of Bicycle SA's free *Rides Programme*.

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

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

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

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

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

## BICYCLE SA

Phone + 61 8 8168 9999

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

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

53 Carrington St  
Adelaide 5000

Office open 9am-5pm  
Monday-Sunday

Emergency Phone  
0409 950 884

## THU 1 MAR

### 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 MAR

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

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

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

## SAT 3 MAR

ADVERTISEMENT

### Audax

South Eastern 123  
Saturday 3 March 2018

Start times as below – Glenelg South

100km – start – 12:00 PM

150km – start – 9:30 AM

200km – start – 7:00 AM

300km – start – 3:00 AM

Unsupported

All loops leave Adelaide via Windy Point and Clarendon, and return via Aldgate Valley Drive.

Varied start times to enable all distances to ride together and meet up after to enjoy pizza and a drink.

Note this year we have organised a full moon specially.

Entry fee applies

Graham Stucley 0418 993 344

[gstucley@gmail.com](mailto: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. Return to Mannum after coffee and a chat at Younghusband Store. Bring money for coffee. Visitors and new riders are welcome. Visit us on face book.

[www.facebook.com/groups/mannumpedlewheelers](http://www.facebook.com/groups/mannumpedlewheelers) or [mannumpedlewheelers.weebly.com](http://mannumpedlewheelers.weebly.com)

35 km **2B-3B** 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, meeting at 41 High St Gawler. Rides are held every Saturday morning. Ride and safety briefing at 7.15 am, roll out at 7.30 am. Ride distances range from 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](http://www.facebook.com/groups/210163156066987)

[www.adelaidecyclists.com](http://www.adelaidecyclists.com)

50-100 km

Paul 0431 866 586

Geraint 0418 843 491

### 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](mailto:cobwebsadelaide@yahoo.com.au)

54 km 6A

### Mishmash Cycling

8:00 AM, Birdwood Foodland (car park at rear of supermarket) Birdwood. Social roadie ride meets at 7.45 am for 8.00 am start. Two distance/speed groups. Different route every week. Riders look after each other so no-one gets left behind. Regroup at every intersection. Slowest rider dictates overall speed.

40 km leisurely ride, 60 km faster ride. Weather dependent. Follow us on Facebook for ride updates. Coffee afterwards at Pomegranate Cottage.

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

### Peninsula Pedallers

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

40 km **4B** Mary 8683 0915

### The Little Red Grape

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

MTB ride

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

## Intermediate Bike Maintenance

Course #2 (Drive Train and Bearings Overview)

9:00 AM – 1:00pm PM

Saturday 3 March

Bicycle SA Office,

53 Carrington St, Adelaide

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

**Please note:**

**It is essential that the Intermediate Maintenance Course #1 'Gears and Brakes' (27 February 2018) has been completed before undertaking this course.**

**Fee applies**

**Early bookings essential (maximum 10 registrants per course)**

**Bicycle office 8168 9999**

**office@bikesa.asn.au**

**www.bikesa.asn.au**

### Para Districts Pedallers

'Cycle Salisbury'

9:00 AM, Beekeepers Hall car park, Pittwater Crescent, next to Linear Park Trail, Windsor Gardens. Ride along the Linear Park Trail to the end of the Trail at Athelstone and return. Some climbs.

20 km **1A** 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, Conyngham St, (Dog Park) Glenside. Option of two rides – one to Crafrers and one to Brownhill Creek. Café stop for afternoon tea.

40 km **3C** Patsy 0439 332 533

### Saturday Sojourn

1:00 PM, Brighton Jetty, Jetty Rd, Brighton. Enjoy a leisurely ride through the south western and seaside suburbs. An easy paced sociable ride. BYO or buy refreshments.

25 km **2A** Joan 0412 181 643

### Southern Flinders Rough Riders

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

20 km Richard 0417 341 462

## SUN 4 MAR

### The Little Red Grape

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

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

### Poseurs d'Adelaide

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

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

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

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C.

30 km **1B** Gavin 0468 909 397

### Border BUG

9:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.

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

### Hills Ride

9:00 AM, Freeling. West end of main street adjacent to the pub. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.

50 km **2C** Steve 0401 603 596

### Peninsula Pedallers

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

40 km **4B** Mary 8683 0915

### Kangaroo Island BUG

10:00 AM, Start location and ride details to be advised.

25-35 km **1B** Manfred 8553 0383

## MON 5 MAR

### 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 MAR

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

### Tuesday Treadlers

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

### Tuesday Traverse

10:00 AM, Hallett Cove Railway Station, Hallett Cove. Southern ride to Port Noarlunga area. Lunch. Then back to Hallett Cove. BYO lunch. Coffee at Hallett Cove. 40 km **2C** Allan 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. 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 MAR

### Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book. www.facebook.com/groups/mannumpedawheelers or mannumpedawheelers.weebly.com 30-80 km **3B** Louise or Wally 0466 789 234 or 0428 592 282

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

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B. 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, 20 Lipizzaner Dve, Hindmarsh Valley. All bitumen. BBQ lunch at the end of the ride. 50 km **3C** Christine 8388 6703

## THU 8 MAR

### 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 MAR

### 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 MAR

### Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum after coffee and a chat at the Younghusband Store. Bring money for coffee. Visitors and new riders are welcome. Visit us on face book. www.facebook.com/groups/mannumpedawheelers or mannumpedawheelers.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, meeting at 41 High St Gawler. Rides are held every Saturday morning. Ride and safety briefing at 7.15 am, roll out at 7.30 am. Ride distances range from 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 50-100 km Paul 0431 866 586 Geraint 0418 843 491

### 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, Arteryrea 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

### Dry Creek Trailers 'Cycle Salisbury'

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

### Salisbury Off-Road Riders

#### '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 0491 034 167

### 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. Café stop for afternoon tea. 40 km **3B** David 0413 489 927

### Saturday Sojourn

1:00 PM, Seaford Railway Station, Griffiths Drive, Seaford. Ride through the outer metro suburbs and along the seaside cliffs. Some 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 11 MAR

### The Little Red Grape

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

### Poseurs d'Adelaide

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

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

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### Border BUG

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

### Hills Ride

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

### Peninsula Pedallers

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

## MON 12 MAR

### Northside Cycling Group

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

### Saturday Express

9:45 AM, Echunga Hotel, 1 Angus Rd, Echunga. Adelaide Cup Weekend MTB Ride. Echunga to Meadows and return (Bike must have suitable off road tyres). Lunch after the ride at the Echunga Hotel. Patsy 0439 332 533

## TUE 13 MAR

### 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, 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. Flat ride in local suburbs. BYO lunch. Coffee at Bonython Park Kiosk. 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 14 MAR

### Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book. [www.facebook.com/groups/mannumpedawheelers](http://www.facebook.com/groups/mannumpedawheelers) or [mannumpedawheelers.weebly.com](http://mannumpedawheelers.weebly.com) 30-80 km **3B** Louise or Wally 0466 789 234 or 0428 592 282

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

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B. 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. 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, Hallett Cove Railway Station, Hallett Cove. All bitumen. BYO lunch or buy. 50 km **3C** Allan 0414 392 179

## THU 15 MAR

### 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 MAR

### 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 MAR

ADVERTISEMENT

### Audax

#### Breakneck Run

Saturday 17 March 2018

7.00am Start – Willaston (BP)

200km

Unsupervised

Starting in Gawler, ride through Wasleys, Tarlee and Kapunda as a warm up before heading into Angaston to tackle Break Neck Hill, drop down Sedan Hill and back up Angas Valley Rd, making 200vm before heading back to Gawler.

Entry fee applies

Alan Hornsby 0412 697 945

[alan\\_lbj@live.com](mailto:alan_lbj@live.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. Return to Mannum after coffee and a chat at Younghusband Store. Bring money for coffee. Visitors and new riders are welcome. Visit us on face book. Visit us on face book.

[www.facebook.com/groups/mannumpedawheelers](http://www.facebook.com/groups/mannumpedawheelers)

or [mannumpedawheelers.weebly.com](http://mannumpedawheelers.weebly.com)

35 km **2B-3B** 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, meeting at 41 High St Gawler. Rides are held every Saturday morning. Ride and safety briefing at 7.15 am, roll out at 7.30 am. Ride distances range from 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](http://www.facebook.com/groups/210163156066987)

[www.adelaidecyclists.com](http://www.adelaidecyclists.com)

50-100 km

Paul 0431 866 586

Geraint 0418 843 491

#### 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](mailto:cobwebsadelaide@yahoo.com.au) 54 km **6A**

#### Mishmash Cycling

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

#### Peninsula Pedallers

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

#### The Little Red Grape

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

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

#### 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. Coffee en route.

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, Torrens Weir, War Memorial Drive, North Adelaide. Celebrate Nik's birthday. Café stop for afternoon tea 40 km **3B** Bob 8356 0906

#### Saturday Sojourn

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

#### Southern Flinders Rough Riders

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

## SUN 18 MAR

### 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

## Coast to Coast

### Sunday 18 March 2018

#### Glenelg to Victor Harbor

Start/time/distance options:

Glenelg – 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**

#### Poseurs d'Adelaide

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

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

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C. 30 km **1B** Gavin 0468 909 397



## Border BUG

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

## Hills Ride

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

## Peninsula Pedallers

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

## MON 19 MAR

### 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 MAR

### 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, Kangarilla Oval, Kangarilla. Follow Fiona to the farm and park cars. Adventure into and travel the beautiful tracks of Kuitpo Forest to Prospect Hill and Meadows. Have coffee. Then ride back to the farm for lunch provided. Best suited for Hybrid and Mountain Bikes only.  
35 km **2B** Fiona 8383 7199

### 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 MAR

### Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book.  
www.facebook.com/groups/mannumpedalwheelers or mannumpeddlewheelers.weebly.com  
30-80 km **3B** Louise or Wally  
0466 789 234 or 0428 592 282

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

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B. 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. Catch the 9:08 am train from Adelaide Railway Station. All bitumen ride back to the city. Pub lunch. 50 km **3C** John 8223 7397

## THU 22 MAR

### 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 MAR

### 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 MAR

### Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Youngusband Store. Return to Mannum after coffee and a chat at Youngusband Store. Bring money for coffee. Visitors and new riders are welcome. Visit us on face book. Visit us on face book.  
www.facebook.com/groups/mannumpedalwheelers 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, meeting at 41 High St Gawler. Rides are held every Saturday morning. Ride and safety briefing at 7.15 am, roll out at 7.30 am. Ride distances range from 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  
50-100 km  
Paul 0431 866 586  
Geraint 0418 843 619

### 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

### ADVERTISEMENT

## Audax

### Fleche Opperman All Day Trial

Saturday 24 March 2018

8.00 AM Start

360km/180km

Unsupported

A minimum of 360km must be ridden in 24 hours from 8.00am Saturday morning. All rides finish at the same point.

FOADT Medallion available for all finishers. Teams of 3, 4 or 5 bikes. Each team chooses its own start point and course.

Entry fee applies

Petite Fleche Opperman All Day Trial 180km must be ridden in 14 hours, from 8.00am Saturday morning; limited night riding.

FOADT Medallion available for all finishers. Teams of 3, 4 or 5 bikes.

Each team chooses its own start point and course.

Entry fee applies

David Fairweather 0401 528 563

div.fw@bigpond.net.au

## Cobwebs

8:00 AM, Buffalo Tall Ship, Wigley Reserve, Adelphi Tce, Glenelg. Group road ride to Outer Harbour and return. Generally 70 to 100+ riders with 6 plus sub-groups. Coffee afterwards at the Watermark Hotel.  
cobwebsadelaide@yahoo.com.au  
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 left 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 Courses #1 and #2 (Gears and Brakes, Drive System and Bearings Overview)

9:00 AM-4:00 PM

Saturday 24 March 2018

Bicycle SA Office,

53 Carrington St, Adelaide

The next step after Basic Bike Care, this full day course comprising Intermediate Bike Maintenance Courses #1 and #2 will provide you with the skills and knowledge required to confidently carry out the basic scheduled maintenance tasks that are essential for a well maintained bike. Get up close and personal with the gear and brake systems on your bike. Discuss and practice the skills required to repair, replace and adjust all parts of the brakes and gear systems

You will also learn how to:

- assess the wear in the drive train system including the chain, cassette and chain rings;
- replace the parts in the drive train system including the chain, cassette and chain rings;
- Check the bearing systems including the headset, bottom bracket and wheel hubs;
- Adjust the headset

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

Fee applies

Early bookings essential (maximum 10 registrants per course)

Bicycle office 8168 9999

office@bikesa.asn.au

www.bikesa.asn.au

## Dry Creek Trailers 'Cycle Salisbury'

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

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

9:00 AM, Railway Station car park, under Elder Smith Rd, Mawson lakes. Introducing the Off-Road Riders! 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 0491 034 167

### **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, Heywood Park, Addiscombe Place, Unley Park. Café stop for afternoon tea.

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

### **Saturday Sojourn**

1:00 PM, Glenelg Jetty, Moseley Square, Glenelg. Loop around the airport and northwest to Grange. Return through the 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 25 MAR**

### **The Little Red Grape**

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

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

### **Poseurs d'Adelaide**

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

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

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

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. Ride starts 1/2 hour earlier when BOM Victor Harbor forecast >= 32°C.

30 km **1B** Gavin 0468 909 397

### **Border BUG**

9:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.

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

### **Hills Ride**

9:00 AM, McLaren Vale. Field Street car park behind Coles supermarket. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.

50 km **2C** Judith 8298 3131

### **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, The start of Jack Bobridge Trail, off Calton Rd, Gawler East. Ride along Jack Bobridge Trail to Lyndoch and return. Coffee stop in Lyndoch.

20 km **1A** to **3A** Jim 0401 984 767

### **Semaphore Sojourn 'Cycle Salisbury'**

9:00 AM, Semaphore Foreshore Clock Tower, end of Semaphore Rd, Semaphore. Easy ride along foreshore shared path to Outer Harbour and return. Suitable for all types of bikes. Coffee/refreshments afterwards.

15-20 km **1A** to **3A** Nigel 0431 838 735

### **Southern Flinders Rough Riders**

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

Richard 0417 341 462

### **Better Harts**

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

Sharon 8723 0805

## **MON 26 MAR**

### **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 MAR**

### **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, Drage Reserve, Briar Rd, Felixstow. Ride to North Eastern Suburbs and down to Salisbury Railway Station. (Option: Return to city on train). BYO lunch.

40 km **2B** Don 0428 566 745

### **Border BUG**

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

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

### **Night Espresso**

7:00 PM, Hurtle Square Adelaide. 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 MAR**

### **Mannum Peddle Wheelers**

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

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

0466 789 234 or 0428 592 282

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

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B. 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. 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, Willunga Rose Garden, Aldinga Rd, Willunga. All bitumen ride. BYO or buy lunch.

50 km **3C** Reno 0414 249 675

## **THU 29 MAR**

### **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 30 MAR**

### **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

### *Clare Easter Cycle*

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

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

The campsite located at the Valleys Lifestyle Centre (2nd level) 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**

## **SAT 31 MAR**

### **Mannum Peddle Wheelers**

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum after coffee and a chat at Younghusband Store. Bring money for coffee. Visitors and new riders are welcome. Visit us on face book.

www.facebook.com/groups/mannumpedlewheelers

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, meeting at 41 High St Gawler. Rides are held every Saturday morning. Ride and safety briefing at 7.15 am, roll out at 7.30 am.

Ride distances range from 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

50-100 km

Paul 0431 866 586

Geraint 0418 843 491

### **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 and 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 0491 034 167

## 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. Café stop for afternoon tea.  
40 km **3B** Steve 8339 4368

## Saturday Sojourn

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

## Southern Flinders Rough Riders

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

## SUN 1 APR

### The Little Red Grape

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

### Poseurs d'Adelaide

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

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

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C.  
30 km **1B** Gavin 0468 909 397

## Border BUG

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

## Hills Ride

9:00 AM, Mylor. Oval car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.  
50 km **2C** Rob 0428 990 059

## Peninsula Pedallers

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

## Kangaroo Island BUG

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

## MON 2 APR

### Northside Cycling Group

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

## TUE 3 APR

### 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

### 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 4 APR

### Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book.  
www.facebook.com/groups/mannumpedalwheelers or mannumpeddlewheelers.weebly.com  
30-80 km **3B** Louise or Wally 0466 789 234 or 0428 592 282

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

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B. 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, Unley Oval, Frederick St, Unley. All bitumen hills ride. BYO or buy lunch.  
50 km **3C** Michael 8271 9731

## THU 5 APR

### 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 6 APR

### 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 7 APR

### Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Youngusband Store. Return to Mannum after coffee and a chat at Youngusband Store. Bring money for coffee. Visitors and new riders are welcome. Visit us on face book. Visit us on face book.  
www.facebook.com/groups/mannumpedalwheelers or mannumpeddlewheelers.weebly.com  
35 km **2B-3B** Louise or Wally 0466 789 234 or 0428 592 282

### ADVERTISEMENT

## Audax

### Through the Barossa

**Saturday 7 April 2018**  
**7.30 AM Start – Kinkaid Rd**  
**100km/150km/200km**  
**Unsupported**

Come and explore the hidden delights of the Barossa Valley. Take the route that is rarely troubled by the rushed tourist, the Sunday drivers, or the frantic roadies. Around every corner another surprise! All riders need a mirror; no mirror, no Audax ride.

### Through the Barossa

**9.00am Start – Williamstown Hotel**  
**58km**  
**Unsupported**

**The Gecko – A hilly, gravel grinder ride to Tanunda.**

**All riders need a mirror; no mirror, no Audax ride.**

**Entry fee applies**

**John Mills 0448 248 974**  
**jhmills4@bigpond.com**

### Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. Ride and safety briefing at 7.15 am, roll out at 7.30 am. Ride distances range from 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  
50-100 km  
Paul 0431 866 586  
Geraint 0418 843 491

### 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

### Dry Creek Trailers 'Cycle Salisbury'

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

### Para Districts Pedallers 'Cycle Salisbury'

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

### Salisbury Off-Road Riders '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 0491 034 167

### 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, Unley Soldiers Memorial Gdns, adj. Unley Shopping Centre, Unley Rd, Unley. Ride through some of the eastern suburbs. Lots of good bakeries to choose from. An easy paced sociable ride. BYO or buy refreshments.  
25 km **2A** Roger 0402 380 172

### Southern Flinders Rough Riders

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

## SUN 8 APR

### The Little Red Grape

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

### Poseurs d'Adelaide

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

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

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C.  
30 km **1B** Gavin 0468 909 397

### Border BUG

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

### Hills Ride

9:00 AM, Kersbrook. Main street public hall car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.  
50 km **2C** Steve 0401 603 596

### Peninsula Pedallers

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

## MON 9 APR

### Northside Cycling Group

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

## TUE 10 APR

### 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, Laura, Mid North region, South Australia. 3 day adventure to the wide open spaces of the Mid North. Based in Laura S.A. Varied rides to Stone Hut, Wirrabarra to Melrose, Caltowie and Gladstone. 50% sealed and 50% unsealed roads. NO ROAD BIKES – USE HYBRID and/OR MOUNTAIN BIKES. Varied accommodation – Laura Stayz 8663 2100, Cherry Tree Lodge 0439 033 101, Laura Community Caravan Park 8663 2296, for Smith's Farm Stay 8663 2576 contact Liz Donley for bookings on 8296 5769 or 0439 949 006. Please confirm your attendance to the ride to Liz or Bob. Don't forget snacks, sunscreen lotion and water for rides. Lunches can be purchased or taken.  
40 km **2B** Bob 8356 0906

### Night Espresso

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

## WED 11 APR

### Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book.  
www.facebook.com/groups/mannumpedalwheelers or mannumpeddlewheelers.weebly.com  
30-80 km **3B** Louise or Wally 0466 789 234 or 0428 592 282

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

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B. 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. 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, Oaklands Estate Reserve, Oaklands Park. All bitumen ride. BYO lunch or buy  
50 km **3C** Paul 8277 4094

## THU 12 APR

### 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

## FRI 13 APR

### 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 14 APR

ADVERTISEMENT

### Audax

#### Southern 123

#### Saturday 14 April 2018

#### 7.00 AM Start – Norwood

#### 100km/150km/200km/300km

#### Unsupported

All rides depart Norwood via the South Eastern bikeway to Crafers then Meadows. The 200km and 400km routes continue to Ashbourne with all rides returning via the Southern Veloway.

#### Entry fee applies

**Ben Del Fabbro 0414 835 668**

bendelfab@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. Return to Mannum after coffee and a chat at Younghusband Store. Bring money for coffee. Visitors and new riders are welcome. Visit us on face book. Visit us on face book.

www.facebook.com/groups/mannumpedalwheelers

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, meeting at 41 High St Gawler. Rides are held every Saturday morning. Ride and safety briefing at 7.15 am, roll out at 7.30 am. Ride distances range from 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

50-100 km

Paul 0431 866 586

Geraint 0418 843 491

#### 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

## 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, 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. Off to the seaside, but which way? 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 15 APR

### 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

## Grand/Mini Slam

Recreational Bike Series of 5 rides

Sunday 15 April 2018

8.00am

Willunga Show Hall, 7 Main Rd, Willunga

The second event in the Grand/Mini Slam series of on road personal challenge recreational rides for 2018. Choose between 50km or 100km, 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

## Poseurs d'Adelaide

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

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

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. Ride starts ½ hour earlier when BOM Victor Harbor forecast >= 32°C.  
30 km **1B** Gavin 0468 909 397

## Border BUG

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

## 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

## Velo Vino on the Epicurean Way

Sunday 15 April - Friday 20 April

Adelaide - Fleurieu - Adelaide Hills

The Adelaide, Fleurieu Peninsula and Adelaide Hills regions are world renowned for their quality boutique food and wine offerings. We will be taking in the best scenery in the regions as well as the best food and wine, the menu which is to be curated by a local Chef won't be disappointing. We will be meeting the 'real' producers, providores and personalities along the way who are both made and moulded by the very conditions that their produce is. Four to five star accommodation will complement the wonderful experiences to be had both in the saddle and at the table.

Entry fee applies.

Subscribe to our Velo Vino email list for updates: <https://goo.gl/gg35FF>

## MON 16 APR

### Northside Cycling Group

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

## TUE 17 APR

### 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, 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, Old Reynella Shopping Centre car park, Old Reynella. Plan to ride sections of Sea to Vines Rail Trail, Golden Wattle Way and parts of the Christie Creek Trail. Lunch at Hackham. Coffee at Old Reynella Shopping Centre. Mostly bitumen roads and sealed bike paths with a few short sections of unsealed tracks. Caution with road bikes. BYO or buy lunch.  
40 km **2B** Joan 0412 181 643

## Night Espresso

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

## WED 18 APR

### Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book.  
[www.facebook.com/groups/mannumpedalwheelers](http://www.facebook.com/groups/mannumpedalwheelers) or [mannumpeddlewheelers.weebly.com](http://mannumpeddlewheelers.weebly.com)  
30-80 km **3B** Louise or Wally  
0466 789 234 or 0428 592 282

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

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Generally two ride options along Encounter Bikeway. Either 30km easy for coffee at Middleton/Port Elliot or 45km to Victor Harbor. Options from 1B to 3B. 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, Greenhill Rd, Uraidla, near the post office. All bitumen hills ride. BYO or buy lunch.  
50 km **3C** Tim 0407 605 583

## THU 19 APR

### 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

## FRI 20 APR

### 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 21 APR

### Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum after coffee and a chat at Younghusband Store. Bring money for coffee. Visitors and new riders are welcome. Visit us on face book.  
[www.facebook.com/groups/mannumpedalwheelers](http://www.facebook.com/groups/mannumpedalwheelers) or [mannumpeddlewheelers.weebly.com](http://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, meeting at 41 High St Gawler. Rides are held every Saturday morning. Ride and safety briefing at 7.15 am, roll out at 7.30 am. Ride distances range from 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](http://www.facebook.com/groups/210163156066987) [www.adelaidecyclists.com](http://www.adelaidecyclists.com)  
50-100 km  
Paul 0431 866 586  
Geraint 0418 843 491

### 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

## Bicycle Maintenance Course

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

**9:00 AM – 1:00pm PM Saturday 21 April 2018**

**Bicycle SA Office, 53 Carrington St, Adelaide**

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

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

#### Fee applies

**Early bookings essential (maximum 10 registrants per course)**

**Bicycle office 8168 9999**

**office@bikesa.asn.au**

**www.bikesa.asn.au**

### Dry Creek Trailers 'Cycle Salisbury'

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

### Para Districts Pedallers – 'Cycle Salisbury'

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

### Salisbury Off-Road Riders '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 0491 034 167

### All Women's Bike Rides

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

### Saturday Express

10:30 AM, Lawns in front of Train Museum, (opposite the Hotel Victor), Victor harbor. Victor Harbor to Goolwa and return. Weekend ride with overnight stay; you will need to book 1 night's accommodation in Pt Elliot (try the Royal Hotel, Hotel Elliot or YHA). As it's school holidays, it is recommended that you book early. The ride starts at 10.30 am on the lawns in front of the train museum in Victor Harbor (opposite the Hotel Victor), and will be approximately 45kms return; it is all sealed roads and bike tracks so will suit all bikes. Please bring at least 1 water bottle and snacks for the ride; we will stop in Goolwa for lunch: you will need a change of clothes for dinner on Saturday night. For those who are interested, we may also ride to Yankalilla via Inman Valley on Sunday, approx. 20kms, where we will be picked up by those who are not riding, for return to Adelaide. 45 km **2B** Richard 0419 033 140

### Saturday Express

1:00 PM, Film Studios (front entrance by Clock Tower), 226 Fullarton Rd, Glenside. Celebrate Archie's birthday. Nik leading 40 km **3B** Patsy 0439 332 533

### Saturday Sojourn

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. We will probably explore the north eastern suburbs, but it might depend on the wind direction. An easy paced sociable ride. BYO or buy refreshments. 25 km **2A** Helen 0428 511 724

### Southern Flinders Rough Riders

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

#### ADVERTISEMENT

## Sa Rogaining Association's annual Velogaine

South Australia's premier cycle navigation event. 2 or 4 hours of all terrain adventure. Suitable for MTB, CX and hybrid bikes.

**For more information – sa.rogaine.asn.au**

## SUN 22 APR

### The Little Red Grape

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

### Poseurs d'Adelaide

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

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

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards 30 km **1B** Gavin 0468 909 397

### Border BUG

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

### Hills Ride

9:00 AM, Tungkillo. Brinkworth Road adjacent to the tennis courts. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. 50 km **2C** Bruce 0417 895 249

### Peninsula Pedallers

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

### Semaphore Sojourn 'Cycle Salisbury'

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

## MON 23 APR

### Northside Cycling Group

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

## TUE 24 APR

### 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, Glenelg Town Hall, Moseley Square. Glenelg. Mystery flat ride. BYO lunch. 40 km **2B** Ann 0438 558 941

### Night Espresso

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

## WED 25 APR

### Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book. www.facebook.com/groups/mannumpeddlers. weebly.com or mannumpeddlers.weebly.com 30 - 80 km **3B** Louise or Wally 0466 789 234 or 0428 592 282

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

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

#### ADVERTISEMENT

## Audax

**Birdsville Track Stage 1, 2, 3 - Wednesday 25, Thursday 26, Friday 27 April 2018**

**9.00 AM Start – Maree 50km/70km/100km Unsupported**

On Wednesday ride the first stage (50km) of the iconic Birdsville Track. Leaving Maree and the obligatory photos behind you, travel to the Clayton Wetlands.

On Thursday, after a night under the stars, the second stage (100km) heads north to the Mulka ruins, crossing Cooper Creek and passing the memorial to the early missionaries in this area. On Friday, after a night at Mungerannie Roadhouse we return to Mulka ruins (70km) and head north again past the hot springs and onto Mitta Mitta bore where our Birdsville Track Gravel Series concludes.

**Entry fee applies Simon Faber 0448 887 839 ssafer@bigpond.net.au**

### 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, Rose Park, corner Alexandra Ave/Fullarton Rd. All bitumen ride. BYO lunch or buy. 50 km **3C** Karel 0449 854 454

## THU 26 APR

### 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

## FRI 27 APR

### 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 28 APR

ADVERTISEMENT

### Audax

#### Wellington Flyer

Saturday 28 April 2018  
7:00 AM Start - Kings Park  
200km  
Unsupported

Starting at Kings Park McDonalds (opposite Big W Cumberland Park), this ride passes through the Adelaide Hills to Langhorne Creek, Wellington and return.  
**Entry fee applies**  
Glen Thompson 0429 168 232  
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. Return to Mannum after coffee and a chat at Youngusband Store. Bring money for coffee. Visitors and new riders are welcome. Visit us on face book. Visit us on face book.  
www.facebook.com/groups/mannumpeddlers  
or mannumpeddlers.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, meeting at 41 High St Gawler. Rides are held every Saturday morning. Ride and safety briefing at 7.15 am, roll out at 7.30 am. Ride distances range from 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  
50-100 km  
Paul 0431 866 586  
Geraint 0418 843 491

### 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

### 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, Elizabeth Railway Station, Mountbatten Square, Elizabeth. Will we get to Gawler? 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 29 APR

### The Little Red Grape

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

### Poseurs d'Adelaide

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

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

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.  
30 km **1B** Gavin 0468 909 397

### Border BUG

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

### Hills Ride

9:00 AM, Harrogate. Mail Road, adjacent to the tennis courts. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.  
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

### 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.  
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 30 APR

### Northside Cycling Group

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

## TUE 1 MAY

### 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, Opposite the General Store in Myponga main street, Myponga. Ride towards Adelaide, then up a long climb to Myponga Reservoir which we will ride over. Then down through Carrickalinga to Normanville for lunch (good bakery). Ride down Hay Flat Road to Ingalalla Falls and return to Yankaila for coffee where you will be picked up. This ride involves a car shuffle, so for planning I will need to know 2 days before, if you are coming. 50/50 sealed and unsealed so DEFINITELY NO ROAD BIKES. (Shorter options if not going to the falls). BYO lunch or buy plus snacks.  
44 km **2C** Robyn 0401 364 019

### 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. 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 2 MAY

### Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book.  
www.facebook.com/groups/mannumpeddlers  
or mannumpeddlers.weebly.com  
30-80 km **3B** Louise or Wally  
0466 789 234 or 0428 592 282

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

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

### Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St at 9.00 am and returning for coffee by 10.30am, 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** Tony 0413 215 494

## THU 3 MAY

### 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

## FRI 4 MAY

### 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 5 MAY

### Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum after coffee and a chat at Younghusband Store. Bring money for coffee. Visitors and new riders are welcome. Visit us on face book. Visit us on face book. [www.facebook.com/groups/mannumpedalewheelers](http://www.facebook.com/groups/mannumpedalewheelers) or [mannumpedlewheelers.weebly.com](http://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, meeting at 41 High St Gawler. Rides are held every Saturday morning. Ride and safety briefing at 7.15 am, roll out at 7.30 am. Ride distances range from 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](http://www.facebook.com/groups/210163156066987) [www.adelaidecyclists.com](http://www.adelaidecyclists.com) 50-100 km Paul 0431 866 586 Geraint 0418 843 491

### 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](mailto:cobwebsadelaide@yahoo.com.au) 54 km **6A**

### Mishmash Cycling

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

### Peninsula Pedallers

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

### The Little Red Grape

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

### Dry Creek Trailers 'Cycle Salisbury'

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

### Para Districts Pedallers 'Cycle Salisbury'

9:00 AM, North east corner of Watershed car park, Salisbury Highway, Greenfields. 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 Albany Tce, Strathalbyn. An all women's social bike ride with coffee afterwards. Various start locations Contact Lanie for details. 20 km **2B** Lanie 0406 452 117

### Saturday Express

1:00 PM, Velo Café, Victoria Park, Rose Park. Celebrate Liz's Birthday. Café stop for afternoon tea. 40 km **3B** Barry 0403 307 172

### Saturday Sojourn

1:00 PM, Torrens Weir, War Memorial Drive, North Adelaide. Along the Torrens? Or through the suburbs? An easy paced sociable ride. BYO or buy refreshments. 25 km **2A** Roger 0402 380 172

### Southern Flinders Rough Riders

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

## Dirty Weekend

**Saturday 5 to Sunday 6 May 2018 Cudlee Creek Forest, Adelaide Hills 2.00 PM Saturday to 2:00 PM Sunday 24/12/6 hour cross country endurance challenge.** Experience some of the best MTB tracks in Australia during the Dirty Weekend and be prepared to get down and dirty! **Entry fee applies.** **Enter on line or further details and/or entry forms available from: Bicycle SA office 8168 9999 office@bikesa.asn.au rides@bikesa.asn.au www.bikesa.asn.au**

## SUN 6 MAY

### Poseurs d'Adelaide

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

### The Little Red Grape

8:15 AM, The Little Red Grape Also meet 8.30 am Clare Oval, Main Rd, Clare. 75 km **4B** Nicola 0414 365 477

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

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. 30 km **1B** Gavin 0468 909 397

### Border BUG

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

### Hills Ride

9:00 AM, Lyndoch. Barossa Valley Way – car park opposite the bakery. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. 50 km **2C** Joe 0429 694 022

### Peninsula Pedallers

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

### Kangaroo Island BUG

Start location and ride details to be advised. 25-35 km **1B** Manfred 8553 0383

## MON 7 MAY

### 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 8 MAY

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

### Tuesday Treadlers

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

### Tuesday Traverse

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

### Night Espresso

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

## WED 9 MAY

### Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book. [www.facebook.com/groups/mannumpedalewheelers](http://www.facebook.com/groups/mannumpedalewheelers) or [mannumpedlewheelers.weebly.com](http://mannumpedlewheelers.weebly.com) 30-80 km **3B** Louise or Wally 0466 789 234 or 0428 592 282

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

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

### Para Pedallers 'Cycle Salisbury'

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

### Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St at 9.00 am and returning for coffee by 10.30am, 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, Hazelwood Park, cnr. Greenhill Rd/ Howard Tce Some dirt tracks in the hills. MTB recommended. BYO or buy lunch at end of the ride. 30 km **3C** Peter 0419 804 775

## THU 10 MAY

### 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

## FRI 11 MAY

### 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 12 MAY

ADVERTISEMENT

### Audax

#### Lofty Loops

**Saturday 12, Sunday 13, Monday 14 May 2018**

**6.00 AM Start - Mt Lofty 150km/200km/300km/400km/600km/1000km**

A series of rides up to 1000km, comprising loops out of Mt Lofty. The start time on Saturday is 7.00 am for distances up to 400km.

On Sunday, it will be 6.00 am if riding 400km, otherwise 7.00 am. On Monday, it will be a 7.00am start.

Support and limited accommodation options available at the base location at additional cost.

#### Entry fee applies

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

### Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum after coffee and a chat at Younghusband Store. Bring money for coffee. Visitors and new riders are welcome. Visit us on face book.

[www.facebook.com/groups/mannumpedalewheelers](http://www.facebook.com/groups/mannumpedalewheelers)

or [mannumpedalewheelers.weebly.com](http://mannumpedalewheelers.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, meeting at 41 High St Gawler. Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 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](http://www.facebook.com/groups/210163156066987) [www.adelaidecyclists.com](http://www.adelaidecyclists.com)

50-100 km

Paul 0431 866 586

Geraint 0418 843 491

### 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

### Cobwehs

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

### Mishmash Cycling

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

### Peninsula Pedallers

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

### The Little Red Grape

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

### Salisbury Off-Road Riders '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 0491 034 167

### 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. Celebrate Stuart's birthday. Café stop for afternoon tea. 40 km **3B** Stuart 07 4298 4038

### Saturday Sojourn

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

### Southern Flinders Rough Riders

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

## SUN 13 MAY

### Poseurs d'Adelaide

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

### The Little Red Grape

8:15 AM, The Little Red Grape Also meet 8.30 am Clare Oval, Main Rd, Clare. 75 km **4B** Nicola 0414 365 477

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

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards. 30 km **1B** Gavin 0468 909 397

### Border BUG

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

### Hills Ride

9:00 AM, Riverton. Oval car park. North end of town. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads. 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

## MON 14 MAY

### Northside Cycling Group

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

## TUE 15 MAY

### 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 Norton Summit to have lunch with Tom Playford. BYO lunch. Great ride back for coffee. 40 km **2B** Jane 0402 102 608

### Night Espresso

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

## WED 16 MAY

### Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book.

[www.facebook.com/groups/mannumpedalewheelers](http://www.facebook.com/groups/mannumpedalewheelers) or [mannumpedalewheelers.weebly.com](http://mannumpedalewheelers.weebly.com) 30 -80 km **3B** Louise or Wally  
0466 789 234 or 0428 592 282

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

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

### Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St at 9.00 am and returning for coffee by 10.30am, 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 17 MAY

### 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

## FRI 18 MAY

### 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 19 MAY

### Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum after coffee and a chat at Younghusband Store. Bring money for coffee. Visitors and new riders are welcome. Visit us on face book. Visit us on face book.

[www.facebook.com/groups/mannumpedlewheelers](http://www.facebook.com/groups/mannumpedlewheelers) or [mannumpedlewheelers.weebly.com](http://mannumpedlewheelers.weebly.com)  
35 km **2B-3B** 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, meeting at 41 High St Gawler. Rides are held every Saturday morning. Ride and safety briefing at 7.15 am, roll out at 7.30 am. Ride distances range from 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](http://www.facebook.com/groups/210163156066987) [www.adelaidecyclists.com](http://www.adelaidecyclists.com)  
50-100 km  
Paul 0431 866 586  
Geraint 0418 843 491

### 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](mailto:cobwebsadelaide@yahoo.com.au)  
54 km **6A**

### Mishmash Cycling

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

### Peninsula Pedallers

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

### The Little Red Grape

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

### 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 Albany Tce, Strathalbyn. An all women's social bike ride with coffee afterwards. Various start locations Contact Lanie for details.  
20 km **2B** Lanie 0406 452 117

### Saturday Express

1:00 PM, Heywood Park, Addiscombe Place, Unley Park. Café stop for afternoon tea.  
40 km **3B** Christine 0410 170 485

### 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 20 MAY

### Grand/Mini Slam

Recreational Bike Series of 5 rides  
Sunday 20 May 2018  
8.00am

Williamstown, Queen Jubilee Park, Springton Rd, Williamstown

The third event in the Grand/Mini Slam series of on road personal challenge recreational rides for 2018. Choose between 60km or 120km, with the opportunity to ride at your own pace. Morning and afternoon refreshments, freshly cut salad rolls, fruit slice and fruit for lunch.

#### On road support

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

### Poseurs d'Adelaide

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

### The Little Red Grape

8:15 AM, The Little Red Grape Also meet 8.30 am Clare Oval, Main Rd, Clare.  
75 km **4B** Nicola 0414 365 477

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

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.  
30 km **1B** Gavin 0468 909 397

### Border BUG

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

### Hills Ride

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

### Peninsula Pedallers

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

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## MTB Orienteering

Sunday 20 May 2018

Shepherds Hill Reserve

3 hr mass start event from 10.30am.

Riders may ride for less than 3 hours and can go solo; in pairs or groups. MTB/CX bikes suitable. Enquiries:

Kay Haarsma 0403 565 534

or Peter Mayer

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

## MON 21 MAY

### Northside Cycling Group

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

## TUE 22 MAY

### 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, 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, Noarlunga Railway Station, Noarlunga. Ride to McLaren Vale for lunch. Suitable for road bikes. BYO lunch or buy.  
40 km **2B** Paul 0427 537 836

### Night Espresso

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

## WED 23 MAY

### Mannum Peddle Wheelers

7:00 AM, Mid-Murray Council Chambers, car park, 49 Adelaide Rd, Mannum. Enjoy a mid-week ride starting from the historic township of Mannum, exploring the surrounding countryside and stopping for coffee during or after the ride. Route and coffee stop depending on who is riding. Visitors and new riders are most welcome. Visit us on face book.  
[www.facebook.com/groups/mannumpedlewheelers](http://www.facebook.com/groups/mannumpedlewheelers) or [mannumpedlewheelers.weebly.com](http://mannumpedlewheelers.weebly.com)  
30-80 km **3B** Louise or Wally  
0466 789 234 or 0428 592 282

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

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

### Para Pedallers 'Cycle Salisbury'

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

### Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St at 9.00 am and returning for coffee by 10.30am, 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, Noarlunga Railway Station, Noarlunga. All bitumen ride. BYO lunch or buy.  
50 km **3C** Clary 0424 041 122

## THU 24 MAY

### 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

## FRI 25 MAY

### 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 26 MAY

### Mannum Peddle Wheelers

7:00 AM, Arnold Park (car park by the Mannum Ferry), Mannum. A regular social group ride. Cross the ferry, ride along the scenic river road to the Younghusband Store. Return to Mannum after coffee and a chat at Younghusband Store. Bring money for coffee. Visitors and new riders are welcome. Visit us on face book.  
[www.facebook.com/groups/mannumpedlewheelers](http://www.facebook.com/groups/mannumpedlewheelers) or [mannumpedlewheelers.weebly.com](http://mannumpedlewheelers.weebly.com)  
35 km **2B-3B** Louise or Wally  
0466 789 234 or 0428 592 282

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## Audax

### Fair Game

Saturday 26 May 2018

7:30 AM Start – Kinkaid Rd

60km/100km/150km/200km/300km  
Unsupported

This is a day for those who like to do a bit of 'dirt bashing' and also for the tarmac flyers. There are plenty of choices for both, flat, hilly north of Gawler, or very hilly to the east of Elizabeth. A mirror is required.

Fair Game

9:00am Start – Williamstown Hotel

58km/100km

Unsupported

The 59% dirt Gecko is a hilly gravel grinder ride to Tanunda.

The 100km Goanna ride tries to chase down the Gecko. A hilly, fully sealed route visiting Tanunda via Mt Pleasant and the Flaxman Valley.

Entry fee applies

John Mills 0448 248 974

jhmills4@bigpond.com

### Gawler Wheelers

7:30 AM, 41 High St Gawler, southern car park (next to Gawler Council Administration Building). Gawler Wheelers is a social road cycling group, meeting at 41 High St Gawler. Rides are held every Saturday morning. Ride and safety briefing at 7:15 am, roll out at 7:30 am. Ride distances range from 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](http://www.facebook.com/groups/210163156066987) [www.adelaidedcyclists.com](http://www.adelaidedcyclists.com)

50-100 km

Paul 0431 866 586

Geraint 0418 843 491

### 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](mailto:cobwebsadelaide@yahoo.com.au)

54 km **6A**

### Mishmash Cycling

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

### Peninsula Pedallers

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

40 km **4B** Mary 8683 0915

### The Little Red Grape

8:30 AM, Lennon St Car Park, Clare. MTB ride.

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

### Dry Creek Trailers 'Cycle Salisbury'

9:00 AM, Car park of BMX Club/Skate Park, corner Bridge Rd and South Tce, Pooraka. Easy ride on good gravel trail, no traffic and great scenery. Coffee at Valley View shops. MTB bikes please.

15 km MTB Class **1** Bryce 0432 732 540

## Intermediate Bike Maintenance

Course #2 (Drive Train and Bearings Overview)

9:00 AM – 1:00pm PM

Saturday 26 May

Bicycle SA Office

53 Carrington St, Adelaide

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

Please note:

It is essential that the Intermediate Maintenance Course #1 'Gears and Brakes' (21 April 2018) has been completed before undertaking this course.

Fee applies

Early bookings essential (maximum 10 registrants per course)

Bicycle office 8168 9999

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

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

### Salisbury Off-Road Riders 'Cycle Salisbury'

9:00 AM, St Kilda Tack & Tucker, St Kilda. Mainly off road ride along local Salisbury tracks and trails around St Kilda. Coffee/refreshments on return. Mountain/hybrid bikes preferred.

30 km **2B** to **4B** Mark 0491 034 167

### 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 woman 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. Celebrate Don's birthday. Café stop for afternoon tea.

40 km **3B** Don 0428 566 745

### Saturday Sojourn

1:00 PM, Victoria Square, Adelaide. A central start with plenty of ride options. An easy paced sociable ride. BYO or buy refreshments.

25 km **2A** Ash 0418 851 938

### Southern Flinders Rough Riders

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

20 km Richard 0417 341 462

## SUN 27 MAY

### 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 0470 182 376

### The Little Red Grape

8:15 AM, The Little Red Grape Also meet 8.30 am Clare Oval, Main Rd, Clare.

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

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

8:30 AM, Goolwa Wharf area, under Hindmarsh Island Bridge, Goolwa. Uses Encounter Bikeway, Beacon 19, Hindmarsh Island and Laffins Point. Route chosen each week based on group's ability, weather, etc. Usually two groups, fast and slow. Rides vary from 1A to 3B. Riders choose when to turn back. Usually coffee afterwards.

30 km **1B** Gavin 0468 909 397

### Border BUG

9:00 AM, Caltex Service Station, Bordertown. Social ride on quiet roads. Riders choose their turnaround point. Coffee afterwards.

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

### Hills Ride

9:00 AM, Eden Valley. Caravan park car park. MTB or Hybrid advised. Coffee stop en route. Mainly dirt roads.

50 km **2C** Neil 0429 201 144

### Peninsula Pedallers

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

40 km **4B** Mary 8683 0915

### Salisbury Explorers 'Cycle Salisbury'

9:00 AM, Little Para Trail next to Hausler Reserve, Paralowie. Beginners / Easy Ride along the bitumised path of the Little Para Trail.

5-10 km **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](mailto:sharonholmes@ozemail.com.au) Sharon 8723 0805

## MON 28 MAY

### Northside Cycling Group

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

30 km **5A** Gary 8255 1979

## TUE 29 MAY

### 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 muck 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 Central Suburbs ride. BYO lunch.

40 km **2B** Trevor 0434 961 488

### Night Espresso

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

40 km Rob 8299 0230

## WED 30 MAY

### Mannum Peddle Wheelers

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

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

0466 789 234 or 0428 592 282

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

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

30 km **1B** Gavin 0468 909 397

### Ride with Keith

9:00 AM, Bicycle Express, 124 Halifax St, Adelaide. Join Adelaide television and radio personality Keith Conlon for this relaxed pace, 90 minute ride along the bike paths and back streets of Adelaide. Departing from Bicycle Express on Halifax St at 9.00 am and returning for coffee by 10.30am, 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. Magill Rd/St Bernards Rd, Magill. All bitumen hills ride. BYO or buy lunch.

50 km **3C** Bob 8261 9545

## THU 31 MAY

### 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